

Sunday, April 6, 2014

Read Psalm 130

Reflect Take time to slowly read this psalm and meditate on these words and phrases in the context of the psalm: out of the depths; I cry to you; attentive; cry for mercy; record of sins; forgiveness; serve with reverence; wait for the Lord; hope in the Lord; redeem from all their sins. How do these words and phrases shape our worship?

Pray Take the words of this psalm and craft them into your own prayer to fit your current situation, be it despair, sin, forgiveness, hopelessness, or hope.

Act Gather with your church family at Lafayette to praise the One who hears your cries in times of despair. Most Sundays there are people in our gathering who are crying out to God in their despair. Look for them. Walk with them through their pain.

Monday, April 7, 2014

Read Matthew 7:1-6,15-20

Reflect Have you ever noticed the tension between these two sections? One calls us to avoid judgments, the other to make judgments. How do you live in this tension?

Pray Thank God for the strengths of others. Ask God to forgive others. Confess to God your sins. Thank God for good fruit you see in the lives of others.

Act Think about your conversations. Do you tend to say whatever occurs to you? Would you determine today not to speak in defense of yourself or in judgment of another?

Tuesday, April 8, 2014

Read Matthew 7:21-23

Reflect What distinction does Jesus make between our words and our actions? What are areas in your life where your practice

does not match up to your profession? What can you do to bring these areas of your life under the kingdom reign of God?

Pray Thank God for the pure and genuine heart of Jesus. Give thanks for people you know who are genuine. Give thanks for people whose practice and profession match. Invite God to reign in your heart. Pledge your all to God's kingdom.

Act Preview or review your day and identify a behavior that is not square with God's kingdom. Change one of those behaviors today.

Wednesday, April 9, 2014

Read Matthew 7:21-23 (again)

Reflect How does Jesus contrast those who work hard doing good things out of their own strength and those who work hard doing good things out of their relationship with God? Have you ever had someone shut you out of their life? How does God feel when we shut out God from our lives?

Pray Thank God for wanting to know you. Ask God for opportunities today to get to know God better. Confess times when you have served God out of your strength.

Act Spend five minutes in silence today to let your heart savor God.

Thursday, April 10, 2014

Read Matthew 7:24-27

Reflect How does this section provide a fitting conclusion for the entire sermon of chapters 5-7? Do you think the church does an adequate job of pointing out the need to translate teaching into lifestyle?

Pray Thank God for walking with you through the stormy times when you have faced rain, winds, and waves.

Act Look back over the teachings of this sermon in chapters 5-7 and make it a point to do one thing today that Jesus taught.

Friday, April 11, 2014

Read Matthew 7:28-29

Reflect How do you think you would have reacted to the teaching of Jesus? In what way did the teaching of Jesus contrast with the well-known teachers of his day? What is it about this sermon in chapters 5-7 that gives it the feel of authority?

Pray Praise God for teaching us through this sermon and the entire life of Jesus. Pledge to God your desire and intention to live out the teachings of Jesus.

Act Be on the lookout for someone making a Jesus-like move today. When you see it happen, pause long enough to be amazed at Jesus.

Saturday, April 12, 2014

Read Psalm 130 (yes, Psalm 130 again)

Reflect Take time to slowly read this psalm and meditate on these words and phrases in the context of the psalm: out of the depths; I cry to you; attentive; cry for mercy; record of sins; forgiveness; serve with reverence; wait for the Lord; hope in the Lord; redeem from all their sins. 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 Prepare your heart for worship by thinking of those in your church family who are in a time of despair. Be intentional about seeing them tomorrow and how you will interact with them.



Lafayette Church
of **Christ**

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

Finding Our Rhythm

Part 5



April 6-12, 2014