

FORMATION

FORMATION

JANUARY-JUNE 2022

CHURCH
OF THE CITY

VISION

To see the fame & deeds of God renewed & known in our time.

MISSION

Practicing the way of Jesus.

PRESENCE OF GOD

We pursue the presence of God through individual &
communal spiritual practices.

FORMATION OF PEOPLE

We pursue deep change through transformational discipleship
focusing on growth & healing.

UNITY OF THE CHURCH

We pursue the unity of the church family across racial, political,
generational & economic divides.

FLOURISHING OF THE CITY

We pursue the spiritual, social & cultural flourishing of our city.



Church of the City Family,

We are thrilled to begin 2022 with a journey of intentionally studying Scripture together as we practice the way of Jesus. It is our hope that this will allow us to pursue deep change through transformational discipleship.

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” Romans 12:2

We’ve provided this Formation Journal as a 7-day experience to develop habits that will transform your life and we’ve been intentional with its layout to provide participation options both daily and weekly.

On the following pages, you will find helpful information on how to use each section, along with prompts that may be helpful before you head into the daily and weekly sections of this journal. We suggest you spend time reading through the different ways we hope will maximize your time in the study of God’s Word.

We can’t wait to see what God will do in this season of our church.

*“Lord, I have heard of your fame; I stand in awe of your deeds,
Lord. Renew them in our day, in our time make them known; in
wrath remember mercy.” Habakkuk 3:2*

WEEKLY SECTIONS

SUNDAY SERVICE

Space is provided for you to write down notes from each Sunday's sermon and our hope is for these notes to prompt you to continue in reflection throughout the week. Additionally this will give you an opportunity to share what stood out to you with your family, friends, community, or CORE groups.

Questions for reflection after Sunday's service:

Hear: What is God saying to me?

Obey: What is He asking me to do?

When and who will I share this with?

SATURDAY

As you reflect on the past week, spend time in silence asking these questions:

What stood out to me the most this week?

Was there a consistent theme I noticed?

How have I experienced God this week?

What have I been praying for and have I received an answer to any of these prayers?

Is there anything I should confess or bring before God?

WEEKLY SECTIONS

COMMUNITY GROUPS

We believe one of the ways we are called to practice the way of Jesus is with others in community. Community groups meet around our city to live out care, mission, and discipleship together. It is our desire for everyone who is a part of our church family to join a group and experience life lived in community. We've heard story after story of ways God has moved through community groups. From deepening the group's knowledge of scripture to the privilege of caring for someone in need, community groups are the primary way a church as large as ours can feel smaller and more personal. If you are not a part of a group, we invite you to join today. Visit cotc.com/community to learn more.

This weekly section of the journal is designed for you to take notes, write down prayer requests, or share what God is doing in your life.

Helpful prompts to discuss during your time as a group:

What miracle am I praying for?

Who can I invite to pray along with me?

What is my take-away from our gathering this week?

How can I show up for others this week?

CORE GROUPS

The goal for CORE Groups is to gather regularly with 3-6 people, ideally from your community group, to practice deeper engagement with scripture and prayer. We suggest these smaller groups be of the same gender, to press in together as disciples of Jesus.

The book of James reminds us not to be merely hearers of the word and therefore deceive ourselves, but to actually put it into practice. We believe the following four practices can produce abundant spiritual fruit when pursued regularly.

CORE stands for: Confession, Others, Reading, & Encouragement

WEEKLY SECTIONS

CONFESSION

Confession is not intended to create guilt, shame or condemnation, but rather to free us from it. Sin, particularly secret and unconfessed sin, robs us of joy and confidence. But coming to God at His invitation to receive His grace and walk in freedom and forgiveness is life-altering.

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (James 5:16)

Questions during confession:

Where have you wrestled with temptation this week?

Have you given in to temptation this week?

What steps will you take to avoid temptation?

OTHERS

Others is about making what is paramount to Jesus paramount to us: those who don't know Jesus.

The goal of this section is to help you identify a person to whom God is leading you, and to pray for that person to come to know Christ. Along with prayer, we hope that you will see where God is moving in their life, and step out in love, faith, and obedience.

In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents. (Luke 15:10)

WEEKLY SECTIONS

Questions for your group:

Who are you aiming to share Jesus with or demonstrate his love to this week?

How are you praying for them?

How are you sensing God presenting opportunities to love and share?

What specific step will you take this week to influence them toward Jesus?

Spend time praying together for these individuals.

READING

Reading is about immersing ourselves in the Scriptures so we can know God's heart, hear His voice, and follow His will.

With this in mind, we encourage you to regularly read a significant portion of scripture together which saturates our minds and helps us think like Christ thinks and value what Christ values. Immerse yourself in the context and meaning, meditating upon the truth in scripture, and bring these verses before God to discern the immediate application for your life. You could choose to engage in a SOAP exercise here or use the scripture focus from COTC Daily.

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. (Hebrews 4:12)

Questions for your group:

Share about your time in Scripture this week.

What stood out in your reading?

Where were you convicted?

Where were you encouraged?

WEEKLY SECTIONS

ENCOURAGEMENT

Encouragement is essential if we are going to live out the call of God for our lives. If confession is accountability for what we don't want to do, encouragement is fuel for what we are called to do.

To encourage is (literally) to put courage into someone. This is a time to call out the gifts, passions, and vision that God has placed in our hearts to see His fame and deeds renewed and known in our time. Use this time to "put courage" into one another and to affirm the work God is doing and will continue to do in each of your lives.

See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness. We have come to share in Christ, if indeed we hold our original conviction firmly to the very end. (Hebrews 3:12-14)

Questions for your group:

What do you sense God doing in you that you need to respond to?

What do you sense God is doing around you that he's inviting you into?

What do you sense God doing through you that you need courage for?

As you listen to the Spirit, what words or verses is he giving you to encourage other members of your CORE group?

DAILY PAGES

Each week we have provided pages that are dedicated to daily devotionals. Each day, we will give a longer portion of Scripture to read through, but will also provide a suggested portion of that Scripture to soak in, observe, apply, and pray about. We will have corresponding video content from our Pastors that will match each day. If you would like to find out how to receive these videos daily, learn more at cotc.com/daily.

When spending your time in the selected Scripture, we suggest that you use the acronym - "SOAP." Read below to learn more about this method.

SCRIPTURE

Read slowly and thoughtfully through the passage. Pick a verse or two that stood out to you and write it in your journal.

OBSERVATION

Write some observations about these verses. What is this passage or verse saying? What does it reveal about God? About people? How is Christ revealed in this passage?

APPLICATION

Write a few sentences on how these verses apply to your life. Is there a truth about God that you want to focus on? Is there a promise to receive and thank God for? Is the Holy Spirit convicting you of something you need to do or stop doing in light of God's truth?

PRAYER

Write out a prayer to God in response to this Scripture. This is a way to turn God's Word to you back to Him. Be honest and express your heart to Him.

JANUARY 1-8

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JANUARY 1-8

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SATURDAY, JANUARY 1

1 Timothy 4:6-11

THE JOURNEY BEGINS

In today's scripture, Paul cautions Timothy against the false teaching prevalent in that day by telling him to have nothing to do with it. In contrast to these errant teachings which were requiring people to abstain from things not prohibited by God, Paul instructed Timothy to abstain from those godless myths altogether and to instead train himself to be godly. His language here makes it clear we won't just stumble into godliness. We must train and discipline ourselves for it.

Over these 21 Days and the next several months, we'll dive into a series of spiritual practices necessary for this training in godliness. Dallas Willard, in his excellent work *The Spirit of the Disciplines*, writes that we can think of spiritual disciplines in two basic categories: abstinence and engagement. As we commit to prayer and fasting, we abstain from food and possibly other pleasures such as social media or Netflix, and we do it intentionally to experience those appetites and ensure we submit them to God rather than those appetites controlling us.

Abstaining for a period of time does not imply those things are inherently wrong or bad for us, but instead sharpens our devotion to Jesus as our ultimate desire and forces our other appetites into submission to him.

Those who deny themselves will be sure to find their strength increased, their affections raised, and their inward peace continually augmented. -Bishop Wilson

REFLECTION

What are you abstaining from during these 21 Days of Prayer and Fasting? As with any journey, preparation is key. We encourage you to dedicate these days to the Lord and pray that as you abstain from food along with other pleasures and distractions, you would sense the nearness of His presence like never before, your faith would be strengthened, and your understanding would be sharpened.

DAILY GRATITUDE:

THE PRACTICE OF FASTING

While fasting can feel out of the ordinary for us today, it was a common practice for God's people in the first century and scripture is full of examples of fasting for a variety of reasons. Fasting was an effective tool for discerning God's will, in times of repentance or grief, when praying for healing, in overcoming temptation, or as part of worship.

(1 Samuel 7:6; Nehemiah 1:4; Esther 4:16; 2 Samuel 12:16-20; Matthew 4:2; Mark 2:18-19; Luke 5:33; Act 13:2-3)

Jesus prepared for his earthly ministry with a 40-day fast in the wilderness and if that wasn't difficult enough, he fasted while being tempted by the devil. Today's scripture reading gives us the requirements for fasting that Jesus teaches in the sermon on the mount; namely not being somber and downcast, or broadcasting to those around us that we're fasting. While we are participating in a corporate fast as a church, this scripture would apply to the specifics of our individual fasts, or any source of pride behind wanting other people to know we're fasting. Scripture says what is done in secret between just us and the Father will be rewarded by him.

Fasting from food exposes our appetites, which aren't limited to just our physical hunger, and it also reveals how we use food to cope with and comfort the heavier and more difficult emotions and thought patterns we carry. By denying ourselves the physical feeding of our appetite and instead asking God to search us and know us (*Psalms 139*), we can experience an increased awareness of need and rely on our heavenly Father to meet us in that need and satisfy us with Himself.

Fasting exposes how we try to keep empty hunger at bay and gain a sense of well-being by devouring creature comforts. Through self-denial we begin to recognize what controls us. -Adele Ahlberg Calhoun

REFLECTION

As you experience hunger during these 21 days, begin journaling and recognizing what you want to do to satiate that hunger and the emotions that arise as a result. What does your self-denial expose about your heart that you might not be aware of if your physical hunger was satisfied?

DAILY GRATITUDE:

MONDAY, JANUARY 3

Colossians 3:1-17

CLOTHE YOURSELVES

Chapter three of Colossians unpacks a list of sins we're to abstain from if we're believers in Jesus and have therefore been raised to new life in Christ. In contrast to the fasting journey we're on, which will be temporary in nature, this list in scripture should be abstained from forever for those of us who desire to be sanctified and conformed more and more into the image of Christ. (*Romans 8:29*)

Paul uses severe language in highlighting what belongs to our earthly nature by calling us to put these things to death. When something is put to death, there is finality attached. The obvious implication here is that there is never a time when sexual immorality, impurity, lust, evil desires, greed, and idolatry should be alive in us. Additionally, Paul includes sins we might be tempted to downgrade in severity like anger, rage, slander, filthy language, and lying. Because we're alive in Christ, we've taken off our old self like the dirtiest of clothes. Why would we put it back on over the robe of righteousness God's mercy has given us?

Abstaining from sin cannot be done once and to perfection while we remain at war with our fallen nature. But as we fast and pray through these days, we have an opportunity to gain clarity about any area of our life where the old self is still our outfit of choice. In that clarity, may we also find God's grace to put it to death as often as the Holy Spirit brings it to our awareness.

Dear friends, I urge you as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. -1 Peter 2:11

REFLECTION

As you read over the list of sins to abstain from in Colossians 3, would you be brave enough to ask the Holy Spirit to highlight any area where these old clothes might still be hanging in the closet of your heart? May we have the courage to repent and turn away from anything He shows us.

DAILY GRATITUDE:

TUESDAY, JANUARY 4

Mark 1:14-39

THE PRACTICE OF SOLITUDE

Along with fasting, the next spiritual practice we encourage you to engage with is that of solitude. The practice of solitude involves scheduling alone time with just you and God. While a daily rhythm of solitude with God such as a devotional time is certainly beneficial, the practice of lengthier alone time provides a gift not found as often in a shorter daily practice. In both rhythms of solitude, we abstain from other distractions or interruptions that could interfere in our experience of being alone with God.

Jesus practiced regular solitude and prioritized time alone with God both before and after engaging in ministry. He guarded the time with His father zealously and prioritized His life around it. In an age saturated by distraction, alone time can feel uncomfortable and the silence may be deafening. But especially when we're already engaging in a practice of fasting, solitude provides us communion with God unhampered by competition with social media, relational pressures or other mental and emotional stimulation.

In practicing solitude, we have the opportunity to hear from the Lord and address issues He brings to our attention without the distractions of our normal lives. Pushing through the discomfort of aloneness will help us tune out the noise and focus intently on the leadership of the Spirit.

We are so afraid of silence that we chase ourselves from one event to the next in order not to have to spend a moment alone with ourselves, in order not to have to look at ourselves in the mirror. -Dietrich Bonhoeffer

REFLECTION

During this fast, would you be willing to schedule some intentional lengthier times of solitude? Perhaps a few hours or half a day? Take only your Bible and a journal, turn off your phone, prepare your family for your absence, and devote yourself to listening to the Lord by engaging in scripture, praying, and journaling what you receive from Him and what your next right step is.

DAILY GRATITUDE:

WEDNESDAY, JANUARY 5

Romans 16:17-27

WATCH OUT

As we think about abstaining from food and even social media, television, or other distractions during our 21-day journey, it's also beneficial to think about other things scripture asks us to abstain from. On Saturday, we noted Paul's admonition to Timothy against the false teachers of the day. In today's reading, we again see Paul issuing a caution and urging believers to abstain, or keep away, from "those who cause divisions and put obstacles in your way that are contrary to the teaching you have learned."

This is as much a warning for us today as it was in Paul's letter to the Romans. There are many who would claim to be communicators of truth, but they peddle something contrary to the truth of scripture and the teachings of Jesus. Paul says the way they deceive is through smooth talk and flattery and we're not only to watch out for them, but keep away from them. They are serving their own appetites, and we are a people purposefully submitting our appetites to Christ during this season of fasting.

Where do you go for truth? Who are you listening to? What are you reading? Who do you follow on social media? It's critical that we know the truth and can accurately assess what we're taking in to see if it passes the litmus test of scripture.

For the time will come when people will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear. They will turn their ears away from the truth and turn aside to myths. -2 Timothy 4:3-4

REFLECTION

The beginning of a new year is a great time to take stock of the different voices you have in your life who claim to communicate truth. Assess whether it seems they say what you want to hear, or whether they challenge you to practice the way of Jesus, even when it's hard or lonely or counter cultural. Ask God to give you increased discernment as you seek to keep away from those preaching what is contrary to truth.

DAILY GRATITUDE:

THURSDAY, JANUARY 6

Psalm 62, Psalm 130

WAIT FOR IT

Waiting is a normal part of life, but it's one of the more difficult things we do. We're the most hurried and least patient people in history. In fact, millions of dollars are spent every year ensuring we don't have to wait—we're offered guaranteed high speed internet and increased cell coverage. We pull out our phones in waiting rooms, grocery store checkouts, and standstill traffic to quell our uncomfortability with the lack of progress. We grow anxious when connectivity slows and we scoff at more than a same day or overnight delivery option on Amazon. We just don't like to wait.

But waiting is often unavoidable even with all the bells and whistles available to us. Waiting for test results or a diagnosis. Waiting to hear back from a loved one. Waiting on an answer after an interview. Waiting for a longing to be fulfilled. Sometimes the waiting feels excruciating. But waiting is built into this life, and there are treasures to be discovered in it if we'll take time to refine our perspective.

When we're waiting on the Lord, our waiting is never wasted. We are being formed in our seasons of waiting and everything is preparation for the next thing. Waiting on the Lord renews our strength (*Isaiah 40:31*), invites His goodness (*Lamentations 3:25*), releases a blessing over us (*Isaiah 30:18*), and increases our courage (*Psalm 27:14*). We get to practice active rather than passive waiting through absolute trust and expressing our reliance on His sovereignty and faithfulness. God is always working while we're waiting. He never stops.

Waiting on God requires the willingness to bear uncertainty, to carry within oneself the unanswered question, lifting the heart to God about it whenever it intrudes upon one's thoughts. -Elisabeth Elliott

REFLECTION

As we approach the end of this first week of our 21 day journey, what are you waiting for? Have you resolved to wait on the Lord for it or try to worry it into being? What would it look like for you to abstain intentionally from worry and hurry for the rest of this fast? Ask God to show you the treasures He promises when we wait on Him.

DAILY GRATITUDE:

FRIDAY, JANUARY 7

James 1

HOLD FAST

Here we are on day 7! We've made it a week. This has probably been a difficult but hopefully enlightening and even encouraging first week. We are a third of the way through! And while a 21-day fast may not be in the realm of a "trial" in your life, it feels timely to encourage us all to persevere to the end by considering James chapter 1.

We see James encourage us to consider it pure joy when we face trials and that we're blessed by God when we persevere - remain steadfast - under trial. There is a holiness about remaining steadfast with a settled confidence in God when everything around us is unsettled and begging for our anxiety. It is a holy practice to abstain from anxiety and fretting. We've heard that the greek word for perseverance means to "hold fast" and not buckle under the weight of the difficulties we face. But we must be clinging to something, or in this case, Someone, in order to steady ourselves, plant our feet, and withstand the times of faith-testing that come upon us.

In holding fast to God, we are to cling to every promise he's made to us as our motivation for perseverance. He has promised to be a refuge and strong tower (*Psalms 61:3*), that no trial will last one moment longer than necessary (*Psalms 30:5*), that He'll never leave or forsake us (*Deuteronomy 31:6*), to vindicate us and that no weapon formed against us shall prosper (*Isaiah 54:17*), to give us beauty from ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair (*Isaiah 61:3*). The promises of God are based on the perfection of his character, and his unfathomable mercy toward his people. He is who we are to cling to in order to remain steadfast. Let this bolster your faith and tighten your grip today. Hold fast.

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. -Philippians 1:6

REFLECTION

What are you tempted to hold fast to rather than Christ? How could you tighten your grip today and persevere to the end?

DAILY GRATITUDE:

SATURDAY, JANUARY 8

Isaiah 58:13-14, Mark 2:23-28

SABBATH REST

This week we've been contemplating things we're to abstain from. Today, as we prepare for a new week, let's consider one spiritual practice which calls us to abstain from work. This is the practice of Sabbath. In today's reading out of Mark 2, we see Jesus declare, "The Sabbath was made for man, not man for the Sabbath." We will spend some intentional time in the coming months considering the practice of Sabbath more deeply, but for today, let's look at why the Sabbath was made for man.

Jesus made this declaration regarding Sabbath because a law God gave to His people had become a heavy burden void of devotion. Instead it was covered in legalism and rules upon rules and began to miss the mark of God's original design. Sabbath is intended to be a reminder, every seven days, of the example God set for us in creation. *"For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy."* Exodus 20:11

God intends Sabbath to be a delight and not a burden. He didn't rest because he was actually tired. Our God never grows weary. He rested and set an example for us who do grow tired, who may be tempted to believe it all depends on us, and who struggle to separate our identity from our work. But God didn't just rest. He also took delight in His creation and called it good. Sabbath sows into our schedules a rhythm of gratitude for all God has done and His faithfulness to us. It reminds us that He alone is upholding the universe and isn't looking to us for help. Sabbath sends our gaze where it belongs.

Sabbath isn't about resting perfectly; it's about resting in the One who is perfect.

-Shelly Miller

REFLECTION

If you don't already practice a Sabbath, consider setting aside a 24 hour period every seven days where you do not work, but instead, rest and enjoy God, His creation, and the gifts He's given you. We serve a God of grace and this is not to be a burden, but a delight. Dedicate your Sabbath to the Lord and ask Him to meet you there.

DAILY GRATITUDE:

SUNDAY, JANUARY 9

Psalm 19

REFRESHING THE SOUL

God's word confronts us on this Sunday with a strong declarative statement: The law of the Lord is perfect. If you ever find yourself struggling with perfectionism, then let this be the first thing you do today: loosen your grip on the need to be perfect. It'll never actually be within reach. But here's the good news about our perfection problem: The law of the Lord is perfect. The law of the Lord is scripture - God's revelation of Himself to us on the pages of our bibles. Since God's word embodies perfection we don't have to expend any effort attempting it.

But the promise goes a step further than perfection. Not only is God's word perfect, it's guaranteed to refresh the soul. In studying the biblical meaning of refreshing, we find a wealth of encouragement. This is the promise God makes to you; His vow for your soul when you're saturating it with scripture. Refreshing: to take breath, to be refreshed, to have room, margin, to find relief, to support, to give rest, to invigorate, revive, rest, quiet.

Only God, through His word, can both invigorate and quiet us. Only He can revive us and also give us rest. He knows everything we need and He's promised to provide it in exactly the right season in exactly the right way. He can be trusted with all that concerns us. And He'll respond perfectly. Hebrews 4:12 tells us the word of God is alive and it's active. But it can't be active for us if it's not first active in us.

The vigor of our spiritual life will be in exact proportion to the place held by the Bible in our life and thoughts. -George Muller

REFLECTION

As we enter this second week of the fast, take note of how God's word is transforming you when you spend time in it. Psalm 19 tells us the benefits of abiding in the word of God. Pray those promises back to God and ask that He'd make them a reality in your life. Have the courage to obey whatever God asks you to do as you read His word.

DAILY GRATITUDE:

MONDAY, JANUARY 10

Isaiah 40

ABIDE

The heading over all of Isaiah chapter 40 in many of our Bibles is *Comfort for God's People*. The promises in this chapter range from tender reassurances to sweeping reminders of the vastness of our God. As we seek to abide in Him during this fast, it's important for us to remember just who He is to us. Verse 11 tells us, "He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; He gently leads those that have young." Do you need to be swept up and held close to the heart of God today? This is his promise to you. Held close. Gently leading you.

But perhaps, on this day, you find yourself wondering just how much crazier our world is going to get. To you, Isaiah 40 brings a transcendent reminder of how powerful our God is and how far his sovereignty extends. "Lift up your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one and calls forth each of them by name. Because of his great power and mighty strength, not one of them is missing."

Not a single circumstance can knock our God off his throne. There is nothing he needs to research so he can better understand. He knows the name of every star. He counts the hairs on every head. He does not play catch up. God's sovereignty extends all the way to eternity, marks out the boundaries of the oceans, and writes every one of our days in His book before one of them comes to be. This is the God we're abiding in.

The branch of the vine does not worry and toil and rush here to seek sunshine and there to find rain. No, it rests in union and communion with the vine; and at the right time and in the right way is the right fruit found on it. Let us so abide in the Lord Jesus. -Hudson Taylor

REFLECTION

What does abiding in the vine look like for you during this fast? How can you more intentionally stay connected and have the right perspective on who God is to you?

DAILY GRATITUDE:

TUESDAY, JANUARY 11

Psalm 34

NO GOOD THING

Verse 10 of today's reading says, "The lions may grow weak and hungry, but those who seek the Lord lack no good thing." What a beautiful promise! Today, if you seek the Lord, if you abide in Him, God's Word promises you will lack nothing that's for your good. If it's good for you, you will have it from the Lord. But even with this promise of lacking nothing, we can operate as though we suffer from extreme lack, can't we? We convince ourselves if we just had this or owned that, we would have enough. But that's never true.

Often, we end up getting exactly what we want and then wonder why it didn't work. It doesn't work because it was never meant to. We were never intended to be satisfied with anything less than all of Jesus. He is the exact fulfillment of everything our soul desires. Young lions have to hunt for their food and if they find it, they'll be satisfied and no longer hungry. But if they don't find what they're hunting for, they will stay hungry and become increasingly more ravenous and dangerous until that need is met.

The beauty of today's promise is that unlike the young lions, when we seek the Lord, we will be satisfied. We won't come up empty. We won't hope for fulfillment and be left unfilled. We won't lack anything that's for our good. When we feel the temptation toward believing we don't have what we need, we can run to him for refuge and find He is all we need. This is abiding. Those who seek the Lord lack no good thing.

Abide in me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in me. John 15:4

REFLECTION

In what area of your life are you tempted toward a mindset of lack? Ask the Lord to open your eyes to the good he has provided all around you. How can you intentionally seek the Lord in that area and abide in Him?

DAILY GRATITUDE:

WEDNESDAY, JANUARY 12

John 17

IN THE TRUTH

Verse 17 of today's reading says, "Sanctify them in the truth. Your word is truth." After Jesus prayed for our protection from the evil one, He prayed for the protection of our sanctification, that it would be covered in truth, and then He provided the source of that truth. God's Word is truth. In a world full of shifting ideologies and subjective opinions, the scriptures act as both our baseline and our filter for everything else.

Because of our constant exposure to lies, we must remain sanctified in truth. We are accused by the father of lies all day, every day. He uses each area of weakness, sin, insecurity and pride within us to his advantage. If we're not on our guard and sanctified in truth, we will believe his lies. He dresses them up to sound just close enough to the truth that we swallow them whole. As we commit ourselves to abiding in Christ, you can be he'll turn up the volume on those lies as much as he can.

But it's not up to us to navigate truth and lies on our own. We have the source of all truth in our grasp. It divides us to the very core and judges even our thoughts and attitudes. We must be saturated in it to be sanctified by it. If we aren't purposely taking in truth, we will naturally take in lies, but we won't have the resources to know the difference without the Word of God as our guide. Abiding in Christ means studying Him and His truth, and one else can do it for us.

Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long. -Psalm 25:5

REFLECTION

Are you taking in enough truth to help you sort through the lies? How can you abide in God's truth more intentionally at the beginning of a new year?

DAILY GRATITUDE:

THURSDAY, JANUARY 13

Proverbs 4

SPRING OF LIFE

“Keep your heart with all vigilance, for from it flow the springs of life.” The heart is a beautiful thing, but it also requires constant supervision since the springs of life flow from it like verse 23 tells us. In Jeremiah 17:9 we learn, “The heart is deceitful and desperately sick, who can understand it?” Because of the sin nature we were born in, our hearts are indeed sick. We cannot fathom all God knows about our hearts and what we’re capable of apart from His grace. (*Psalms 139:23*)

But there’s good news. God is in the process of sanctifying our hearts along with every single part of us. We are being conformed to the image of God’s Son in each area of our lives and the Holy Spirit’s power is available to us as we lead our hearts through a truth-transformed mind. (*Romans 12:2*) Everything gets out of whack when our hearts lead. But a heart being led by a mind filled with truth is quickly positioned to respond in a way that glorifies God and leaves less shrapnel behind from detonated emotions.

Abiding in Christ means recognizing the necessity of a heart that is led rather than a heart that is leading. When we are meditating on the truth of Jesus, our feelings and heart attitudes will be engaged in emotions that glorify Him and enable growth in our lives. There’s nothing wrong with having all the feels...but they must proceed from a heart informed by all the truth. These are the springs of life.

We must have the glory sink into us before it can be reflected from us. In deep inward beholding we must have Christ in our hearts that He may shine forth from our lives.
-Alexander MacLaren

REFLECTION

Ask the Holy Spirit if there is any area where you need to increase the supervision of your heart and keep it with all vigilance. Are there any ways your heart tends to lead you rather than you leading it?

DAILY GRATITUDE:

FRIDAY, JANUARY 14

John 14

TAKE HEART

In today's scripture reading, Jesus is talking to His disciples and drops the bomb on them that He's going away and won't be with them anymore. He knows sorrow will fill their hearts and they'll weep and lament when He's crucified and buried. It will seem that all hope is lost. But in John 16:33 Jesus gives them good news to cling to when bad news descends. "In this world you will have trouble, but take heart! I have overcome the world."

Among many other things, Jesus told the disciples He was going to prepare a place for them. He would not be gone forever and the sorrow wouldn't last forever either. He explicitly states the reason He's telling them good is to come is so they will have peace. He doesn't hide that they'll have trouble, but He guarantees they can have peace in the trouble and it's found through Him.

This is for us as much as it was for the disciples. The peace He promises is for us. The good He promises is for us. In this world we will have trouble. We'll have big and small trouble. We'll have grief, pain, worry, and fear. We'll have unexpected tragedy and palpable loss. But we are promised good. This is why we abide. We are promised a place being prepared for us. Jesus has already overcome what threatens to overwhelm. Be encouraged and take heart!

For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world - our faith. -1 John 5:4

REFLECTION

In what ways do you resonate with Jesus' statement that you'll have trouble in this life? What would it look like for you to take heart? How can you embrace courage today?

DAILY GRATITUDE:

SATURDAY, JANUARY 15

1 Chronicles 16

WORSHIP

Today's passage describes one big worship service the Israelites had before the ark of the covenant. David commissioned all sorts of singers, the Levites, and a band full of instruments to minister before the ark of the Lord and fulfill the requirements of the law. The Israelites were conditioned to the laws of the Lord and it was nothing for them to spend hours in worship, song, and celebration of God.

The people of God in scripture were accustomed to entire days of worship in many cases. God deserved it, there was no dispute about it, and the people demonstrated it. For us, in our day and time, there's some challenge to be felt in how easily we can reduce worship down to a thing we go to or songs we sing rather than a never-ending posture of our hearts.

A primary way we abide in Christ is through worship. While corporate worship services like we'll participate in tomorrow are good and right, let's take a page out of the Israelites' book and ensure we're postured in worship outside of Sunday mornings as well. May we be people who worship the Lord anywhere and in any situation because our hearts are primed to do so.

REFLECTION

In 1 Chronicles 16, David sang a song of thanks. Consider reading through his song again (verses 8-36) and letting it inform how you worship the Lord today.

DAILY GRATITUDE:

ASK

As we enter this last week of our 21 Days of Prayer and Fasting, we'll journey through what it looks like to pray and ask God for what we desire. What has your relationship to prayer been? Do you use it as a fallback position when you've exhausted your earthly options? Many of us have. But there's so much more to this mystery that lets us communicate with the One who holds all, directs all, and cares intimately about all.

Prayer is a lifeline for the children of God. Prayer is our air being expelled in belief. Prayer moves the heart of God as the pleas of a child move the heart of a parent. God orchestrates our lives in such a way that we're reminded of our dependence on Him. Prayer gives the created an opportunity to commune with the Creator; to crack open the door to our pain and find peace.

God is a good Father. He knows what we need even before we ask, but He desires that we do ask. When all is swirling and upended, prayer helps us believe Someone bigger is at work. This assurance leads spirits to quiet, grips to soften, and comfort to come in.

Prayer honors God, acknowledges His being, exalts His power, adores His providence, secures His aid. -E. M. Bounds

REFLECTION

Consider committing to a regular personal prayer time each day of this week. Begin by expressing your thankfulness to God for who He is and all He's accomplished on your behalf. Use the book of Psalms as a guide.

DAILY GRATITUDE:

MONDAY, JANUARY 17

Job 23

BUT WHAT IF?

Today we read the response of a destitute Job as he defends God's sovereignty and authority to do whatever He wills. This comes at a time when Job admittedly cannot feel God's presence and sees no evidence of Him. He has lost everything except his life and he remains utterly convinced of the faithfulness of God. But what if God doesn't come through? Job doesn't even entertain that thought. Instead he says, "He will complete what He appoints for me."

Too often prayer is our last resort, not our first call. We feel we can't pray because we can't find Him anyway. But prayer is our privilege as God's children. Prayer connects us. It links us to God. It is communication with Sovereignty. It builds our trust as we speak out our belief and plead for the movement of His hand. God will complete what He appoints for us.

May we see the gift in this act, and may it become a posture for our lives. Thanking when we don't understand. Believing when we can't see. Trusting Him for good when all evidence is to the contrary. If desperate prayers are all you have to pray, pray them. He doesn't despise them. If frustration is all you feel, express it to Him. If fear is overwhelming, go to Him. Open the door to a heart that's been closed and far away, and find rest for your soul.

He regards the prayer of the destitute and does not despise their prayer. -Psalm 102:17

REFLECTION

What have you stopped praying for? Is there an area of your life where God seems to be hiding? Pour out your heart to Him today.

DAILY GRATITUDE:

TUESDAY, JANUARY 18

Ephesians 2

ALL ACCESS

In this second chapter of Paul's letter to the church in Ephesus, he takes great care to remind the believers both who they used to be and who they are now. All of Paul's descriptions apply to us also. We do not have limited access to our Father. Instead, we are granted an all access pass because of Jesus Christ.

We don't have to wait outside with throngs of people and hope we can get in to see Him. We're granted the privilege to go straight in and find mercy and grace in generous supply. (*Hebrews 4:16*) We don't need to know the right people or some secret phrase. Instead, we are family. When Jesus took the weight of our sin on the cross and gave up His life, the veil separating us from God was torn away forever. (*Matthew 27:51*)

We are children of the King. We have all the rights and privileges that come with our position. When we approach God for help, or in grief, or in worship, or with joy, we ask for what we need from this posture as children. We are no longer strangers or orphans or exiles. We ask our loving heavenly Father as His beloved children and we have full access to do so.

In prayer we can approach God with complete assurance of His ability to answer us. There is no limit to what we can ask, if it is according to His will. -John F. Walvoord

REFLECTION

Is there any way you find yourself shrinking back from approaching God fully? How can your all access position impact the way you pray?

DAILY GRATITUDE:

WEDNESDAY, JANUARY 19

James 1:5-8, 3:13-18

ASK GOD

In many situations of life, the wise thing to do or say is obvious. But there are other crossroads where true godly wisdom is lacking. Just because we don't immediately know the wise answer doesn't mean there isn't one or it's out of reach. James makes it clear that in any case where we lack wisdom, we should do one very specific thing: ask God.

Even though we're assured that when we ask for wisdom we'll experience a God who gives generously to all without finding fault, we often still do not make this our first course of action. We talk to our friends about it. We Google it. We crowd-source the answer on social media. We see a counselor or therapist to hash it out. We listen to our feelings. We weigh our pros and cons. And while there is nothing inherently wrong with any of these paths, and many are even advisable somewhere in the decision-making process, we often miss the best first step. Ask God.

The condition we're given for receiving wisdom is that we must believe God will give it to us. While we're not promised wisdom immediately, we are guaranteed it ultimately when we ask for it and believe it will come. Often it's in both the asking for wisdom and waiting for the provision of it that the most growth comes. When God promises to give us something, we can be assured beyond all doubt that he will.

For the Lord gives wisdom; from his mouth come knowledge and understanding.

-Proverbs 2:6

REFLECTION

Do you need godly wisdom for a specific decision in your life right now? Have you asked God for it? Would you be willing to ask him regularly and intentionally for wisdom until you receive it?

DAILY GRATITUDE:

THURSDAY, JANUARY 20

Psalm 138

ON PURPOSE

Our God has specific purposes for our lives. Of course there's the very specific purpose of God in the life of every single believer in Jesus: to be conformed to the likeness of His Son. (*Romans 8:29*) Far from being a random generalization, this is the purpose that unites us with believers all across the globe. This is the banner under which we partner together in the work of the Gospel and under which we experience deep relationships and accountability with one another.

But God has a unique and specific purpose for each of us that will lead us to His greater purpose for all believers. There is no such thing as a purposeless life for a believer in Jesus. He has given each of us our gifts intentionally and specifically. (*Ephesians 2:10*) What gifts has God given you? What relationships has He brought into your life? What circumstances has He orchestrated? Your purpose is probably at the intersection of the answers to those three questions.

Some of us need boldness to step into what we already know God is leading us toward. Others of us need people around us who will speak life over us and affirm God's gifting in us. Still others of us need awareness that the circumstances we are in are exactly where God's unique purpose for our life will be birthed. (*Philippians 4:11-13*)

The Lord will fulfill His purpose for me. -Psalm 138:8

REFLECTION

Do you know your God-given purpose? If not, would you be willing to ask God? Make this the content of your personal prayer time. Seek wisdom from those who know you best.

DAILY GRATITUDE:

FRIDAY, JANUARY 21

2 Peter 1

LIFE AND GODLINESS

What a beautiful passage to sit in as our 21 day journey comes to a close. Here, we're told we have everything we need for life and godliness. God's divine power has given it to us. Not because we spent 21 days fasting or because we've earned it, but through the knowledge of Jesus. Our faith in Jesus Christ assures us of everything we need.

Additionally, Peter tells us there are a few qualities we should supplement our faith with like virtue, knowledge, self-control, steadfastness, godliness, brotherly affection, and love. In prioritizing these we're protected from being ineffective and unfruitful. Peter goes on to say that if we practice these things, we will never fall.

After these 21 days of seeking God in an intentional way through prayer and fasting, may we be people who've recognized our need for him and our reliance on his Spirit to accomplish what we cannot. As we go forward from here, our prayer as a church is that we'd be people living godly lives in the way of Jesus, supplementing our faith, and transforming the world around us in the power of His Spirit.

And we know that the Son of God has come and has given us understanding, so that we may know him who is true; and we are in him who is true, in his Son Jesus Christ. He is the true God and eternal life. -1 John 5:20

REFLECTION

As you read through the qualities Peter highlights in addition to saving faith, is there a particular trait you could pray for the grace to grow in?

DAILY GRATITUDE:

SATURDAY, JANUARY 22

Psalm 103:1-2

SATURDAY, JANUARY 22

Psalm 103:1-2

Praise the Lord, my soul; all my inmost being, praise His holy name. Praise the Lord, my soul, and forget not all His benefits. -Psalm 103:1-2

REFLECTION

We encourage you to spend some time in journaling and reflection before a new week begins:

- *How did the Lord provide for you during our 21 Days of Prayer and Fasting?*
- *In what ways do you have an increased sense of the presence of God?*
- *Is there a new practice you've chosen to incorporate into your life moving forward? How?*
- *What benefits did you receive from the Lord during your fast? (Physical, Emotional, Spiritual)*
- *Write a prayer to the Lord praising Him and thanking Him for meeting you during these days.*

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DAILY GRATITUDE:

JANUARY 23-29

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JANUARY 23-29

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MONDAY, JANUARY 24 <i>2 Kings 14:23-29</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, JANUARY 25

Genesis 10:1-11, Isaiah 37:37-38, Jonah 1:1-2

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<div>WEDNESDAY, JANUARY 26</div> <div>2 Chronicles 9:20-22, Isaiah 60:1-10, Jonah 1:3</div>	<div>DAILY GRATITUDE:</div>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>THURSDAY, JANUARY 27</p> <p><i>Psalm 48, Psalm 89:1-9, Jonah 1:4-5</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<div>FRIDAY, JANUARY 28</div> <div>Joshua 18:1-10, Proverbs 16, Jonah 1:6-7</div>	<div>DAILY GRATITUDE:</div>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, JANUARY 29

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
- *Is there anything I should confess or bring before God?*

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JANUARY 30-FEBRUARY 5

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JANUARY 30-FEBRUARY 5

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<p>MONDAY, JANUARY 31</p> <p><i>Psalm 95, Psalm 18, Jonah 1:8-9</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<div>TUESDAY, FEBRUARY 1</div> <div>Psalm 139, Jonah 1:10</div>	<div>DAILY GRATITUDE:</div>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

WEDNESDAY, FEBRUARY 2 <i>Proverbs 12, Jonah 1:11-12</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, FEBRUARY 3

Psalms 91, Jonah 1:13-14

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>FRIDAY, FEBRUARY 4</p> <p><i>Jonah 1:15-17</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, FEBRUARY 5

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
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FEBRUARY 6-12

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FEBRUARY 6-12

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<p>MONDAY, FEBRUARY 7</p> <p><i>Psalm 18, Jonah 2:1-2</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, FEBRUARY 8

Psalm 88, Jonah 2:3-4

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>WEDNESDAY, FEBRUARY 9</p> <p><i>Psalm 69, Jonah 2:5-6</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, FEBRUARY 10 <i>Psalm 77, Psalm 11, Jonah 2:7-8</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>FRIDAY, FEBRUARY 11</p> <p><i>Psalm 50, Jonah 2:9-10</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, FEBRUARY 12

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
- *Is there anything I should confess or bring before God?*

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FEBRUARY 13-19

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FEBRUARY 13-19

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MONDAY, FEBRUARY 14 <i>Psalm 32, Jonah 3:1-2</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, FEBRUARY 15

Isaiah 30, Jonah 3:3-4

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

WEDNESDAY, FEBRUARY 16 <i>Ezekiel 18:21-32, Jonah 3:5-6</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, FEBRUARY 17

Joel 1:8-13, Jonah 3:7-8

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>FRIDAY, FEBRUARY 18</p> <p><i>Amos 7:1-9, Jeremiah 18:1-11, Jonah 3:9-10</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, FEBRUARY 19

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
- *Is there anything I should confess or bring before God?*

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FEBRUARY 20-26

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FEBRUARY 20-26

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<p>MONDAY, FEBRUARY 21</p> <p><i>Psalm 37, Jonah 4:1</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, FEBRUARY 22 <i>Proverbs 14:27-35, Jonah 4:2-4</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<div>WEDNESDAY, FEBRUARY 23</div> <div>Ecclesiastes 7, Jonah 4:5</div>	<div>DAILY GRATITUDE:</div>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, FEBRUARY 24

Micah 7:18-20, Jonah 4:6

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>FRIDAY, FEBRUARY 25</p> <p><i>Lamentations 3, Jonah 4:7-8</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, FEBRUARY 26

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
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FEBRUARY 27-MARCH 5

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<p>MONDAY, FEBRUARY 28</p> <p><i>Proverbs 29, Jonah 4:9</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, MARCH 1 <i>Job 38, Jonah 4:10-11</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>WEDNESDAY, MARCH 2</p> <p><i>Matthew 12:38-41</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, MARCH 3

Psalms 32

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

FRIDAY, MARCH 4 <i>Psalm 33</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, MARCH 5

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
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MARCH 6-12

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MARCH 6-12

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MONDAY, MARCH 7 <i>Mark 1:21-27, Luke 4:31-36</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, MARCH 8

Matthew 8:14-15, Mark 1:29-31, Luke 4:38-39

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

WEDNESDAY, MARCH 9 <i>Matthew 8:16-17, Mark 1:32-34, Luke 4:40-41</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, MARCH 10

Luke 5:1-11

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

FRIDAY, MARCH 11 <i>Matthew 8:1-4, Mark 1:40-45, Luke 5:12-14</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, MARCH 12

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

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	MARCH 13-19	
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MARCH 13-19

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<p>MONDAY, MARCH 14</p> <p><i>Matthew 8:5-13, Luke 7:1-10</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, MARCH 15

Matthew 9:1-8, Mark 2:1-12, Luke 5:17-26

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

WEDNESDAY, MARCH 16 <i>Matthew 12:9-14, Mark 3:1-6, Luke 6:6-11</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, MARCH 17

Luke 7:11-17

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>FRIDAY, MARCH 18</p> <p><i>Matthew 8:23-27, Mark 4:35-41, Luke 8:22-25</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, MARCH 19

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
- *Is there anything I should confess or bring before God?*

NOTES:

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MARCH 20-26

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MARCH 20-26

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<p>MONDAY, MARCH 21</p> <p><i>Matthew 8:28-33, Mark 5:1-20, Luke 8:26-39</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, MARCH 22

Matthew 9:20-22, Mark 5:25-34, Luke 8:42-48

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

WEDNESDAY, MARCH 23 <i>Matthew 9:18, 23-26, Mark 5:21-24,35-43, Luke 8:40-42, 49-56</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, MARCH 24

Matthew 9:27-31

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

FRIDAY, MARCH 25 <i>Matthew 9:32-34</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, MARCH 26

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
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MARCH 27-APRIL 2

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MARCH 27-APRIL 2

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<p>MONDAY, MARCH 28</p> <p><i>Matthew 14:34-36, Mark 6:53-56</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, MARCH 29

Matthew 15:21-28, Mark 7:24-30

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

WEDNESDAY, MARCH 30 <i>Mark 7:31-37</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, MARCH 31

Matthew 15:32-39, Mark 8:1-13

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

FRIDAY, APRIL 1 <i>Mark 8:22-26</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, APRIL 2

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
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APRIL 3-9

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APRIL 3-9

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<p>MONDAY, APRIL 4</p> <p><i>Matthew 17:14-20, Mark 9:14-29, Luke 37-43</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, APRIL 5

Matthew 12:22-23, Luke 11:14-23

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

WEDNESDAY, APRIL 6 <i>Luke 13:10-17</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, APRIL 7

Luke 17:11-19

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<div>FRIDAY, APRIL 8</div> <div>Matthew 20:29-34, Mark 10:46-52, Luke 18:35-43</div>	<div>DAILY GRATITUDE:</div>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, APRIL 9

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
- *Is there anything I should confess or bring before God?*

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APRIL 10-16

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APRIL 10-16

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MONDAY, APRIL 11

Mark 15:1-5, 15

THE JOURNEY TO THE CROSS — DAY 1

Jesus was condemned unjustly by those who did not understand him and by those who were frightened of what he did and said. Perhaps they sensed this man could change the status quo and the power balance was about to be disrupted. While Jesus was in the will of God and carrying out His assigned mission on earth, the accusations and condemnation against him were unjust in light of His perfection. Jesus gave no answer and offered no defense as He prepared to carry out His Father's will.

In our cultural moment, people are criticized and discredited for reasons including racial bias, gender, and ideology. While there are no perfect people - as Jesus was - there can be a lack of grace and mercy in our assumptions and judgment about people. As we start this journey with Jesus to the cross, take a moment, search your heart, and ask:

In what ways do I condemn people unjustly?

PRAYER GUIDE

Jesus what a terrible injustice to see you condemned to death. Neither your own people, nor the government recognized that you were the Son of God. Give us the grace to see your image in all people, both innocent and guilty. Change our hearts that we may grant compassion to those we might otherwise condemn. Amen.

NOTES:

DAILY GRATITUDE:

TUESDAY, APRIL 12

John 19:6,15-17

THE JOURNEY TO THE CROSS — DAY 2

As we remember Jesus carrying his own cross to the location of his death, it's helpful to consider the cross as a powerful metaphor for everything that made his life difficult. Jesus carried the crosses of his life without complaint, as a poor person, as a refugee, and as a misunderstood Rabbi. The peaceful manner in which he carries this awful, final burden, transforms the cross from a symbol of condemnation into one of liberation.

There are burdens we all carry, some are obvious and others we take great care to hide. In those hidden corners lurk burdens of illness, pain, depression, anxiety, and isolation. Not far away are often hopes deferred, broken relationships, unfulfilled dreams, and crises of faith. As you contemplate the road Jesus walked to the cross and the truth that he went there and bore your burdens as well, ask:

In what ways can I invite Jesus into helping me with my burdens?

PRAYER GUIDE

May we sense your presence, Lord, in all the burdens we carry today. May we be more aware of the crosses others bear and make time to alleviate their burdens in any way you lead us. May your face shine on each one of us through the difficulties of our lives. Awaken gratefulness in us as we consider the great weight you carried for each one of us. Amen.

NOTES:

DAILY GRATITUDE:

WEDNESDAY, APRIL 13

THE JOURNEY TO THE CROSS – DAY 3

Huge iron nails are hammered through the wrists and ankles of the Son of God. When iron is driven through human flesh, the flesh must yield. Jesus, nailed to the cross, cannot move. The hand that wiped blindness from the eyes; the hand that opened the seal of deafness, the hand that touched a heart and cured a leper, the hand that blessed children; the hand of the carpenter is joined to the wood again. As the cross is put into place, he hangs there between us and God, a blood-stained victim for love.

Jesus continues to be crucified in the many children who die of hunger every day. He is crucified in all who are displaced because of war. He is crucified in all who are marginalized in our society. He is crucified in those who are abused physically, sexually, or emotionally. He is crucified in those who are trafficked across the world and in those suffering close to home. Today, take some time to consider:

How can I stand in the gap for those who are suffering?

PRAYER GUIDE

Jesus, we pray on behalf of those who cannot reach out to you at this moment. We pray for all victims of violence; those who suffer it and those who inflict it. We pray especially for children, the elderly and those too vulnerable to defend themselves. May victims of cruelty and oppression know you are always with them. Amen.

NOTES:

[illegible]

DAILY GRATITUDE:

THURSDAY, APRIL 14
John 19:25-27

THURSDAY, APRIL 14
John 19:25-27

THE JOURNEY TO THE CROSS – DAY 4

When Jesus and His mother meet, the pain in her eyes makes this perhaps the most painful part of the journey to the cross. This is his bereavement. Jesus had been Mary's son for 33 years and it was coming to its earthly end. He carries the heaviest burden of the loss of his family; the severing of the loving relationship between parent and child. Jesus takes great effort through the agonizing pain of the cross to ensure Mary is cared for by John and is not left alone. And Jesus cares for all those suffering the fracture of family.

We see Mary's pain in the mothers and fathers who watch their children giving up their lives to poor choices and in the women and men who suffer violence and the ongoing threat of violence in their homes. We see the pain of family separation in the eyes of children taken into state custody and later placed in foster care. And we watch the men and women who open their homes to these children navigate the painful road of temporary placement. As we ponder the heaviness of families enduring hardship, it's helpful to consider:

How can I contend for the health of my family?

PRAYER GUIDE

Jesus, we remember the gaze that rested between you and your mother. In that moment of pain there was also a moment of deep and enduring love. Jesus, give us the courage to bring that love into the deepest recesses of our homes, to our children and to our spouses, to those places of fracture and disharmony in our relationships. Amen.

NOTES:

[illegible]

DAILY GRATITUDE:

FRIDAY, APRIL 15
Luke 23:44-46

FRIDAY, APRIL 15
Luke 23:44-46

THE JOURNEY TO THE CROSS – DAY 5

As the life of Jesus ebbs away, his words are not of condemnation or of pity for himself, but of forgiveness; 'Father forgive them, for they know not what they do.' In the midst of his anguish and suffering Jesus calls upon his Father to forgive those who are putting him to death. This is the real challenge of the cross, forgiveness even of those who hurt us most.

Jesus flipped the script in obedience to His Father. Those who didn't deserve it and couldn't earn it were given a chance to be united with God forever and were no longer in danger of eternal separation. By placing one's faith in the finished work of Jesus, forgiveness is granted by God. As Jesus dies on Calvary's hill, He challenges us to love our enemies, to let go of hurt, to ask for forgiveness, and when we cannot find it in our hearts to forgive, to ask God to do it for us. This is the pure message of the Gospel of Christ. On this Good Friday, with the cross of Jesus in view, let's ask ourselves:

Who considers me to be their enemy? Have I owned my piece of that fracture?

PRAYER GUIDE

Jesus, we can never pay our way or earn our place in the kingdom of God. We are wholly indebted to you and are the beneficiaries of eternal life through your sacrifice. May we never lose the wonder and the miracle of salvation. Amen.

NOTES:

[illegible]

DAILY GRATITUDE:

SATURDAY, APRIL 16

John 19:38, Matthew 27:57-60

THE JOURNEY TO THE CROSS — DAY 6

In the disciple's grief, they remember the words that Jesus spoke over the bread, 'this is my body, broken for you' and over the wine, 'this is my blood poured out for you.' Mary remembers that little baby in Bethlehem worshipped by shepherds and kings. She remembers the days when the crowds followed him. She grieves. Mary's grief is our grief too. As Mary cradles the lifeless body of her son and offers him back to the Father, we consider all those who held their loved ones close to them in death.

In seasons of despair, the temptation is to lose hope and to underestimate the redemptive value of suffering. May we follow the example of Joseph of Arimathea and always be willing to serve others in their darkest moments. As we sit in the grief of that Holy Saturday, while Jesus lay entombed, let's ponder:

Have I fully grieved the losses in my life?

PRAYER GUIDE

Help us Lord to accept the partings that must come. Faced with the silence of death, let us not despair but find hope. May the finality of death not oppress us. Help us to trust in you. Jesus, as we engage with the darkness of your death, grant us your compassion to serve others in their seasons of loss and grief. Amen.

NOTES:

DAILY GRATITUDE:

APRIL 17-23

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire surface, typical of notebook or composition paper. There are no margins, text, or other markings present.

APRIL 17-23

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

MONDAY, APRIL 18 <i>John 21:4-11</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, APRIL 19

Luke 14:1-6

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

WEDNESDAY, APRIL 20 <i>Matthew 21:18-22, Mark 11:12-14</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, APRIL 21

Mark 22:50-51

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

FRIDAY, APRIL 22 <i>Matthew 17:24-27</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, APRIL 23

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
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APRIL 24-30

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a template for handwriting practice or general note-taking. The margins are consistent on all sides.

Please join us this week on COTC Daily as we learn more about the spiritual practice of Sabbath. Visit cotc.com/daily to learn more.

APRIL 24-30

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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MONDAY, APRIL 25

DAILY GRATITUDE:

Most of the things we need to be most fully alive never come in busyness, they grow in rest. -Mark Buchanan

NOTES

TUESDAY, APRIL 26

DAILY GRATITUDE:

God presents Sabbath rest as a shelter we can enter. -Charles Swindoll

NOTES

[illegible]

WEDNESDAY, APRIL 27	DAILY GRATITUDE:
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WEDNESDAY, APRIL 27	DAILY GRATITUDE:
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A life built upon Sabbath is contented because in rhythms of rest we discover our time is full of the holiness of God. -Shelly Miller

NOTES

THURSDAY, APRIL 28

DAILY GRATITUDE:

Sabbath is not a reward for hard work. Sabbath is a gift that precedes work and enables us to work. As with God's grace, rest is never a reward; it's a gift. -Rich Villodas

NOTES

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FRIDAY, APRIL 29

DAILY GRATITUDE:

The command is "Do no work." Just make space. Attend to what is around you. Learn that you don't have to do to be. Accept the grace of doing nothing. -Dallas Willard

NOTES

Exodus 20:8-11

We encourage you to spend some time in journaling and reflection around Sabbath before a new week begins:

- Write a prayer to the Lord asking that He would meet you in your Sabbath practice and reveal even more of Himself to you.

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	MAY 1-7
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MAY 1-7

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[illegible]

MONDAY, MAY 2 <i>Mark 12:28-34</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Adziwa Christian School - Lilongwe, Malawi

Adziwa Ministry sees transformation of community lives and improved welfare of orphans and their families in the peri-urban of Kauama community in Lilongwe, the capital city of Malawi through the gospel of Jesus Christ. The school provides nursery, primary, and secondary education as well as vocational skills for college. Adziwa is part of a community development effort bringing empowerment and sustainability to this local community by providing education, a food and nutrition program, discipleship and psychosocial support to orphans.

TUESDAY, MAY 3 <i>2 Corinthians 5:16-21</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Begin Anew - Middle Tennessee

Begin Anew empowers individuals to overcome the obstacles caused by poverty by providing education, mentoring, and resources in the Middle Tennessee area through five locations in Nashville, Madison, and Franklin, TN. The program provides three curriculum tracks for students: High School Equivalency test preparation, Computer and Job Skills, and Life Skill English.

<div>WEDNESDAY, MAY 4</div> <div>Psalm 139:14</div>	<div>DAILY GRATITUDE:</div>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Brightstone - Franklin, TN

Brightstone provides a comprehensive work, social support, and future residential community for adults with special needs, expanding their potential and helping them develop mentally, physically, socially, emotionally, and spiritually. They expand the potential of adults with special needs by providing opportunities and solutions that enrich their lives in a God-centered environment of loving care.

THURSDAY, MAY 5 <i>2 Corinthians 5:11-15</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Corner to Corner - East Nashville, TN

Corner to Corner exists to extend the hope of Christ through gospel word and loving deed. They believe Nashville should be a place where all neighbors flourish, desiring to see friends and neighbors in the community “connect, invest, and grow” with each other and with God through Jesus Christ. Their three areas of focus are Education, Economic Development, and Spiritual Growth.

FRIDAY, MAY 6 <i>Psalm 139:13,15-16</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Pregnancy Centers of Middle Tennessee

The Pregnancy Centers of Middle TN are a Christian-based ministry that advocates the sanctity of human life. Their mission is to affirm the value of life by providing a network of care to those experiencing pregnancy related crisis. Their desire is to help individuals make the most informed decision regarding their pregnancy and provide support and practical assistance for women during and after pregnancy.

SATURDAY, MAY 7

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
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	MAY 8 - 14	
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MAY 8-14

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MONDAY, MAY 9 <i>Proverbs 19:17</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Food For The Hungry - La Cuneta, Dominican Republic

Food for the Hungry seeks to follow God’s call through responding to human suffering and graduating communities from extreme poverty. The locations that they serve are located in three major regions: Africa, Asia, and Latin America. They target populations that are suffering under the weight of extreme poverty and who have dreams for their community to be in a place of thriving.

TUESDAY, MAY 10 <i>Proverbs 31:8-9</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Freedom's Promise - Cambodia and Myanmar

Freedom's Promise exists to bring freedom to the oppressed by demonstrating the love of Jesus Christ, preventing human trafficking, and restoring communities. They work to accomplish their mission to prevent human trafficking through a community development model: THRIVE (Trafficking Awareness, Healthcare, Restoration through Christ, Income Generation, Vocational Training, and Education).

WEDNESDAY, MAY 11 <i>Acts 20:35</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

GraceWorks - Franklin, TN

GraceWorks is a faith based community resource center in Williamson County that collaboratively and inclusively provides relevant and sustainable services that address not only tangible short term and long term needs but transformational interactions that invite our neighbors into a stronger relationship with Christ.

THURSDAY, MAY 12 <i>Micah 6:8</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Hard Bargain Association - Franklin, TN

Hard Bargain Association is a grassroots, non-profit organization seeking to preserve Hard Bargain, a historic African-American neighborhood, which was founded over 130 years ago. Their mission is to preserve the historic neighborhood by renovating existing homes, building high quality affordable housing and enriching the lives of our neighbors. They provide a homeownership program, Rehabilitation Program, as well as a Community Center programs for the residents.

FRIDAY, MAY 13 <i>Romans 10:14-15</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Lifeway Mission International - East Africa

Lifeway Mission International exists to disciple the nations on the path of practical love and eternal truth through the Disciple Making Movement. They seek to connect with the persecuted and marginalized communities across East Africa in over 11 nations and strive to meet the needs of individuals in each community through socio-economic initiatives. By focusing on equipping leaders they hope to return dignity to unreached people groups and beyond.

SATURDAY, MAY 14

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
- *Is there anything I should confess or bring before God?*

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	MAY 15-21
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[illegible]

	MAY 15-21	
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MONDAY, MAY 16 <i>Philippians 2:4</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Mercy Community Healthcare - Franklin, TN

Mercy Community Healthcare exists to reflect the love and compassion of Jesus Christ by providing excellent healthcare for all and support to their families. Mercy serves over 9,700 adults and children in more than 30 counties with primary care, counseling and psychiatry services and care coordination services. Currently Mercy also provides school-based counseling services offered at 26 locations in three school districts.

TUESDAY, MAY 17 <i>2 Timothy 2:15</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Missions Development International - Brentwood, TN

Missions Development International believes in impacting the Kingdom by mentoring, equipping, and consulting with Christian leaders and their ministries who have the potential to transform their cultures. At the core of MDI's programming is a mentoring and consulting ministry that passionately serves Christian leaders free of charge across the US and internationally. They desire to see ministry leaders thriving in their leadership, in their relationships, in their ministries, and in their love for God. They specialize in spiritual care, leadership development, burn out, strategic planning, fundraising strategy, and more.

<div>WEDNESDAY, MAY 18</div> <div>Isaiah 1:17</div>	<div>DAILY GRATITUDE:</div>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

My Friend's House - Franklin, TN

My Friend's House is a comprehensive residential treatment program and group home serving boys 12-18 from Williamson County and Middle TN. They have a mission to serve abused, neglected and wayward youth and their families. They motivate residents to achieve their highest potential by nurturing their physical, social, emotional, spiritual and educational needs while providing a safe and secure residential environment. They desire to give each resident every opportunity to recover from adverse situations and to become successful young adults.

THURSDAY, MAY 19 <i>I John 3:17-18</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

My Life Speaks - Neply, Haiti

myLIFEspeaks mission is to develop a Christ-Centered Culture one LIFE at a time through family empowerment, educational excellence, and public health impact. Based in Neply, Haiti, myLIFEspeaks is committed to creating a ripple effect throughout the country of Haiti by using sustainable, long-term commUNITY development and family-based support methods.

FRIDAY, MAY 20 <i>Colossians 1:15-17</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

New Hope Academy - Franklin, TN

New Hope Academy is a Christ-centered school educating children of diverse racial and socio-economic backgrounds by establishing a Biblical worldview and preparing each child to flourish academically, emotionally, socially, and spiritually. They provide a Christ-centered, classical education for PreK through 6th grade students allowing each student to discover and steward their God-given potential for the glory of God.

SATURDAY, MAY 21

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
- *Is there anything I should confess or bring before God?*

NOTES:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

MAY 22-28

[illegible]

MAY 22-28

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

MONDAY, MAY 23 <i>Luke 3:11</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

One Generation Away - Middle Tennessee

OneGenAway works to bring fresh, healthy food directly to people in need. They strive to eliminate food deserts in the low income neighborhoods in America by rescuing food seven days a week from local grocery stores and restaurants such as, Whole Foods, Costco, GFS, Publix, Outback Steakhouse, Aldi, and many others. Each month, OneGenAway, with the help of many volunteers, brings food right to neighborhoods in need by arriving with truckloads of good food... mobile food pantries... delivered right to the streets of neighbors in need on Saturday mornings all around Middle Tennessee.

TUESDAY, MAY 24 <i>James 2:14-18</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

People Loving Nashville - Nashville, TN

People Loving Nashville seeks to bring hope to the needy in Nashville by meeting physical needs and building relationships based on the love of Jesus Christ. They provide a Monday night meal and clothing distribution to the homeless in downtown Nashville and a Thursday night meal to a low-income apartment complex on Murfreesboro Road. The Wild Ones Bible Study, an 8 week academy for mind, body and spirit, serves women who are incarcerated. People Loving Nashville serves with a listening ear, working to cultivate friendships and build community with everyone they meet.

WEDNESDAY, MAY 25 <i>1 Corinthians 10:24</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Siloam Health - Nashville, TN

Siloam Health’s mission is to share the love of Christ by serving those in need through healthcare. They provide services through their Primary Care Clinic serving Nashville’s uninsured and underserved. Patients come from more than 80 countries and speak over 70 languages. Siloam’s Community Health efforts expand their mission beyond the four walls of the clinic, empowering immigrants from all over the world who now call Nashville home.

THURSDAY, MAY 26 <i>I Timothy 4:12</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Preston Taylor Ministries - West Nashville, TN

Preston Taylor Ministries empowers youth to discover and live their God-inspired dreams, develop a love for learning, and build joy-filled friendships that glorify Christ Jesus. They view all youth as image bearers of Christ and seek to equip them to become agents of joy and hope to the current and next generation. PTM operates multiple programs specifically geared at young people on multiple campuses in the Preston Taylor area to best meet the needs of the community.

<div>FRIDAY, MAY 27</div> <div>Proverbs 11:14</div>	<div>DAILY GRATITUDE:</div>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

The Refuge Center - Middle Tennessee

The Refuge Center offers affordable professional counseling services to empower, educate, and support individuals, couples, children, and families in need. They were founded on the belief that everyone, regardless of income level, deserves a chance to improve their life and find hope and healing through counseling. The Refuge Center has served 15 counties in Middle TN with 91% of its clients receiving sliding scale fees.

SATURDAY, MAY 28

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
- *Is there anything I should confess or bring before God?*

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MAY 29-JUNE 4

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	MAY 29-JUNE 4
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MONDAY, MAY 30 <i>2 Timothy 4:3-4</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Q Ideas - National and International

Q is a proven vehicle for building and sustaining a vision for restoring the credibility of the Christian faith in Western culture for new generations. Their long term goal is to see the Christian faith become increasingly attractive, credible, and influential in the church, our communities, and the next generation.

TUESDAY, MAY 31 <i>Galatians 6:2</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

TN Faith & Justice Alliance - Middle Tennessee

The TN Faith & Justice Alliance is a project of the Access to Justice Commission. It is an alliance of faith-based groups in Tennessee who commit to providing legal resources to their congregations and communities. The notion is to connect with people in need in a place they already go to seek help with a problem, the church. TFJA operates on a referral model that is designed to pair volunteer lawyers with congregants in need.

WEDNESDAY, JUNE 1 <i>James 1:27</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

Tennessee Kids Belong - State of Tennessee

Tennessee Kids Belong empowers and equips leaders in the government, business, faith based, and creative sectors to end the crisis for kids in foster care. TKB envisions a Tennessee where every foster family feels supported by their community, social workers are thriving and not experiencing burn out, there are more than enough foster families available, and most importantly, where every child has a home and a sense of belonging.

THURSDAY, JUNE 2 <i>Hebrews 13:16</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

West Nashville Dream Center - West Nashville, TN

The West Nashville Dream Center exists to improve the safety and quality of life in underserved neighborhoods of West Nashville. They are committed to protect and empower those in the community living in distress through multiple programs including food recovery and redistribution, the Dream Center Moms Program for single moms, and Summer is for Kids which provides meals and programs during a summer day camp.

FRIDAY, JUNE 3 <i>Proverbs 3:27</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

MISSIONAL PARTNER HIGHLIGHT

YMCA Community Action Programs - East Nashville, TN

The YMCA of Middle Tennessee strengthens its community by promoting youth development, healthy living, and social responsibility. The YMCA Community Action Programs (Y-CAP) provides evidence-based academic, social, and spiritual support for more than 1,000 underserved and at risk young people from 64 public schools in Metropolitan Nashville. The Y’s portfolio of outreach programs serve at-risk youth who face the challenges of poverty, current and prior trauma, poorly performing schools, and limited access to enrichment activities, and provide the opportunity for participants to benefit from Y programs continuously and consistently from Kindergarten through high school graduation.

SATURDAY, JUNE 4

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
- *Is there anything I should confess or bring before God?*

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JUNE 5-11	
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JUNE 5-11

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MONDAY, JUNE 6 <i>Nehemiah 1-3</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, JUNE 7

Nehemiah 4-6

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>WEDNESDAY, JUNE 8</p> <p><i>Nehemiah 7-9</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, JUNE 9

Nehemiah 10-11

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

FRIDAY, JUNE 10 <i>Nehemiah 12-13</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, JUNE 11

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
- *What have I been praying for and have I received an answer to any of these prayers?*
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JUNE 12-18	
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JUNE 12-18

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MONDAY, JUNE 13 <i>Esther 1-2</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, JUNE 14

Esther 3-4

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

WEDNESDAY, JUNE 15 <i>Esther 5-6</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, JUNE 16

Esther 7-8

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>FRIDAY, JUNE 17</p> <p><i>Esther 9-10</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, JUNE 18

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
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	JUNE 19-25
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JUNE 19-25

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MONDAY, JUNE 20 <i>Daniel 1-2</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, JUNE 21

Daniel 3

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>WEDNESDAY, JUNE 22</p> <p><i>Daniel 4</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, JUNE 23

Daniel 5

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>FRIDAY, JUNE 24</p> <p><i>Daniel 6</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, APRIL 25

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
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JUNE 26-JULY 2

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JUNE 26-JULY 2

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MONDAY, JUNE 27 <i>Daniel 7</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

TUESDAY, JUNE 28

Daniel 8

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

<p>WEDNESDAY, JUNE 29</p> <p><i>Daniel 9</i></p>	<p>DAILY GRATITUDE:</p>
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

THURSDAY, JUNE 30

Daniel 10

DAILY GRATITUDE:

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

FRIDAY, JULY 1 <i>Daniel 11-12</i>	DAILY GRATITUDE:
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SCRIPTURE

OBSERVATION

APPLICATION

PRAYER

SATURDAY, JULY 2

REFLECTION

As you reflect on the past week, spend time in silence asking these questions:

- *What stood out to me the most this week?*
- *Was there a consistent theme I noticed?*
- *How have I experienced God this week?*
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CHURCH
OF THE CITY