

## Sunday, March 1, 2015

**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 2, 2015

**Read** Galatians 5:22-26

**Reflect** Last week we spent time meditating on love, the first in Paul's list of fruit. Some note that "fruit" is singular and think that love is the fruit and all the other qualities grow out of love. That being said, we will focus on joy and peace this week.

**Pray** Give thanks to God for pouring out the Holy Spirit into your heart. Praise God for being beyond our full comprehension. Who completely understands how the Holy Spirit works? Praise God for mystery. Pledge to God your heart, yielded to the Holy Spirit.

**Act** Take a few moments to watch a fire, whether a burning candle or a fire in your fireplace (youtube "fireplace" if it helps). Watch the wind blowing snow or dust or leaves. Reflect on the Holy Spirit as you consider the mystery of fire and wind.

## Tuesday, March 3, 2015

**Read** James 1:1-18

**Reflect** Did we just jump into the deep end or what? Joy in the midst of trials? How does that work? What are the benefits of trials and struggles? What does this kind of joy look like?

**Pray** Praise God for the way God is present with you even in the midst of the most trying experiences. Thank God, even if it is difficult, for the opportunities for growth provided by trials.

**Act** Take an inventory of the last four times when you have experienced real trials in your life. Reflecting back on those experiences, how did you experience joy? How did you grow through those trials?

## Wednesday, March 4, 2015

**Read** 2 John

**Reflect** Of particular interest to us today is verse 12. John has much to communicate to the church (the chosen lady) but looks forward to face to face conversation that makes joy complete.

**Pray** Give thanks to God for people with whom you share relationships. Give thanks for opportunities to share face to face conversations with people who bring you joy. Ask God to help you be the kind of person who brings joy to others.

**Act** Take time to do some self-evaluation: am I the kind of person who refreshes others or am I the kind of person who drains others? Plan to have a face to face conversation with someone with your goal being to bring joy to that person.

## Thursday, March 5, 2015

**Read** John 14:25-27

**Reflect** God wants to give us peace. God gives us peace through the work of the Holy Spirit. How is God's peace different from that of the world? How do anxiety and fear interfere with our having peace in our hearts?

**Pray** Thank God for being a God of peace. Thank God for wanting to share peace with us. Confess to God anxiety and fear that might be hindering you from experiencing God's peace. Confess to God any times you have settled the world's peace.

**Act** Looking back over your life for the last week, make a note of the things that have aroused fears and anxieties within your heart. Lay each of those fear/anxiety producers before God.

**Friday, March 6, 2015**

**Read** Romans 14

**Reflect** In this chapter Paul addresses how the church is to handle gray areas or matters of opinion. Verses 17-19 are of particular interest today. The kingdom of God is about peace. We are called to act intentionally to bring peace.

**Pray** Praise God for being a God of peace. Thank God for seeing you through times of strife, particularly church strife. Confess times when you have forgotten that peace is a kingdom essential. Confess times when you have failed to be deliberate about peace-seeking.

**Act** How many times have you seen a church divide over matters that were not as important in the kingdom as is righteousness, peace, and joy? What kinds of issues, actions, and practices have you seen at the heart of church strife? Take time to self-evaluate: in what ways have you contributed to either church strife or church peace? Were you to face the same situation again, how would you change your behavior?

**Saturday, March 7, 2015**

**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 in our church app or at [lafayettechurch.org](http://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*

## **Bearing Fruit**

Part 3



March 1-7, 2015