

## Sunday, March 30, 2014

**Read** Psalm 124

**Reflect** Take time to slowly read this psalm and meditate on these words and phrases in the context of the psalm: people attacked us; anger flared against us; the flood would have engulfed us; our help is in the name of the Lord; praise be to 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 the One who helps, protects, and saves us.

**Act** Gather with your church family at Lafayette to praise the name of the One who gives you help and hope. Be alert that there may be others in the gathering who have almost been swept away or engulfed in the past week.

## Monday, March 31, 2014

**Read** Matthew 7:1-5

**Reflect** Have you ever noticed that the sins that we react most strongly to are those that demand change in others rather than ourselves? Have you ever noticed that the sins that we tend to overlook are those that require change in our thoughts and behaviors?

**Pray** Thank God for others, even those in sin, especially since the sin in others can be a great source of self-awareness about our own sins. Confess your sins to God: sins of action and sins of neglect.

**Act** Look back over the last week searching for planks in your eye.

## Tuesday, April 1, 2014

**Read** Matthew 7:7-11

**Reflect** Asking, seeking, and knocking all express desire and

longing. What is happening in your thoughts and actions that indicate your longing and desire to be in relationship with God and people?

**Pray** Express to God your desire to be in relationship with God. Give thanks for Jesus's making it possible for you to be in relationship with God.

**Act** In order to express your desire to trust in God as provider -- clean out one closet or storage space in your home and donate clothes and household items to Goodwill or Fair Haven Children's Home.

## Wednesday, April 2, 2014

**Read** Matthew 7:7-12

**Reflect** Slowly read and ponder these words to see a picture painted of how God cares for us. Note Jesus summarizes this section of teaching with the golden rule, a rule which summarizes the law and the prophets.

**Pray** Gracious God, help me take into consideration the feelings and needs of others as I interact with them.

**Act** Is there a situation in your life where you want to give somebody what they deserve? Think through what it would look like instead to treat them the way you would like to be treated.

## Thursday, April 3, 2014

**Read** Matthew 7:13-14

**Reflect** Think about actions and reactions toward others that come naturally to you. Why do you think they come so naturally? Think of the ways of Jesus that are very difficult for you to enact. Why do you think they are so difficult?

**Pray** Thank God for showing us the way through some many ways that are recorded in scripture, but especially in Jesus.

**Act** Choose to do some difficult Jesus-behavior today, something that does not come naturally easy to you.

**Friday, April 4, 2014**

**Read** Matthew 7:15

**Reflect** Jesus wants his followers to have discernment about teachings they hear. Jesus seems especially concerned with the dangers of those who look like a sheep while in their hearts they are wolves. Jesus is encouraging us to discern and process potential false teachers rather than making snap judgments based on how they are selling themselves. What do you think causes us to trust or distrust someone on the basis of their appearance?

**Pray** Praise God for God's purity and righteousness. Give thanks for the genuineness of Jesus. Confess any areas of life where integrity is lacking.

**Act** Before making a snap judgment about someone, take time to get to know them.

**Saturday, April 5, 2014**

**Read** Psalm 124 (yes, Psalm 124 again)

**Reflect** To prepare for our worship gathering tomorrow, again take time to savor each of these words in Psalm 124 -- people attacked us; anger flared against us; the flood would have engulfed us; our help is in the name of the Lord; praise be to 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** Pause to thank about those with whom you will gather tomorrow. Are there any who are in danger of being engulfed or swallowed alive? Lift them in prayer and then prepare how you plan to interact with them tomorrow.



Lafayette Church  
of **Christ**

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

## **Finding Our Rhythm**

Part 4



March 30 - April 5, 2014