



MON 2-13

♥ **SCRIPTURE** Psalm 59:16

♥ **THOUGHT** "But as for me, I will sing about your power. Each morning I will sing with joy about your unfailing love. For you have been my refuge, a place of safety when I am in distress." [NLT] The psalmist declared that he would sing to begin the day. Do you have any specific, regular practices to remind you of God's unfailing love?

♥ **PRAYER** **Unchanging God, I praise you for being a constant in my life. You are always a soft place for me to land. Thank you for this new day that I can use to grow closer to you. As I make decisions today, both small and big, help me to keep your love as my north star. Amen.**

NOTES: _____

TUES 2-14

♥ **SCRIPTURE** 1 Peter 1:14-16

♥ **THOUGHT** "Don't lazily slip back into those old grooves of evil, doing just what you feel like doing. You didn't know any better then; you do now. As obedient children, let yourselves be pulled into a way of life shaped by God's life, a life energetic and blazing with holiness. God said, 'I am holy; you be holy.'" [MSG] Holiness sounds like an impossible standard, but it's what we are called to strive for. It is for our good that we live with this high standard in mind. A way of life shaped by God's life is what we were made for.

♥ **PRAYER** **Holy God, I know that your way of life leads to freedom and joy. Show me any pattern that I default to that needs to change. Give me energy and perseverance as I learn and grow. Amen.**

NOTES: _____

WED 2-15

♥ **SCRIPTURE** Luke 12:6-7

♥ **THOUGHT** "What is the price of five sparrows—two copper coins? Yet God does not forget a single one of them. And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows." [NLT] We are fully known and fully loved by God. Our earthly relationships fall short of this kind of love, so we may begin to doubt our intrinsic value if we measure our worth by what others give us.

♥ **PRAYER** **Precious Jesus, thank you for this perfect reminder about God's immense love for me. You know all my fears, you know my immaturity, and you know my hurt. Thank you for your ever-present care. Amen.**

NOTES: _____



THURS 2-16

♥ **SCRIPTURE** Psalm 34:1

♥ **THOUGHT** "I bless God every chance I get; my lungs expand with his praise." [MSG] This reference to breathing is a great reminder that praising God is meant to be just as essential to a healthy life. When we engage in praise and thanks, we remember just how much God has done for us. This acknowledgement leads us to a life of gratitude and contentment.

♥ **PRAYER** **God of the universe, I praise you for you for your incomprehensible greatness. Thank you for the beauty of creation, displaying your creativity and majesty each day. I need your spirit to awaken me at times so that I take every opportunity to thank you for who you are. Amen.**

NOTES: _____

FRI 2-17

♥ **SCRIPTURE** 1 John 1:7

♥ **THOUGHT** "But if we live in the light in the same way as he is in the light, we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from every sin." [CEB] Walking in ways that are void of Jesus' love threatens our fellowship with each other. When the light of Christ is our guide, our common bond is his love, forgiveness, and peace.

♥ **PRAYER** **Lord Jesus, I want to honor your sacrifice by living an honorable life, bathed in your light. I know that my actions will determine the type of relationships I have, so I ask for you to guide my every step. Help me to see others as precious to you and treat them accordingly. Amen.**

NOTES: _____

SAT 2-18

♥ **SCRIPTURE** Psalm 118:5

♥ **THOUGHT** "In tight circumstances, I cried out to the LORD. The LORD answered me with wide-open spaces." [CEB] Troubling times can feel like confinement or even imprisonment. God reminds us that there is more to life than the options we can see through the blinders of desperation. Our response when life gets hard must be to declare our desire for God's help and follow the path to freedom.

♥ **PRAYER** **Great God, it is a comfort that you know my struggles. Thank you that my prayers do not go unheard. When it feels like I am trapped by difficult circumstances, strengthen my faith and my resolve to follow you even when I can't see the way. Amen.**

NOTES: _____

DIGGING DEEPER



♥ **Intro** **While it may be easier than ever to fall in love, it seems harder than ever to stay in love. No one wants to fall in love and just endure. We want to stay in love. We can make a plan to guard against the breakdown of our relationships!**

♥ **Reflect**

- Who is the most famous person you have ever met? How did you interact with that person? How do you treat your most valued possessions?
- Philippians 2:3-4 says, "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." [NIV]
 - How different do you behave with the people you share life with on a daily basis than you do with people whom you want to impress?
 - What are some specific things you can do this week to "value others above yourself"? Specifically, how can you apply this idea to someone you love?
- Philippians 2:5-7 says, "In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness." [NIV]
 - Describe a time when you saw someone with position or power choose to serve rather than to leverage that position or status to gain something?
 - How did you feel when you saw that? Surprised?
- We can't have it both ways. We all must face the dilemma between choosing to demand what we deserve in a relationship or choosing submission. The model in the life of Christ is clear. How have you recently put your own needs aside for the sake of someone you love?
- Rather than only expressing interest in what interests you, how can you make a choice to express interest in something that someone else is interested in simply for the sake of the connection you share?

♥ **Prayer** **Lord Jesus, you didn't demand respect or love from others; you unconditionally poured out all the love you had to give. Change my thinking. I am so grateful for the relationships in my life, and I want to do all that I can to value them. Amen.**



DIGGING DEEPER

♥ What did I learn? _____

♥ How might it apply in my life? _____

♥ What is a next step I can take? _____

