

Sunday, March 16, 2014

Read Psalm 120

Reflect Do you understand God to be a source of help? In times of distress do you turn to God as a first reaction or as a last resource? Does the thought of God watching over you bring peace to your heart and mind?

Pray Thank God for being interested in your life. Praise God for God's ability to care and to watch over you. Ask God for help in dealing with a specific situation. Ask God to watch over you and those you care about.

Act Gather with your church family at Lafayette to be reminded of God's love and to be renewed in faith, hope, and love.

Monday, March 17, 2014

Read Matthew 6:5-6

Reflect What are the advantages of being very public with your prayer? Why does Jesus not seem to appreciate those advantages or benefits? What seems to be at the heart of Jesus's warnings not to pray like the hypocrites?

Pray Invite God to examine your heart and your motives, particularly the motives for doing religious acts. Confess as appropriate.

Act Find a quiet place where you can be alone with God. Talk to God in private. Focus on God rather than yourself as you pray. Degree of difficulty: do not be proud about how your prayer is superior to that of the hypocrites.

Tuesday, March 18, 2014

Read Matthew 6:7-8

Reflect Have you ever disagreed with someone who thought if they just repeated themselves over and over again they would surely convince you to agree with them?

Pray Spend some quiet time with God. Just sit in the silence. Just enjoy being in God's presence.

Act Twitter is a popular form of communication that limits what you can say 140 characters (spaces and punctuation count). As an exercise to avoid babbling like the pagans, write a 140 character prayer. Choose either a prayer of praise, thanksgiving, or confession.

Wednesday, March 19, 2014

Read Matthew 6:9-13

Reflect Which phrase from the Lord's prayer sounds the most like one of your prayers? Which seems the least like one of your prayers? Ponder your answers to these questions. Why?

Pray Pray to God, using the Lord's prayer as a template to help you express yourself to God.

Act In order to better grasp the concept of "daily bread," take inventory of the food in your home and calculate how many days the people in your home could survive on that food.

Thursday, March 20, 2014

Read Matthew 6:14-15

Reflect Reading these verses from several translations (biblegateway.com is a good resource) can be helpful in determining the point Jesus is wanting to communicate.

Pray Praise God for God's mercy and grace. Praise God for being quick to forgive and slow to anger. Thank God for the times God has forgiven you "70 times 7" times. After reflecting on how God has forgiven you, take time to consider any grudges you might be holding.

Act What grudge have you been holding the longest? Write down information about how you were wronged and how you have held on to your hurt. After praying, rip up the paper and throw it away.

Friday, March 21, 2014

Read Matthew 6:16-18

Reflect Jesus doesn't tell us not to fast; rather, Jesus tells us how to fast. Jesus tells us the danger of fasting to make ourselves look good. What do you think are the benefits of fasting in the way that Jesus teaches us to fast?

Pray Again, open your heart to God, asking God to examine your motives. Confess any ways you have tried to impress others with your righteous acts. Thank God for seeing in secret and knowing the inner workings of your heart.

Act Set up a time of fasting (daybreak until sundown, 24 hours, or another specific length of time). Set up the parameters of your fast (water only, no meat, no sugar, or another specific fast). When the time comes: fast!

Saturday, March 22, 2014

Read Psalm 100 (yes, Psalm 100 again)

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. *How have your answers differed the three times we have reflected on this passage? In what ways have they been similar?*

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 Take time to reflect on how you will worship God with your offering tomorrow. Does your offering reflect thanksgiving? Does your offering reflect that you trust God? Be ready to be a joyful giver as we gather to worship God -- the giver of all good gifts!



Lafayette Church
of
Christ

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

Finding Our Rhythm

Part 2



March 16-22, 2014