



MON 8-8

- ▼ SCRIPTURE
- ▼ THOUGHT

Galatians 5:16

"So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves." [NLT] Paul offers us words of life. The Holy Spirit is often described in scripture with wind or breath metaphors. Wind is invisible, powerful, & mysterious. Who can explain it? Breath is necessary for life; we can't live without it! Do an internet search today containing the words "Holy Spirit" and "wind." Journal about what you found.

- ▼ PRAYER

Almighty God, your beauty and mystery are greater than I can understand, but I want to open my mind to how you want to work in my life. Nudge me daily so I remember to connect with you. Amen.

NOTES: _____

TUES 8-9

- ▼ SCRIPTURE
- ▼ THOUGHT

2 Corinthians 3:18

"All of us are looking with unveiled faces at the glory of the Lord as if we were looking in a mirror. We are being transformed into that same image from one degree of glory to the next degree of glory. This comes from the Lord, who is the Spirit." [CEB] Our lives become brighter and more beautiful as we let God in and allow transformation to occur!

- ▼ PRAYER

Beautiful God, I want to reflect who you are. With every decision and every step, I pray you would continue to teach me your ways and enlighten my mind. May others see you in me today! Amen.

NOTES: _____

WED 8-10

- ▼ SCRIPTURE
- ▼ THOUGHT

Ephesians 3:16-19

"I ask him to strengthen you by his Spirit—not a brute strength but a glorious inner strength—that Christ will live in you as you open the door and invite him in. And I ask him that with both feet planted firmly on love, you'll be able to take in with all followers of Jesus the extravagant dimensions of Christ's love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God." [MSG] God wants for us to embrace the perfect love of Christ each and every day.

- ▼ PRAYER

Christ Jesus, I invite you into all my activities today. Let nothing go untouched by your love. Remove anything in my heart and mind that would limit the impact of your love on others through me. Amen.

NOTES: _____



THURS 8-11

▼ **SCRIPTURE** Psalm 55:22

▼ **THOUGHT** “Cast your burden on the LORD—he will support you! God will never let the righteous be shaken!” [CEB] God will always sustain and strengthen us. If something is troubling our hearts, we can spend time in prayer. As we share our problems with God, we demonstrate our trust. Doesn't it feel good when others show that they trust you and can depend on you?

▼ **PRAYER** **Loving God, sometimes I forget to come to you with my problems. My tendency is to carry them myself. I do trust that you care about me and I pray that today, I will remember to lean on you. Amen.**

NOTES: _____

FRI 8-12

▼ **SCRIPTURE** James 5:16

▼ **THOUGHT** “Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.” [NLT] James encourages us to be in relationship with other people and to talk with them about our struggles. The perspective of a trusted friend can help us recognize what our conscience is trying to tell us, and their prayer support has power!

▼ **PRAYER** **God, sometimes I am embarrassed to share my struggles with people. Help me to remain humble and teachable, so I can avoid potential missteps as I seek to learn from the experience of others. Amen.**

NOTES: _____

SAT 8-13

▼ **SCRIPTURE** Colossians 3:1-2

▼ **THOUGHT** “Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. Think about the things of heaven, not the things of earth.” [NLT] When we center our thoughts on things with eternal value, we will often find clarity about the wisdom of our choices.

▼ **PRAYER** **Precious Jesus, thank you for the new life you have given me. I want my life to be focused on the right things--things that matter to you. May your life and example always be my guide. Amen.**

NOTES: _____

DIGGING DEEPER

- ▼ **Intro** Is there a tension that deserves my attention?
Sometimes an option we are considering creates tension inside of us. When this happens, it can be tempting to ignore the discomfort or brush by it. But instead of doing that, we need to pay close attention to it.

- ▼ **Reflect**
 - Have you ever been really close to pressing GO on a big decision but at the last minute bailed--for no other reason than something about it didn't seem right? Did more information surface after you hit PAUSE?

 - A couple of weeks ago, we talked about Proverbs 27:12, which says, "The prudent see danger and take refuge, but the simple keep going and pay the penalty." [NIV]. How does this verse support the habit of paying attention to the tension?

 - 1 Timothy 1:19 gives us similar advice: "Cling to your faith in Christ, and keep your conscience clear. For some people have deliberately violated their consciences; as a result, their faith has been shipwrecked." [NLT] How do you think your faith in Christ influences your conscience? Do you notice any difference in your awareness of your conscience when you are spending more or less time seeking Christ?

 - Consider decisions you are currently weighing. Is there a tension that deserves your attention right now? What is causing the tension?

- ▼ **Prayer** **Precious Jesus, I want to always remain aware of and responsive to my inner warning light. Help me stay connected with you so that I see with your perspective and listen to your spirit of love guiding me each day. Thank you for offering me a close connection to your love and wisdom no matter what. Amen.**



DIGGING DEEPER

▼ What did I learn? _____

▼ How might it apply in my life? _____

▼ What is a next step I can take? _____

