

Sunday, March 23, 2014

Read Psalm 122

Reflect Take time to slowly read this psalm and meditate on these words and phrases in the context of the psalm: rejoiced; rejoiced with those; let us go to the house of the Lord; peace; and for the sake of the house of the Lord. How do these words and phrases shape our worship?

Pray Pray with joyful thanksgiving for the awesome opportunity each Sunday provides to gather with others who share our faith to worship our good and beautiful God.

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

Monday, March 24, 2014

Read Matthew 6:19-23

Reflect Scripture teaches God's people to be thrifty and save money for lean times, but also warns against hoarding. How do we distinguish between saving and hoarding? How does the way we look at material possessions lead to health or unhealthiness?

Pray Give thanks for your material possessions. Ask God to give you wisdom to discern what is saving versus what is hoarding. Confess any impure ways you look at possessions.

Act If you do not have a spending/saving plan, call the church office to register for the next Financial Peace University.

Tuesday, March 25, 2014

Read Matthew 6:24

Reflect Do you think idol worship in the way Jesus describes is more common in the USA or in Africa?

Pray Praise God for who God is and what God has done. Ask God to help you serve the one true God above any lesser gods.

Act Take time to determine the percentage of your weekly income that you gave to God as worship Sunday. Remember that first fruits giving is meant to express thanksgiving and trust in God. Does your offering demonstrate thanksgiving and trust?

Wednesday, March 26, 2014

Read Matthew 6:25-34

Reflect What are you most likely to worry about: your life, your food and drink, or your clothes? What are you least likely to worry about?

Pray Lord, grant me the grace to do one thing at a time today, savoring the sacred in all without rushing or hurrying or worrying.

Act Look at the window, sit on the porch, go to the park and look around and make a list of five things of beauty that you have not noticed before.

Thursday, March 27, 2014

Read Matthew 7:1-2

Reflect What judgments (assigning value or lack of value) did you make today? Have you judged people, assigning value or lack of value to them? How does the thought that you will be judged with the measure you use to judge shape you?

Pray Praise God for the way God judges with love, mercy, grace and righteousness. Give thanks God values humanity.

Act When you feel like judging someone, make a conscious decision to bless them rather than judge them.

Friday, March 28, 2014

Read Matthew 7:3-5

Reflect Why do you think seeing the faults/sins/shortcomings in the lives of others is so much easier than recognizing the exact same things in your heart and life? How might your reaction to

certain sins in others be a learning experience to you and lead to self-awareness about your own heart?

Pray Give thanks to God for God's mercy, grace, and love. Ask God to search your heart, looking for any hypocrisy in the way you judge others. Looking back over the last week, confess to God any times you have judged others.

Act Watch yourself closely over the next 24-48 hours. Take note whenever you find yourself reacting strongly to some sin in another's life. Search your heart to see if you can understand why that sin that you have seen in another might have caused such a reaction from you.

Saturday, March 29, 2014

Read Psalm 122 (yes, Psalm 122 again)

Reflect To prepare for our worship gathering tomorrow, again take time to savor each of these words in Psalm 122 -- rejoiced; rejoiced with those; let us go to the house of the Lord; peace; and for the sake of the house of the Lord. How do these words and phrases shape our worship? *How do these words and phrases prepare your heart for gathering with your brothers and sisters tomorrow for worship?*

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 think about your church family at Lafayette perhaps even taking a few minutes to look at our Church Family Directory (available at lafayettechurch.org). Pick out a couple of people you want to encourage tomorrow. Pray for them today. Share words of encouragement with them tomorrow.



Lafayette Church
of Christ

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

Finding Our Rhythm

Part 3



March 23-29, 2014