

Sunday, March 9, 2014

Read Psalm 100

Reflect Take time to savor each of these words in Psalm 100 -- Joy, worship, Lord, gladness, come before, joyful, know, his people, sheep of his pasture, enter, thanksgiving, praise thanks, good, loves endures forever, faithfulness continues.

Pray Ask God to examine your heart and transform the ways in which your worship of God does not reflect the words and spirit of this psalm. Give thanks to God!

Act Gather with your church family at Lafayette to lose yourself in giving worship to God and encouragement to God's family.

Monday, March 10, 2014

Read Matthew 5:13-14

Reflect In what ways have you used light in the last 24 hours? Have you ever been blinded by the light? Have you ever eaten food that was spoiled or had no taste? How might salt have helped? Have you ever eaten food that was too salty?

Pray Thank God for every opportunity you will have today and this week to cross paths with people. Ask God to show you opportunities to bless people with whom you have contact.

Act Scatter to reflect the glory of the God we worshipped together yesterday. Reflect God's glory by being willing to sacrifice yourself as Jesus did by dying for sinners.

Tuesday, March 11, 2014

Read Matthew 5:1-12

Reflect Describe the people Jesus welcomed and blessed. Do you think these people expected to be blessed by a religious leader?

Pray Thank God for blessing you even when you do not deserve a blessing. Ask God to help you bless others, especially those who are undeserving of blessing.

Act Keep your eyes open for someone who is marginalized, neglected, scorned, or abused. See them. Really see them. Give them an unexpected blessing by acknowledging them with eye contact, words, and appropriate touch.

Wednesday, March 12, 2014

Read Matthew 5:17-48

Reflect How does Jesus view the law? How does Jesus teach us to interpret the law?

Pray Thank God for giving us guidance and direction. Confess your failure to see and respect the spirit of God lying beneath the law of God. Ask God to help your righteousness go deeper than that of the Pharisees.

Act Take time to think of how an enemy has treated you. With full understanding of how you have been wronged, pray for God to richly bless them.

Thursday, March 13, 2014

Read Matthew 6:1

Reflect What motivates your faith practices? Think of a time when you hoped people would notice you and think of you as good or holy or religious. Ponder the tension between the "salt and light" passage (5:13-14) and this "not to be seen" passage.

Pray Praise God for God's purity. Confess your impurity - any mixed motives and insincerity you have had. Ask God to help you be honest with yourself and others. Ask God to heal your heart and mind from any wounds that may be the root of your desire to be liked, accepted, and admired by others.

Act Find a way to be less overtly religious and more overtly loving, forgiving, and kind.

Friday, March 14, 2014

Read Matthew 6:1-4

Reflect Take time to appreciate Jesus's exaggerated and even humorous word pictures. Have you ever given to church, the poor, or a cause all the while hoping to draw attention to yourself? What do you think might motivate someone to "put on a show" with their giving?

Pray Thank God for God's generosity. Ask God to help you become a generous giver. Ask God to take away your excuses for not being generous. Ask God to help you avoid carelessness and greed. Ask God to help you learn how to give without expecting any benefit in return.

Act Do something to benefit another without expecting for any benefit for yourself. Do all you can to make sure you are "flying under the radar."

Saturday, March 15, 2014

Read Psalm 100

Reflect To prepare for our worship gathering tomorrow, again take time to savor each of these words in Psalm 100 -- joy, worship, Lord, gladness, come before, joyful, know, his people, sheep of his pasture, enter, thanksgiving, praise thanks, good, loves endures forever, faithfulness continues.

Pray Ask God to prepare your heart for the worship gathering, that you might go to the gathering to give to God and others, without the expectation of personal benefit.

Act Clear out some time -- be it 5 minutes or an hour -- to be still, be quiet, and reflect on the awesome opportunity we have tomorrow to gather for worship on "the Lord's Day." Give God room to work in your heart and prepare you for the gathering.



Lafayette Church
of **Christ**

*Spiritual exercises to encourage our relationship
with God and others by*

Finding Our Rhythm

Part 1



March 9-15, 2014