

**FORMATION**

# FORMATION

JULY - DECEMBER 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 intentionally study Scripture together as we practice the way of Jesus. Whether this is your first time using this journal or you have been with us since the start—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](http://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 receive these videos daily in text form, please text COTCDAILY to 94090.

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.

JULY 3-9
----------

## 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.

JULY 3-9
----------

## 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 or other markings on the paper.

## 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.

<b>MONDAY, JULY 4</b> <i>Joshua 1, Psalm 1</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, JULY 5</b> <i>Joshua 2, Psalm 2</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---



<b>WEDNESDAY, JULY 6</b> <i>Joshua 3, Psalm 3</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, JULY 7</b> <i>Joshua 4, Psalm 4</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, JULY 8

*Joshua 5, Psalm 5*

**DAILY GRATITUDE:**

## SCRIPTURE

[illegible]

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

[illegible]

SATURDAY, JULY 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?*

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 the right side, suggesting it's resting on a surface.

JULY 10-16

## 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.

JULY 10-16

## This image shows a blank 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.

## 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.

<b>MONDAY, JULY 11</b> <i>Joshua 6, Psalm 6</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, JULY 12</b> <i>Joshua 7, Psalm 7</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>WEDNESDAY, JULY 13</b> <i>Joshua 8, Psalm 8</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, JULY 14</b> <i>Joshua 9, Psalm 9</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, JULY 15

*Joshua 10, Psalm 10*

**DAILY GRATITUDE:**

## SCRIPTURE

[illegible]

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

---

---

---

---

---

---

SATURDAY, JULY 16

## 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 ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

JULY 17-23

[illegible]

JULY 17-23

## This image shows a blank 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 or other markings on the paper.

## 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 the right side, suggesting it's resting on a surface.

<b>MONDAY, JULY 18</b> <i>Genesis 37:1-11, Psalm 11</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, JULY 19</b> <i>Genesis 37:12-36, Psalm 12</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---



<b>WEDNESDAY, JULY 20</b> <i>Genesis 39:1-20, Psalm 13</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, JULY 21</b> <i>Genesis 39:21-23, Psalm 14</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, JULY 22

Genesis 40, Psalm 15

**DAILY GRATITUDE:**

## SCRIPTURE

## OBSERVATION

## APPLICATION

## PRAYER

SATURDAY, JULY 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?*
- *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:

SUNDAY JULY 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.

SUNDAY JULY 24-30

## 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.

[illegible]

<b>MONDAY, JULY 25</b> <i>Genesis 41:1-36, Psalm 16</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, JULY 26</b> <i>Genesis 41:37-57, Psalm 17</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>WEDNESDAY, JULY 27</b> <i>Genesis 42, Psalm 18</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, JULY 28</b> <i>Genesis 43, Psalm 19</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, JULY 29

Genesis 44, Psalm 20

**DAILY GRATITUDE:**

## SCRIPTURE

[illegible]

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

---

---

---

---

---

---

SATURDAY, JULY 30

## 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 the right side, suggesting it's resting on a surface.

JULY 31-AUGUST 6

SUNDAY SERVICE

JULY 31-AUGUST 6

COMMUNITY GROUP

CORE GROUP

<b>MONDAY, AUGUST 1</b> <i>Genesis 45, Psalm 21</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, AUGUST 2</b> <i>Genesis 46, Psalm 22</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---



<b>WEDNESDAY, AUGUST 3</b> <i>Genesis 47, Psalm 23</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, AUGUST 4</b> <i>Genesis 48-49, Psalm 24</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, AUGUST 5

Genesis 50, Psalm 25

**DAILY GRATITUDE:**

## SCRIPTURE

## OBSERVATION

## APPLICATION

## PRAYER

SATURDAY, AUGUST 6

## 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:

AUGUST 7-13

## 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.

AUGUST 7-13

## This image shows a blank 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 or other markings on the paper.

## 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.

<b>MONDAY, AUGUST 8</b> <i>Philippians 1:1-11, Psalm 26</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, AUGUST 9</b> <i>Philippians 1:12-18a, Psalm 27</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>WEDNESDAY, AUGUST 10</b> <i>Philippians 1:18b-21, Psalm 28</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, AUGUST 11</b> <i>Philippians 1:22-26, Psalm 29</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, AUGUST 12

*Philippians 1:27-30, Psalm 30*

**DAILY GRATITUDE:**

## SCRIPTURE

[illegible]

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

[illegible]

SATURDAY, AUGUST 13

## 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:

[illegible]

AUGUST 14-20

## 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.

AUGUST 14-20

[illegible][illegible]

<b>MONDAY, AUGUST 15</b> <i>Philippians 2:1-4, Psalm 31</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, AUGUST 16</b> <i>Philippians 2:5-11, Psalm 32</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---



<b>WEDNESDAY, AUGUST 17</b> <i>Philippians 2:12-18, Psalm 33</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, AUGUST 18</b> <i>Philippians 2:19-24, Psalm 34</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, AUGUST 19

*Philippians 2:25-30, Psalm 35*

**DAILY GRATITUDE:**

## SCRIPTURE

---

---

---

---

---

---

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

---

---

---

---

---

---

SATURDAY, AUGUST 20

## 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.

AUGUST 21-27

## 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.

AUGUST 21-27

## 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.

## This image shows a blank 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.

<b>MONDAY, AUGUST 22</b> <i>Philippians 3:1-7, Psalm 36</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, AUGUST 23</b> <i>Philippians 3:8-11, Psalm 37</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>WEDNESDAY, AUGUST 24</b> <i>Philippians 3:12-16, Psalm 38</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, AUGUST 25</b> <i>Philippians 3:17-21, Psalm 39</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, AUGUST 26

*Philippians 4:1-3, Psalm 40*

**DAILY GRATITUDE:**

## SCRIPTURE

---

---

---

---

---

---

## OBSERVATION

[illegible]

## APPLICATION

[illegible]

## PRAYER

---

---

---

---

---

---

SATURDAY, AUGUST 27

## 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 ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

AUGUST 28-SEPTEMBER 3

## 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.

AUGUST 28-SEPTEMBER 3

[illegible][illegible]

<b>MONDAY, AUGUST 29</b> <i>Philippians 4:4-7, Psalm 41</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, AUGUST 30</b> <i>Philippians 4:8-9, Psalm 42</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---



<b>WEDNESDAY, AUGUST 31</b> <i>Philippians 4:10-13, Psalm 43</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, SEPTEMBER 1</b> <i>Philippians 4:14-18, Psalm 44</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, SEPTEMBER 2

*Philippians 4:19-23, Psalm 45*

**DAILY GRATITUDE:**

## SCRIPTURE

[illegible]

## OBSERVATION

---

---

---

---

---

---

## APPLICATION

---

---

---

---

---

---

## PRAYER

[illegible]

SATURDAY, SEPTEMBER 3

## 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 ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

SEPTEMBER 4-10

## This image shows a single page 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.

SEPTEMBER 4-10

[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.

<b>MONDAY, SEPTEMBER 5</b> <i>Galatians 1:1-10, Psalm 46</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, SEPTEMBER 6</b> <i>Galatians 1:11-24, Psalm 47</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>WEDNESDAY, SEPTEMBER 7</b> <i>Galatians 2:1-10, Psalm 48</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, SEPTEMBER 8</b> <i>Galatians 2:11-16, Psalm 49</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, SEPTEMBER 9

*Galatians 2:17-21, Psalm 50:1-15*

**DAILY GRATITUDE:**

## SCRIPTURE

[illegible]

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

---

---

---

---

---

---

SATURDAY, SEPTEMBER 10

## 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 the right side, suggesting it's resting on a surface.

SEPTEMBER 11-17

## 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.

SEPTEMBER 11-17

## This image shows a blank 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 or other markings on the paper.

[illegible]

<b>MONDAY, SEPTEMBER 12</b> <i>Galatians 3:1-6, Psalm 50:16-23</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, SEPTEMBER 13</b> <i>Galatians 3:7-9, Psalm 51</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---



<b>WEDNESDAY, SEPTEMBER 14</b> <i>Galatians 3:10-14, Psalm 52</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, SEPTEMBER 15</b> <i>Galatians 3:15-20, Psalm 53</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, SEPTEMBER 16

*Galatians 3:21-29, Psalm 54*

**DAILY GRATITUDE:**

## SCRIPTURE

---

---

---

---

---

---

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

[illegible]

SATURDAY, SEPTEMBER 17

## 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 the right side, suggesting it's resting on a surface.

SEPTEMBER 18-24

## 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.

SEPTEMBER 18-24

[illegible][illegible]

<b>MONDAY, SEPTEMBER 19</b> <i>Galatians 4:1-7, Psalm 55</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, SEPTEMBER 20</b> <i>Galatians 4:8-20, Psalm 56</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>WEDNESDAY, SEPTEMBER 21</b> <i>Galatians 4:21-31, Psalm 57</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, SEPTEMBER 22</b> <i>Galatians 5:1-6, Psalm 58</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, SEPTEMBER 23

*Galatians 5:7-12, Psalm 59*

**DAILY GRATITUDE:**

## SCRIPTURE

---

---

---

---

---

---

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

---

---

---

---

---

---

SATURDAY, SEPTEMBER 24

## 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.

SEPTEMBER 25-OCTOBER 1

## 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.

SEPTEMBER 25-OCTOBER 1

## This image shows a blank 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 or other markings on the paper.

## 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 or other markings on the paper.

<b>MONDAY, SEPTEMBER 26</b> <i>Galatians 5:13-15, Psalm 60</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, SEPTEMBER 27</b> <i>Galatians 5:16-21, Psalm 61</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---



<b>WEDNESDAY, SEPTEMBER 28</b> <i>Galatians 5:22-26, Psalm 62</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, SEPTEMBER 29</b> <i>Galatians 6:1-5, Psalm 63</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, SEPTEMBER 30

*Galatians 6:6-8, Psalm 64*

**DAILY GRATITUDE:**

## SCRIPTURE

---

---

---

---

---

---

## OBSERVATION

---

---

---

---

---

---

## APPLICATION

---

---

---

---

---

---

## PRAYER

---

---

---

---

---

---

SATURDAY, OCTOBER 1

## 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 the right side, suggesting it's resting on a surface.

OCTOBER 2-8

## 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.

OCTOBER 2-8

[illegible]

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

<b>MONDAY, OCTOBER 3</b> <i>Galatians 6:9-10, Psalm 65</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, OCTOBER 4</b> <i>Galatians 6:11-18, Psalm 66</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>WEDNESDAY, OCTOBER 5</b> <i>Ephesians 1:1-10, Psalm 67</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, OCTOBER 6</b> <i>Ephesians 1:11-14, Psalm 68</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, OCTOBER 7

*Ephesians 1:15-23, Psalm 69*

**DAILY GRATITUDE:**

## SCRIPTURE

---

---

---

---

---

---

## OBSERVATION

[illegible]

## APPLICATION

[illegible]

## PRAYER

---

---

---

---

---

---

SATURDAY, OCTOBER 8

## 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 ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

OCTOBER 9-15

## 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.

OCTOBER 9-15

[illegible]

## This image shows a blank 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.

<b>MONDAY, OCTOBER 10</b> <i>Ephesians 2:1-7, Psalm 70</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, OCTOBER 11</b> <i>Ephesians 2:8-10, Psalm 71</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---



<b>WEDNESDAY, OCTOBER 12</b> <i>Ephesians 2:11-17, Psalm 72</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, OCTOBER 13</b> <i>Ephesians 2:18-22, Psalm 73</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, OCTOBER 14

*Ephesians 3:1-6, Psalm 74*

**DAILY GRATITUDE:**

## SCRIPTURE

---

---

---

---

---

---

## OBSERVATION

[illegible]

## APPLICATION

[illegible]

## PRAYER

---

---

---

---

---

---

SATURDAY, OCTOBER 15

## 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:

[illegible]

OCTOBER 16-22

## 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.

OCTOBER 16-22

[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.

<b>MONDAY, OCTOBER 17</b> <i>Ephesians 3:7-13, Psalm 75</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, OCTOBER 18</b> <i>Ephesians 3:14-21, Psalm 76</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>WEDNESDAY, OCTOBER 19</b> <i>Ephesians 4:1-3, Psalm 77</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, OCTOBER 20</b> <i>Ephesians 4:4-10, Psalm 78</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, OCTOBER 21

*Ephesians 4:11-16, Psalm 79*

**DAILY GRATITUDE:**

## SCRIPTURE

---

---

---

---

---

---

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

---

---

---

---

---

---

SATURDAY, OCTOBER 22

## 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 ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

OCTOBER 23-29

## 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.

OCTOBER 23-29

## This image shows a blank 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.

## This image shows a blank 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.

<b>MONDAY, OCTOBER 24</b> <i>Ephesians 4:17-24, Psalm 80</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, OCTOBER 25</b> <i>Ephesians 4:25-28, Psalm 81</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---



<b>WEDNESDAY, OCTOBER 26</b> <i>Ephesians 4:29-32, Psalm 82</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, OCTOBER 27</b> <i>Ephesians 5:1-5, Psalm 83</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, OCTOBER 28

*Ephesians 5:6-10, Psalm 84*

**DAILY GRATITUDE:**

## SCRIPTURE

---

---

---

---

---

---

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

[illegible]

SATURDAY, OCTOBER 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?*

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.

OCTOBER 30-NOVEMBER 5

## 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.

OCTOBER 30-NOVEMBER 5

## This image shows a blank 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 or other markings on the paper.

## 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.

<b>MONDAY, OCTOBER 31</b> <i>Ephesians 5:11-14, Psalm 85</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, NOVEMBER 1</b> <i>Ephesians 5:15-21, Psalm 86</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>WEDNESDAY, NOVEMBER 2</b> <i>Ephesians 5:22-27, Psalm 87</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, NOVEMBER 3</b> <i>Ephesians 5:28-33, Psalm 88</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, NOVEMBER 4

*Galatians 6:1-4, Psalm 89*

**DAILY GRATITUDE:**

## SCRIPTURE

---

---

---

---

---

---

## OBSERVATION

---

---

---

---

---

---

## APPLICATION

[illegible]

## PRAYER

---

---

---

---

---

---

SATURDAY, NOVEMBER 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?*
- *Is there anything I should confess or bring before God?*

NOTES:

[illegible]

NOVEMBER 6-12

[illegible]

NOVEMBER 6-12

[illegible][illegible]

<b>MONDAY, NOVEMBER 7</b> <i>Galatians 6:5-9, Psalm 90</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, NOVEMBER 8</b> <i>Galatians 6:10-13, Psalm 91</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---



<b>WEDNESDAY, NOVEMBER 9</b> <i>Galatians 6:14-17, Psalm 92</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, NOVEMBER 10</b> <i>Galatians 6:18-24, Psalm 93</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, NOVEMBER 11

Colossians 1:1-14, Psalm 94

**DAILY GRATITUDE:**

## SCRIPTURE

## OBSERVATION

## APPLICATION

## PRAYER

SATURDAY, NOVEMBER 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?*

NOTES:

NOVEMBER 13-19

## 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.

NOVEMBER 6-12

## This image shows a blank 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.

## 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.

<b>MONDAY, NOVEMBER 14</b> <i>Colossians 1:15-23, Psalm 95</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, NOVEMBER 15</b> <i>Colossians 1:24-29, Psalm 96</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>WEDNESDAY, NOVEMBER 16</b> <i>Colossians 2:1-5, Psalm 97</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>THURSDAY, NOVEMBER 17</b> <i>Colossians 2:6-15, Psalm 98</i>	<b>DAILY GRATITUDE:</b>
--	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

FRIDAY, NOVEMBER 18

Colossians 2:16-23, Psalm 99

**DAILY GRATITUDE:**

## SCRIPTURE

[illegible]

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

[illegible]

SATURDAY, NOVEMBER 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:

[illegible]

NOVEMBER 20-26

## 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.

NOVEMBER 20-26

[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.

<b>MONDAY, NOVEMBER 21</b> <i>Colossians 3:1-17, Psalm 100</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---

<b>TUESDAY, NOVEMBER 22</b> <i>Colossians 3:18-25, Psalm 101</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

**SCRIPTURE**

---

---

---

---

---

---

---

**OBSERVATION**

---

---

---

---

---

---

---

**APPLICATION**

---

---

---

---

---

---

---

**PRAYER**

---

---

---

---

---

---

---



<b>WEDNESDAY, NOVEMBER 23</b> <i>Colossians 4:1-5, Psalm 102</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

SCRIPTURE

---

---

---

---

---

---

---

OBSERVATION

---

---

---

---

---

---

---

---

APPLICATION

---

---

---

---

---

---

---

---

PRAYER

---

---

---

---

---

---

---

---

<b>THURSDAY, NOVEMBER 24</b> <i>Colossians 4:6-11, Psalm 103</i>	<b>DAILY GRATITUDE:</b>
---	-------------------------

SCRIPTURE

---

---

---

---

---

---

---

OBSERVATION

---

---

---

---

---

---

---

---

APPLICATION

---

---

---

---

---

---

---

---

PRAYER

---

---

---

---

---

---

---

---

FRIDAY, NOVEMBER 25

Colossians 4:12-18, Psalm 104

**DAILY GRATITUDE:**

## SCRIPTURE

---

---

---

---

---

---

## OBSERVATION

[illegible]

## APPLICATION

---

---

---

---

---

---

## PRAYER

---

---

---

---

---

---

SATURDAY, NOVEMBER 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?*
- *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 the right side, suggesting it's resting on a surface.

NOVEMBER 27-DECEMBER 3

## 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.

NOVEMBER 27-DECEMBER 3

## This image shows a blank 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 or other markings on the paper.

[illegible]

*Matthew 1:1-17, Luke 1:1-4*

During this Advent season, we'll journey together through the two narrative accounts of the birth of Jesus Christ told by Matthew and Luke. We'll get to know our authors alongside the characters they've written about and we'll draw near to become acquainted with the humanity of each of those forever present in the Christmas story of Scripture.

Our first author, Matthew, (who was also called Levi), is a tax collector turned disciple of Jesus. His account of Jesus' birth was probably written in the late 50s or early 60s AD. In today's reading we notice Matthew's very specific account of the genealogy of Jesus. Matthew, a Jewish believer, would have been writing to other Jewish believers. It mattered to him to establish Jesus's credibility as the Jewish Messiah prophesied for so long. On the other hand, Luke was a disciple and thought to be a disciple of Paul. He wrote his account in the early 60s AD and wrote it to "Theophilus" (along with the book of Acts) whom we know nothing else about. Luke's audience would have been Gentile Christians, Matthew's Gospel account focuses primarily on Joseph and the Magi, while Luke introduces a whole supporting cast from Zechariah to Simeon, and Elizabeth to Anna.

As we prepare to celebrate the Advent season together, we encourage you to lean in with curiosity and expectation. No matter how often we study the scriptures, there is always more to be found. It's our prayer that this Christmas season is one of arrival for you. That the magnificence of the story of Jesus would capture your mind's attention and your heart's affection. Our God went to extraordinary lengths to ransom His people. Let's not allow our familiarity with the story to rob us of its wonder.

*Often when we become familiar with things, we begin to take them for granted, quit examining them, and quit noticing them. When we are familiar with things, we tend not to celebrate them as we once did. Familiarity often robs us of our wonder. And here's what's important about this: what has captured the wonder of our hearts will control the way we live. – Paul Tripp*

How can you prepare your heart for the experience of Advent as we anticipate celebrating the arrival of Jesus Christ? Write a prayer asking God to awaken your heart with wonder this Christmas season.

[illegible]

*Isaiah 7:14, Isaiah 9:6-7, Malachi 4*

Perhaps the first thing we notice about the account of Jesus's birth in our Bibles is that it opens the New Testament. By all accounts, there were four hundred years of supposed silence from God after the prophecies of the book of Malachi. The next time the curtain comes up, we have the genealogy of Jesus.

What must those years have been like for generations of followers of the one true God? Scores of people were born and later died and all they had of the God they followed is what was passed down through the generations before them. Sure, they had the Torah, which explained God's covenant with His people and the prophecies and promises for them. The Torah was read aloud to them often. They also had the prophecies of Isaiah which promised that Emmanuel would come. God would come to be with them! *But when? Why hadn't they seen it? Was it worth believing? And if so, where was God in the silence?*

The people of God continued to believe when they couldn't see because they had the testimony of those who'd gone before them. They knew God kept every promise He'd ever made. They knew He'd promised a Messiah. But we know the rest of the story. Messiah did come to earth and He did make a way for us to be reconciled to God. And now we're promised a day when He'll return to wipe every tear and break every chain. In this we can have hope, even when all seems silent. All the promises of God find their yes in Jesus.

*But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him." The Lord is good to those who wait for him, to the soul who seeks him. It is good that one should wait quietly for the salvation of the Lord. Lamentations 3:21-36*

Advent is a season of hope. Hope that God will break in. Hope that all will be made right. Hope that the silence will be broken. Let Scripture be a megaphone of hope shouting into the silence today. Look up as many scriptures about hope as you can and journal them.

[illegible]

*Luke 1:5, Matthew 2:7-18*

Today's Scripture reading opens with, "In the days of Herod, king of Judea..." and it bodes well for us to stop and consider exactly what the days of Herod might have been like since it sets the stage for the entrance of Jesus into the world. Herod, or Herod the Great, was one of the most well known rulers in Jewish history and he reigned for thirty three years. He was renowned for his large-scale building projects including the remodel of the temple in Jerusalem as well as the massive fortress known as the Herodium.

But it was in the days of Herod that the Messiah burst onto the scene. Herod had amassed power and prestige by conquering kingdoms, raising taxes, and murdering innocents. He had titles, wealth, and position. In fact, by any standard, he had it all. Any standard that is except the one standard that mattered most. And in Bethlehem, about six miles outside Jerusalem, a true and greater King was born. God broke into the world's system and set a new standard of humility and sacrifice, of care for the broken and marginalized, of love for the least of these. His was an upside-down kingdom.

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Colossians 3:12*

As the days of 2022 come to their inevitable end, consider what some of your greatest temptations are. Ask that the upside-down kingdom of Jesus would break into any places necessary to bring His way and His purposes to your life.

[illegible]

*Luke 1:5-23*

In today's reading, Luke introduces us to a priest named Zechariah. We learn several things about him right out of the gate. He was in the division of Abijah and had a wife who was in the lineage of Aaron named Elizabeth. Both of them were described as righteous before God and walking blamelessly in all the commandments and statutes of the Lord. We also discover they had no children because Elizabeth was barren, and since they were both old, certainly all hope of a child had been lost.

Zechariah is overwhelmed by the news of a son for he and Elizabeth and utters a question for which there will be consequences: "How?" In asking this, it's not as much about the physicality of what will happen, but whether it will *really* happen. We know this because Gabriel then tells him he will be mute until the promise is fulfilled. Why must he be mute? Because he did not believe Gabriel's words. By way of answering, Gabriel identifies himself as an angel who stands in the presence of God. What an interesting parallel as Zechariah stood next to the altar in the holy of holies - the place that represented the presence of God. The subtlety of Zechariah's doubt here shouldn't be missed, and neither should the kindness of the Lord for fulfilling the promise to Zechariah.

A study out of Pepperdine University found over 7,400 promises of God directly to his people in Scripture. These promises should form the foundation of our unwavering trust in God and confidence that He'll be true to His character. May we not doubt whether or not God will come through on what He's promised and instead wait expectantly for Him to do so.

**DAILY GRATITUDE:**

Start your own list of the promises of God to His people throughout Scripture. As you journey through this Advent season, pray the promises of God back to Him and confess your belief and trust in Him to be faithful.

[illegible]

*Luke 1:24-38*

As this first week of Advent draws to a close, we enter the home of a teenage girl in Nazareth named Mary. She would have likely been around fourteen years of age at the time of this account and we can know for certain she wasn't expecting what this day would hold. Can you imagine it? It's a normal day and you're sipping your morning coffee. Things have gone exactly as you'd expect them to and as every other day has gone for as long as you remember. You've got chores to complete and people to visit. There are animals to take care of and food to prepare. As you ready yourself for the day ahead, suddenly a larger than life and brighter than bright angel is standing before you.

Mary's first question to Gabriel certainly sounds like Zechariah's from yesterday, but it differs in an important way. Where his question revealed doubt, Mary's question was assuming Gabriel's words to be true and instead it asked about the semantics of it. *"How will this be since I am a virgin?"* Or in essence, *"Since I won't be with a man for this to happen, how will IT happen?"* We know this was the nature of her question from Gabriel's answer. It was the kindness of God to assure her of exactly how this miraculous conception would occur. It's Mary's response that stands as an example to us of fully surrendered faith.

*"I am the Lord's servant, let it be to me as you have said."* These words are not trite or uttered without thinking. Mary was the Lord's servant before this encounter and these words were the fruit of a deeply devoted life. Chances are good we haven't had an encounter with Gabriel lately, or talked to God in a burning bush. But He is no less present and moving in the details of our lives.

**DAILY GRATITUDE:**

*I am the Lord's servant, let it be to me as you have said. Luke 1:38*

As you think about the commitment of your heart to the Lord, would you describe yourself as fully committed? Pray and ask the Holy Spirit if there is any area of your life where He's beckoning you toward fuller devotion. Journal a prayer of surrender to the Lord.

[illegible]



SATURDAY, DECEMBER 3

## 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 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.

**DAILY GRATITUDE:**

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.

DECEMBER 4-10

[illegible]

DECEMBER 4-10

## This image shows a blank 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 or other markings on the paper.

## 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.

*Luke 1:39-56*

Shortly after Gabriel's life-altering proclamation to Mary, Scripture says she went "with haste" to her relative Elizabeth's house. It's not hard for us to imagine why Mary would have been in a hurry to see Elizabeth in person. Gabriel had told her Elizabeth was also pregnant! This was miraculous not because she was carrying the Lord of creation like Mary, but because of Elizabeth's age and the sheer improbability of her conceiving a child. One wonders if before greeting Elizabeth, Mary might have encountered Zechariah and marveled at his lack of speech and the reason for his affliction. Would she have wondered why he doubted Gabriel's words while she herself believed them?

Belief brings blessing. Mary believed what was seemingly unbelievable and she did so because she was a deeply devoted follower of God—it was good enough for her that God had spoken. And she believed him. Do you believe God will follow through on the promises He's made to you? Last week as you spent time pondering God's promises, did any stretch the limits of your current scope of belief? It may feel improbable or overwhelming that God could come through and do the things He's promised to do, especially in the bleak and difficult seasons of our lives. But if it's hard to believe the promise itself, there's always reason to believe in the One promising. Mary was blessed for believing the One who promised would be faithful to fulfill it.

Mary's song of response, recorded in verses 46-55 is known as the magnificat because of its emphasis on the word magnify. When we magnify things in the world around us, we make them bigger so we can see them more clearly.

**DAILY GRATITUDE:**

*Oh magnify the Lord with me, and let us exalt his name together! Psalm 34:3*

In what ways can you magnify the Lord more intentionally with a focus on making room for Him to do all He's capable of in your life? Ask the Holy Spirit to bring specific practices to mind, note them, and then journal a prayer of hope and belief.

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 the right side, suggesting it's resting on a surface.

Matthew 1:18-25

About four months into Mary's pregnancy with Jesus, we find the story of her betrothed, Joseph. Matthew gives us Joseph's account in today's reading. It's also miraculous and there are timely applications for us as we attempt to gain clarity, wisdom, and discernment in our decision-making and conclusions about people.

Joseph is described as a just man and one unwilling to put Mary to shame. That shame would have included a charge of adultery and the sentence of death by stoning. He desired to shield Mary and protect her reputation, even though everything pointed to her having been unfaithful to him. Scripture says he was “considering these things” when he fell asleep and had the dream that would ultimately change everything. It seems Joseph was not one given to rash judgments and decisions. He considered it all and let his character determine the course. Even in the face of evidence pointing to immorality, Joseph’s response was to protect Mary’s dignity.

It's important to note that he wasn't responding this way because of his undying love and affection for Mary and the many late nights they'd spent talking on the phone and falling in love. Mary had been visiting Elizabeth for three months and as was the custom of that day, she likely hardly knew Joseph at all except for the family connections. Joseph responded in this way because he was a just and righteous man. His excellent character was in the driver's seat of his decision-making.

**DAILY GRATITUDE:**

*If there was more deliberation in our criticisms and judgments, there would be more mercy and moderation in them. – Matthew Henry*

Consider a particularly challenging situation in your life right now. Who are the people involved? What are your assumptions or conclusions about them? Are there any ways the Spirit is leading you to protect their dignity? Ask God for the courage to follow where he leads.

[illegible]

**WEDNESDAY, DECEMBER 7**  
*Luke 1:57-80, Isaiah 40:3-5, Malachi 3:1*

**WEDNESDAY, DECEMBER 7**  
*Luke 1:57-80, Isaiah 40:3-5, Malachi 3:1*

## THE FORERUNNER

Shortly after Mary returned home to Nazareth, the time came for Elizabeth to give birth to her son, John. This is when many of those around her (including neighbors and relatives) realized she had been pregnant. This implies that Elizabeth kept the full reality of God's goodness close to her heart and stayed mostly out of public view while she savored the months of her pregnancy.

Once her neighbors and relatives knew, they rejoiced and glorified God with her. Let's always be people who endeavor to celebrate the goodness of God to other people. A community celebrating the Lord's faithfulness to one another is a blessed community indeed. We are told this community gathered on day eight, when it was time for John to be circumcised. Zechariah was still mute, and it's assumed he was also deaf since it was necessary for people to sign to him rather than just speaking out loud. As soon as Zechariah responded in obedience to God's directive to name him John, his hearing and speech returned and the first thing out of his mouth was praise to God, commonly called the benedictus. Worship is always the right response to the provision of God.

It was John's mission in life to be a forerunner, messenger, and herald of the coming of Jesus Christ as Messiah. He preceded Him in birth and would go before Him crying in the wilderness, *"Prepare the way for the Lord!"* John amassed a following, preaching the message of Jesus Christ and many were baptized and even called themselves disciples of John. But he kept his message singular in focus and continued to faithfully and boldly proclaim Jesus. No matter how gifted the messenger or how compelling the message, may we always remember that only Christ is worthy of our absolute devotion. As John himself proclaimed, *"I baptize with water, but among you stands one you do not know. He is the one who comes after me, the straps of whose sandals I am not worthy to untie."*

*John 1:26-28*

From his conception in Elizabeth's womb, through his ministry and his eventual public baptism of Jesus, John was full of the Holy Spirit and remained on His mission. This is the one of whom Jesus said, *"Truly I tell you, among those born of women there has not risen anyone greater than John the Baptist."*

**DAILY GRATITUDE:**

What a high honor bestowed by the Savior of the world. But then Jesus goes on to say *“Yet whoever is least in the kingdom of heaven is greater than he.”* Jesus is referring to the ultimate honor of living in covenant relationship with God and having citizenship in heaven because of Jesus Christ. This is the One John spent his life proclaiming.

*Give praise to the Lord, proclaim his name; make known among the nations what he has done. Psalm 105:1*

## REFLECTION

All of us are forerunners of something or someone. We herald and proclaim what's most important to us every day in our words and our actions. Spend some time asking the Spirit if you're proclaiming anything other than Christ as the highest aim of your life. Then do whatever He asks you to do.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

*Luke 2:1-5, Romans 13:1-2*

As the time drew close for Joseph and Mary to deliver their baby boy, a decree came down from Caesar Augustus requiring that everyone in the entire Roman world be registered and counted. Such a decree required traveling to the hometown of the head of household. Rather than getting to deliver their baby in their home, they were now going on an approximately ninety mile journey to Joseph's ancestral home of Bethlehem.

A ninety mile journey on foot would have taken roughly thirty hours. Since Joseph and Mary were not wealthy, they probably had one donkey which Mary would have ridden while Joseph walked. Pregnant women can't ride for thirty hours without stopping, so this journey would be several days in length only to arrive in Bethlehem and discover there was no lodging available anywhere. Housing for animals would have to do. Had the angel told Mary this part? Was her mind racing with how on earth this was going to be an appropriate delivery spot for God's Son? How many doors must Joseph have knocked on to try and find sufficient lodging for his wife? Did the stress cause his nerves to fray? Did they cry out to God?

How do you respond to unexpected changes of plan that don't make sense? What about last minute curve balls that upend everything? Do you fret and stress, exert control, and try to manage outcomes? Or do you embrace a settled confidence in the sovereignty of God and the belief He's working out what you can't see?

**DAILY GRATITUDE:**

*The plans of the LORD stand firm forever, the purposes of His heart through all generations.*  
*Psalms 33:11*

Ponder your responses over this past week. Have they been reflective of settled confidence in God or unsettled stress and worry? Journal a prayer in response.

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 or other markings on the paper.

*Luke 2:6-7, Isaiah 9:1-7*

Taking up only two short verses in Luke 2 we find the greatest news of all. Mary gave birth to her firstborn son, wrapped him in swaddling cloths and laid him in a manger. Jesus deserved fanfare and pageantry, visibility and public honor. But instead, God chose to bring His kingdom to earth in humility and obscurity. The Bread of Life came into the world under the cover of night in Bethlehem, whose name means “House of Bread,” thereby fulfilling the prophecy of Micah 5:2: *“But you, Bethlehem Ephrathah, though you are small among the clans of Judah, out of you will come for me one who will be ruler over Israel...”*

Joseph and Mary were in Bethlehem because they were of the house and line of David. Jesus the King came from the line of David the king. Bethlehem was a humble town and birth in a stable was humiliating. But on that holy night in Bethlehem, God began setting the tone for the entire ministry of Jesus. Unto us, Jesus was born. He would engage those on the outskirts. The overlooked, the underprivileged, the marginalized. He would hold up sacrifice and suffering as a high honor. He would extol greatness through service and replace climbing the ladder with kneeling and washing feet. Jesus's entrance into the world flipped the script on status, privilege, and position forever.

**DAILY GRATITUDE:**

Take an inventory of your treasures today. Where are they stored up? Here, or in God's kingdom? Spend some time asking God if there's any way He'd have you invest more into His imperishable kingdom.

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 or other markings on the paper.

SATURDAY, DECEMBER 10

## 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 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.

DAILY GRATITUDE:

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.



DECEMBER 11-17

[illegible]

DECEMBER 11-17

## This image shows a blank 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 or other markings on the paper.

## 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.

*Luke 2:8-14, John 1:6-18*

While Jesus' birth happened with no fanfare, the announcement of His birth was a different story. God's chosen method to proclaim the birth of His Son included encouragement of good news, three titles bestowed on Jesus, two signs, and a full on multitude of the heavenly host. He was pulling out all the stops. But God didn't go to those lengths in the most desirable hot spot in the city. He didn't reserve premium parking and provide all access passes at the best venue in town. No, God didn't visit princes in palaces to announce that the Messiah had come. He chose shepherds. Lowly shepherds in the profession of David before them. They were humble men doing humble work faithfully, and they had set the night watches. When watching their flocks by night, they were ensuring no wild animal would come to snatch one of their own. They were on guard.

After assuring the trembling shepherds they needn't be afraid, the angel tells them the good news. A Savior has come. He is Christ. He is the Lord. These three titles are significant because they establish that not only is this baby the Savior they've waited for, He is Christ, the prophesied Messiah, and He's God. There was no disputing that the moment they'd heard about for so long, the prophecy passed down through generations, had come to pass. And He gave them two signs so they'd know for sure they'd found the right baby. He'd be wrapped in swaddling clothes, as all babies would be, but He'd be lying in a manger. This was a detail unique to the Lord's cradle and there could be no confusion or mistaken identities. And now, with all details and signs in order, the angel is suddenly joined by a praising multitude.

There is much conjecture over the exact number of a multitude. Some theologians say it's "ten thousand upon ten thousand" and others say it would have been in the millions. In any case, the one detail God doesn't give us is exactly how many angels, but it suffices to say that a multitude is A LOT of angels.

They were all praising God and bringing one last piece of good news. There would be peace to all those on whom the favor of God rests. That's you today. As a child of God, His favor rests on you. Let this truth fill you with peace, no matter what you may face.

## REFLECTION

As you consider how the glory of God appeared to normal people doing their normal thing in their normal way, how can that encourage you to be on the lookout for glory to arrive into your normalcy? Ask God to give you tangible evidence of His nearness and glory today.

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.

**TUESDAY, DECEMBER 13**  
*Luke 2:15-20*

**TUESDAY, DECEMBER 13**  
*Luke 2:15-20*

## PROCLAIMING & PONDERING

After an unexpected announcement and concert in the sky, the shepherds looked at each other and had a choice to make. What would they do about what they'd just seen? Their response shouldn't be surprising after the miraculous events they'd witnessed. *"Let us go over to Bethlehem and see this thing that has happened which the Lord has made known to us."* Notice they didn't cite the angel as being the bearer of the good news, but the Lord Himself. Even the shepherds knew this was a message like no other.

The shepherds went “with haste” and didn’t delay in their quest. And they found everything just as the angel said it would be. Mary, Joseph, the swaddling cloths, and the manger with a baby in it. We don’t know how long they stayed, or what the conversation with Joseph and Mary was like. We don’t know if Jesus was a particularly fussy baby or if it truly was like the song and “the little Lord Jesus no crying He made.” But what we do know is the shepherds told everyone they saw about Jesus and the proclamation from the angel detailing exactly who this was. Everyone who heard it was amazed, and it probably sounded a little unbelievable to those hearing it second-hand. The shepherds couldn’t help but tell everyone what they’d seen.

The Bible says that Mary, on the other hand, *treasured up all these things, pondering them in her heart*. This was probably a practice Mary had developed as she followed God. For her to be one who'd found favor with Him and to be selected as the mother of Christ, her hidden life with God was assuredly deep and held closely. She had the wisdom to know she'd want to think about the miraculous events of these days over and over and she had a much deeper understanding than anyone else of the enormity of what was happening.

We can learn much from both the response of the shepherds and of Mary. In our life with God, there are opportunities for proclamation as well as for pondering. Some things we learn and grow in are meant both for pondering as well as proclaiming. There are aspects of our spiritual lives that are for sharing and encouraging others in their own growth and sanctification. There are also aspects of our relationship with the Lord that are meant just for pondering. For being made in secret and for being shared only between us and our Redeemer. With ever increasing time spent with Jesus and maturity in our journey with Him, we learn what response is best suited for each experience of Him along the way. Our end goal is that of the shepherds: glorifying and praising God.

**DAILY GRATITUDE:**

*He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.*

Psalm 91:1

## REFLECTION

What has God done for you? Have you proclaimed it to those around you so you're able to glorify and praise Him to others? In what ways have you seen Him show up for you personally? What moments are shared between just you and Him? Journal a prayer of thanksgiving and gratitude to Him.

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.

*Luke 2:21-35*

Most Christmas story readings and recountings end after the shepherds leave glorifying and praising God. Some tuck the visit of the Magi into the stable in Bethlehem as well, though it likely didn't occur then. But let's not miss these next two individuals who were an important part of the birth of Jesus. God used them to provide inarguable proof of the Messiah.

But forty days after the Savior's birth, it would be time for Mary and Joseph to take Him to the temple in Jerusalem. This was another staple of Jewish culture. In obedience to the law of Moses (Leviticus 12:1-8), Mary would have needed to complete the ritual of purification after giving birth. In addition, they were dedicating Jesus to the Lord as commanded by Mosaic law, along with offering the sacrifice that accompanied His dedication: a pair of doves or two young pigeons. It was in their obedience to these laws that Joseph and Mary would encounter a man named Simeon at the temple of the Lord in Jerusalem.

Simeon was described as righteous and devout and his entire life was characterized by waiting for the “consolation of Israel.” He knew a Messiah was coming and Scripture says it had been revealed to Him by the Holy Spirit that he would not die until his eyes had seen the Messiah. As Joseph and Mary are in the temple with Jesus, the Holy Spirit moves upon Simeon to go there and as soon as he sees the child, he knows. Can you imagine what it must have been like for him to hold Jesus? In fact Simeon basically says: *“Lord, I can die now and be in peace because you’ve kept your promise and shown me your Messiah!”* What a special moment it must have been for Mary and Joseph to realize they weren’t the only ones who knew the special identity of the One they held close.

This Advent season is unmistakably characterized by waiting. Waiting for the celebration of Christ's birth on Christmas day, certainly, but of a greater waiting and expectation for the return of Christ as promised to us. May we be people described as righteous and devout and waiting with anticipation for the consolation of our own souls.

How can you find ways to intentionally increase your sense of expectation for the eventual return of Christ for His people this Advent season?

[illegible]

*Luke 2:36-40*

Mary and Joseph would encounter another stranger on their visit to the temple shortly after Jesus was born. Her name was Anna. She is described as a prophetess, the daughter of Penuel, from the tribe of Asher. There is much to discover about the importance of these names. Names are always important in Scripture and a study of Anna's name, her father's name, as well as her tribe, would be a worthy undertaking since we can't cover it all here.

*Sorrow hardens those who live a selfish life. They give themselves up to self-pity, bemoaning their lot, looking upon their God as hard, and jealously envying what seems the happier lot of others. But a widow who has accepted the Lord her God as her stay is perhaps one of the happiest, one of the most useful, one of the most gracious of God's creatures. Anna's vocation was that of prayer. "What a dull life!" some young person might say, and seen from the outside it might seem so; but those who looked on the face of the aged prophetess would see nothing monotonous there. Living continually face to face with God, drinking in perpetually the thoughts which He would impart to her, losing the narrowness of self-interest and absorbed in the continually widened interests which God would make known to her as she was able to bear them—there must have been a light upon the countenance of Anna which was a study in itself, for God and heaven shone there. There are few who could be fitted for a vocation such as this—only those who understand what "a living sacrifice" means.*

In the same way as Simeon before her, Anna confirms and proclaims to all around her that this is the promised Messiah. Scripture says she “spoke of him” to everyone. The lengths of God’s attention to detail here should not be missed. Simeon, representative of all males, and Anna, representative of all females, both proclaimed the Messiah in the same setting at the same time. This is intended to symbolize that His coming was for all of humanity, male and female alike. Hope had finally been born!

The circumstances of Anna's life could certainly have led her toward bitterness and resentment. She could have been driven to despair over the seeming ill-treatment she'd received from God. Instead, Anna becomes one devoted to her Lord, submitted to His plan for her and granted the privilege to speak of the Messiah.

## REFLECTION

Would you be described as one who speaks of the Messiah? How often do you declare His praises? Journal His faithfulness to you and ask for opportunities to speak of Him.

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.

*Matthew 2:1-12*

Riding into our Scripture reading today are “Magi from the East ” who've seen the star of Bethlehem and want to come worship Him. It's important to note these men weren't necessarily kings, nor were they astrologers as we understand the term today. They were most probably advisors to kings, and they were Gentiles who did not know the scriptures, but certainly had other ways of knowing what was happening and finding their way to Jesus. God can use anything or anyone, anywhere, at any time to bring people to Himself.

As the Magi set out on their journey, they're guided by a star held in the hand of God which stays ahead of them the whole way until stopping over the place where Jesus was. They'd found him! Overjoyed, they enter the house bearing gifts of gold, frankincense, and myrrh. While much has been written about the significance of these three gifts, the important application for us is that these men went as far as they needed to in order to find Jesus and they brought what they had and gave it to him in worship. In God's pattern of using anyone, anywhere, at any time, by any means to accomplish His purposes, He subverts the murderous plan of Herod by warning the Magi in a dream to return to their homes by a different route.

**DAILY GRATITUDE:**

*Pride brings a person low, but the lowly in spirit gain honor. Proverbs 29:23*

Where does Jesus find you today? Seated on the throne of your life, or bowing to Him as the rightful Ruler? Ask the Spirit to search you and know you today and to reveal any area in which your heart resists him as ruler...and let your heart prepare Him room. We celebrate His arrival soon!!

[illegible]

SATURDAY, DECEMBER 17

## 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 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.

**DAILY GRATITUDE:**

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.

DECEMBER 18-24

## This image shows a single page 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.

DECEMBER 18-24

## This image shows a blank 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.

## This image shows a blank 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.



2 Kings 4:8-37

A common practice when celebrating Advent is the lighting of the candles in an Advent wreath. Each one is symbolic of a different posture of expectation as we await the arrival of Jesus. We will spend this last week of Advent in expectant preparation together as we journey to Christmas Eve and Christmas Day.

Proverbs 13:12 tells us: *Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.* Can you relate to the heartsick side of hope this Advent season? Have you been waiting for things to align in a particular area of your life only to feel the pangs of disappointment and grief growing within you? The definition of heartsick literally means to feel despondent. It's worth noting the wide chasm between *hope deferred* and *a longing fulfilled* because they couldn't be more opposite. God is working and weaving His way all through that chasm in the way only a wise and loving heavenly Father can. If He is deferring, it is for our good and there's wisdom in the waiting. Scripture gives us explicit hope as we wait and an example to follow.

**DAILY GRATITUDE:**

What are you hoping for this Advent season? As you journal a prayer to the Lord, be specific in your hopes, and take time to intentionally claim the promises of God for you in Scripture. This will strengthen you and act as an anchor while you wait on Him.

[illegible]

*Genesis 18:1-15, Genesis 21:1-6, Hebrews 11:11*

The second candle in an Advent wreath symbolizes faith. It is referred to as the Bethlehem candle and is intended to help us remember Joseph and Mary and the way they believed God's promise of the Messiah. In today's scriptures we are reacquainted with Abraham's wife, Sarah, and her journey of becoming a mother at well over ninety years of age.

We know Sarah took matters into her own hands with her servant, Hagar, and we know she not only laughed when the angel of the Lord made his pronouncement of her upcoming pregnancy, she ended up naming her child Isaac and declared, *“God has brought me laughter, and everyone who hears about this will laugh with me.”* But perhaps the most comforting of the scriptures we’ve read, even after Sarah’s attempts to help God and accomplish the promise by her own hand, comes in Genesis 21:1: *Now the Lord was gracious to Sarah as He had said, and the Lord did for Sarah what He had promised.*

**DAILY GRATITUDE:**

*Now faith is confidence in what we hope for and assurance about what we do not see.*

What are you assured of this Advent season? Ask God to increase your faith as you trust Him for all you hope for. And take time to study the faithful in Scripture for insight and inspiration.

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 or other markings on the paper.

Acts 13:13-52

The third candle in an Advent wreath symbolizes joy. It is referred to as the Shepherd's candle and is a reminder of the great joy the angels proclaimed with the announcement of Jesus's birth. This should be the posture of our own hearts when we reflect on the miracle of Christ's coming.

When is the last time you remember being filled with joy like that of the angels, shepherds, and Magi, or like Paul and the disciples? A biblical definition of joy would be: *a feeling of good pleasure and happiness that is dependent on who Jesus is rather than on who we are or what is happening around us*. Do you find yourself filled with joy at the miracle of your salvation? What about the relationships God has given you, His faithfulness to you, or the sheer wonder of a redemption plan of God that would encompass human history and include us? Because of that plan, we will never be called to account for our sin because Jesus paid it. We'll never be separated from God because the Spirit has sealed us. We're assured we're never alone because God has promised it. We have plenty of reasons for joy.

During this Advent season, we're bound to hear the song *Joy To The World* more than once and we have an opportunity to ensure it doesn't just pass by us with other carols of the season. True joy, the joy that entered the world that night is ours to experience. It doesn't depend on how well things are going for us, how good or worthy we feel, or how much money we have in the bank. Joy isn't dependent on circumstances lining up exactly like we hope. It's not dependent on good times or bad. In fact, joy isn't dependent on external factors at all. True joy must find its anchor in the unchanging goodness, beauty, glory, and holiness of Jesus. We can be joyful because of how good He is and how merciful and kind He's been to us. He's our source of true joy when all else falters.

*Though you have not seen Him, you love Him; and even though you do not see Him now, you believe in Him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls. 1 Peter 1:8-9*

Journal and recount your own redemption journey. Let writing it down inspire your joy.

[illegible]

*John 14:1-31*

The fourth candle in an Advent wreath symbolizes peace. It is referred to as the Angel's candle and is a reminder of what the angels proclaimed, *"Glory to God in the highest and peace to those on whom his favor rests."* But the peace the angels describe is unlike anything the shepherds could possibly have been expecting.

Like joy, the peace Jesus offers us cannot be contingent on the circumstances of this life, and must be rooted in our expectations for the life to come. In giving us the Holy Spirit as Comforter, Helper, and Teacher, Jesus also assigns him the role of Reminder. When the pressures of this life overwhelm us, it's the Spirit's job to remind us of the greater life ahead of us. When we've run out of strength for all we must face, He's there to jog our memories so we remember it was never dependent on our strength to begin with. He reminds us that Jesus is our peace.

As we continue in celebration of Christmas, take an inventory of your peace. Do you have the peace that only Christ can bring? Soul peace that holds even when all other footings slip? Because of the miracle of salvation, we have positional peace that can never be taken from us. But through His Spirit, Jesus offers us a practical peace here on earth that reaches even into the deepest parts of us, where anxieties and fears threaten and uncertainty looms. This is not the world's peace. This is not a shallow and circumstantial peace. It is a certainty that Jesus has gone to prepare a place for us and that no matter what, He's going to take us to be where He is, forever. A settled confidence and expectation of what's to come can help us face and embrace what currently is. He Himself is our peace.

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

*Philippians 4:4-7*

What requests do you need to present to God today rather than choosing to be anxious about them? Ask God to fulfill His promise of peace to you as you embrace thanksgiving and are honest with what concerns you.

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 the right side, suggesting it's resting on a surface.

Matthew 25:31-40

As we close our Advent journey, we lean forward in expectation for what's to come, but even more so, we anticipate the coming return of Jesus for his Church.

Before the birth of Christ, the people of God groaned and longed for the Redeemer that had been prophesied. They knew Messiah would come and they ached with expectation in hopes that their eyes would behold Him. When Simeon received this privilege, he knew he was seeing the consolation of Israel, and he rejoiced.

Come, Thou long expected Jesus, born to set Thy people free;  
From our fears and sins release us, let us find our rest in Thee.  
Israel's strength and consolation, hope of all the earth Thou art;  
Dear desire of every nation, joy of every longing heart.

*So Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin but to save those who are eagerly waiting for him. Hebrews 9:28*

Spend these last quiet moments before Christmas Eve asking that the arrival of Jesus in Bethlehem would fall afresh for you this year. Ask that He'd give you the grace to live a life that anticipates that arrival of the greater kingdom.

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.

SATURDAY, DECEMBER 24

## 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 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.

DAILY GRATITUDE:

[illegible]

DECEMBER 25-31

## 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.

DECEMBER 25-31

## This image shows a blank 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 or other markings on the paper.

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

MONDAY, DECEMBER 26

The next several days will be devoted to helping you prepare well for the 21 Days of prayer and fasting we'll engage in as a church beginning January 1. Each year this is such a transformational time for so many and we believe it will be the same for you if you take the time to engage and ask God to move and meet you in an unforgettable way.

We understand there are different factors that lead to your decision to say yes to participation in this church-wide commitment. We want to do the best we can to help provide three different ways to engage with this fast. We do not presume to be authoritative or comprehensive in the correct ways to fast, but we have chosen these pathways after thoughtful consideration about how to include everyone in the journey we feel called to in this season. As a church, we've purposed that our fast will be directly connected to food, as we see multiple examples of this throughout the Scripture.

For some, this will be the first time to pray in such a focused and intentional way. It may seem a bit daunting. We suggest you begin by praying through Matthew 6:9-13. As we engage this fast together, please know there are a variety of resources available on our website specifically related to fasting. It's our conviction we see the power of the Gospel unleashed when the people of God truly seek Him through prayer and fasting. We are excited and hopeful to see how the Lord is glorified as we head into this season.

*Biblical fasting is refraining from food for a spiritual purpose and our primary focus in fasting is to fix our eyes on Jesus and to listen to hear the voice and direction of God. It is vitally important for us to pay attention to our motives behind the commitment we've made. We fast because it helps to give us balance in life. It makes us more keenly sensitive to the whole of life so that we're not so obsessed by our consumer mentality.*

*- Richard J. Foster*

## REFLECTION

Pray through Matthew 6:9-13 and use this space to journal a specific prayer to God asking how He'd have you engage with the options to fast. In addition, be specific and bold, asking Him to intentionally meet you in the coming days.

**DAILY GRATITUDE:**

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.



TUESDAY, DECEMBER 27

As you consider one of the three options below, we encourage you to push outside your comfort zone rather than choosing an option requiring the least impact on your day to day life. Fasting isn't intended to be easy or comfortable. It's intended to be transformative, and a break from the normalcy of life so that you may experience the nearness and power of God in a life-altering way. Seeking the Lord intentionally shouldn't be just another item on the to-do list, or the thing we hope to squeeze into our already busy lives and schedules. It is intended to be a sacrifice and a discipline, saying no to food that satisfies our physical hunger. In this we hope to bring that physical hunger, and that deeper spiritual one, to God and rely on only Him to satisfy us.

These are the three options available for participating in the 21 Days of Prayer and Fasting with our church:

### OPTION 1 (VARIED WEEKS)

**WEEK ONE:** A commitment toward fasting from all food except water, juice, and other broths for the first 7 days.

**WEEK TWO:** A commitment toward fasting from all meals, except the incorporation of one meal into the schedule during days 8–14 (e.g., fasting all day until 6PM).

**WEEK THREE:** A commitment towards fasting for one meal out of the day, with an intentional time of focused prayer during the time period normally spent eating during days 15-21.

**OPTION 2 (ALL MEALS)**

This will be a commitment toward fasting from all food except for water, juice and other broths for the duration of the 21 days of the fast.

OPTION 3 (SOME MEALS/ALTERED DIET)

This will be a commitment toward fasting for a significant portion of your day, incorporating only 1-2 meals into your schedule (e.g., fasting all day until 6:00 PM). Or, due to medical and other considerations, it may be necessary to participate by altering your diet for the duration of the fast (this may be with vegetables only, or something known as the Daniel Fast).

**DAILY GRATITUDE:**

The practice of fasting is in stark contrast to most of the way we live on a day to day basis. The Bible mentions fasting over 70 times directly and it is inferred many more. This practice was clearly important to God, as even Jesus engaged in a 40-day fast immediately following His baptism.

## REFLECTION

While praying through the options, ask the Lord which one He is leading you to and why.

Continue journaling increased specifics of what you're praying for during the 21 Days and ask the Lord if there are any specific prayers He would put on your heart for you to engage with.

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.

WEDNESDAY, DECEMBER 28

Because of the nature of fasting, there are some certain changes you can expect as you take this journey. We'll highlight these below as well as a series of scriptures we recommend praying through. On Thursday and Friday we'll provide practical ways you can prepare for this special spiritual journey.

## HEIGHTENED EMOTIONAL SENSITIVITY

*Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting. At first we will rationalize that our anger is due to our hunger; then we know we are angry because the spirit of anger is within us. We can rejoice in this knowledge because we know that healing is available through the power of Christ. – Richard Foster*

No, it's not your imagination that during fasting everything and everyone can seem more annoying and every little thing is irritating and frustrating. When food is taken away, we lose one of the primary ways we cope with stress, anger, resentment, fear, anxiety, and other unsavory emotions. The gift of fasting is the way it holds a microscope over buried things needing to be excavated. But this can also be the most overwhelming part of fasting as well. Preparation is key in ensuring we don't give up before we give the Holy Spirit a chance to do His work within us through the fast.

## PHYSICAL EFFECTS

Changing the amount and type of nutrients you intake on a regular basis could affect your energy levels, leading to physical fatigue. Headaches have been known to be a symptom during fasting, as well as feeling flu-like or experiencing digestive issues as you begin. While we are not medical professionals, and this is not prescriptive regarding the specifics of your health personally, we do know that slight changes in these areas is not necessarily indicative of a problem, but a result of toxins and other unhelpful substances leaving your system. Often the first several days of the fast are the hardest, followed by an increased feeling of ease, less focus on what you're missing, and an increased expectation of what's being gained spiritually.

DAILY GRATITUDE:

## INTENSE HUNGER

Although this may seem like an obvious point of awareness, it is important to note you may feel hunger in a way that you've not experienced before. This is the primary indicator and reminder for times of prayer and listening during the fast. Often, the best way to engage with prayer is to let your physical hunger be your reminder. It's amazing what happens to your physical hunger when you engage with God and ask Him to satisfy and satiate you in a way nothing else can.

*What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. Philippians 4:9*

## REFLECTION

As you consider what type of fast God is calling you to, be honest in prayer with Him about any concerns or anxiety surrounding it. And ask for a sense of His peace and nearness as you prepare.

[illegible]

THURSDAY, DECEMBER 29

Now that you have some idea of how God is leading you to engage, we want to unpack six ways to prepare for this journey. We will cover three of them today and the last three tomorrow as we close out this year together.

## PREPARE YOUR PRAYER

- Consider the ways we are praying together for our church. We want to see unity among the body of Christ and we know it must begin with us. We are hoping for fulfillment of vision and purpose for our COTC family. We are praying we see many come to know Christ as their Savior and Redeemer in 2023.
- Pick up or download our 2023 Formation Journal so you are able to follow along with our daily Scripture readings, COTC Daily, and our Sunday morning messages. There's such power in knowing we're all journeying together, rather than the lie of isolation the enemy would have us believe.
- Identify some friends and partners to be praying with through this time. Life was intended by God to be lived in community. A trusted group of friends, your community group, or other supportive relationships are critical as you take this sometimes difficult journey.

## PREPARE YOUR MIND

- Spend some time considering the real implications of how this fast will affect your regular life rhythms. For example, think through how your daily schedule will be altered and engage some forethought on how to adjust properly. Planning ahead will be one of the most helpful keys to successfully experiencing this fast.
- Ask the Lord to prepare your mind for the challenge in the days ahead. It takes a mind grounded in truth to be able to withstand the temptations that come with peer pressure in social settings or the pangs of extreme hunger, especially when accompanied by unpleasant emotions.
- Meditate on Scripture and stories that are reminders of God's faithfulness and ability to sustain. Psalm 100, Matthew 4:1-4, and Matthew 6:25-26 are a few examples.

## PREPARE YOUR HEART

- Ask God to identify potential areas of difficulty during the 21 days. Do you see the potential for emotions like anger, anxiety, and fear to rise up during this fast? Are there areas of sin you are aware of and have not confessed and repented of before God?

DAILY GRATITUDE:

- Spend some time in confession and repentance concerning any areas the Spirit reveals to you. 1 John 1:9 says this: If we confess our sins, he is faithful and just to forgive us our sins and cleanse us from all unrighteousness. Asking yourself difficult and direct questions and answering with honesty will help you enter this fast in a posture ready to receive. (Example questions to ask yourself: Am I honest in all my acts and words or do I exaggerate? Do I pass on what has been said to me in confidence? Am I the same person in public and in private? Are there any areas of secret sin or sinful attitudes/habits I am harboring?)
- Ask the Lord to show you any areas of discord or disunity in your life relationally and seek to address them.

## REFLECTION

Pray through the areas above and respond with specific obedience to anything the Spirit brings to your mind.

[illegible]

FRIDAY, DECEMBER 30

As we prepare over these last few days of 2022, here are the last three practical steps you can take to be ready for our journey.

## PREPARE YOUR BODY

- Drink plenty of water. While this may not seem crucial, it is an essential part of maintaining proper hydration leading up to the fast.
- Eat healthier foods (fruits and vegetables) immediately before the start of the fast in order to facilitate an easier transition. Avoid overindulging in sweets, artificial sugars, and processed foods. When the fast is complete, be mindful of easing back into your regular diet to prevent shock to your system.
- If you have potential medical concerns, you should visit your doctor to ensure you are physically able to participate as you intend. A chronic or severe medical condition such as diabetes or heart disease, may prevent you from fasting in the manner you'd like. You should also consult your doctor if you are pregnant or nursing to gain insight on fasting in the most informed way.

## PREPARE YOUR SCHEDULE

- Take time to pre-plan what types of juices, liquids, and supplies you will need while fasting. If you are planning to drink juices for part or all of the fast, prepare for this by purchasing a portable cooler to take with you to work, ball games, and other gatherings where supplies are not readily available. This practice will keep you from being at the mercy of unhelpful food and drink options while out.
- Think about when you will set aside time to pray and when you will partake in liquids throughout the day. Remember, hunger is a great alarm clock for intentional and focused times in prayer.
- Discuss with family and those in your household about what the upcoming days will look like together.

### PREPARE YOUR RESPONSE

*"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you." Matthew 6:16-18*

**DAILY GRATITUDE:**

- In hopes of avoiding pride or self-congratulation, we don't want to broadcast our fasting journey publicly. But when asked directly, prepare a thoughtful response for others that avoids shaming or boasting and protects the integrity of the intimacy you are gaining with the Lord.
- When someone asks why you aren't eating, consider simple ways to communicate your decision to dedicate yourself toward prayer and listening to God. Seek to respond in a simple and straightforward way.
- Consider beforehand how to graciously communicate with those who may invite you to a meal or gathering. (e.g., As you are preparing for the gathering, please note that my family and I are praying and fasting together in this season, so we may not fully take part in the meal portion of the evening. Thanks for understanding.) We are aware that since we're on a church-wide journey, fasting will not be done entirely in secret, but the spirit of Matthew 6:16-18 is to focus on the unseen intentions of the heart during fasting, not the outward celebration of our spiritual maturity or self-discipline.

It's our prayer that the 21 Days of Prayer and Fasting is transformational for you and for our church. We are with you and we believe God will do more than we can think or imagine because of His power at work within us.

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.

SATURDAY, DECEMBER 31

## 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 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.

**DAILY GRATITUDE:**

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire surface, providing a guide for handwriting or typing. The paper itself is a clean, off-white color.