

Monday, March 7

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ – Psalm 32:4-5

For your hand was heavy upon me day and night; my moisture was dried up as in the heat of summer. Then I acknowledged my sin to you, and did not conceal my guilt.

I said, “**I will confess my transgressions to the Lord.**” Then you forgave me the guilt of my sin.

TALK – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?

Then you may choose to ponder these questions?

1. How do you recognize when you have missed the mark of love (sinned)?
2. Why and how have you tried to conceal your sin from God and others?
3. Why is it important to confess your sin?
4. Do you believe that God forgives you?

PRAY – Give thanks & ask for God’s help for your partner’s or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord’s Prayer.

BLESS – Trace the cross on their / your forehead.

You may say these words adapted from:

2 Corinthians 5:17

Baptized in Christ, I am / you are a new creation.

Additional ways to bless others:

- Today, every time you miss the mark of love toward another - confess it to them.
- Confess your sins to God and ask for forgiveness; ask God what you can do to make it right

Tuesday, March 8

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ – 2 Corinthians 5:16-17

From now on, therefore, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. **So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!**

TALK – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?

Then you may choose to ponder these questions?

1. How do you see the light of God in others?
2. How do you see the light of God in yourself?
3. Your baptism brought you into Christ; how are you made anew?
4. What "old things do you need to let go of in order for something new to come forth?

PRAY – Give thanks & ask for God’s help for your partner’s or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord’s Prayer.

BLESS – Trace the cross on their / your forehead.

You may say these words adapted from:

Psalm 51:12

May God restore the joy of your salvation and Sustain you with God’s bountiful Spirit.

Additional ways to bless others:

- Let go, for today, one thing or behavior that is keeping a part of you from becoming new.
- Seek the presence of God in each person today.

Wednesday, March 9

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ - 2 Corinthians 5:18-20

All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God.

TALK – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?

Then you may choose to ponder these questions?

1. Do you believe that God has gone to endless lengths to reconcile you to himself in order to live in you?
2. To reconcile means to be able to be in one another's presence with trust again. How do you place yourself in God's trusting presence?
3. What does it mean for you to be entrusted with the ministry of reconciliation?
4. With whom do you need to reconcile?
5. What relationship do you have that is broken which others see? If you are not seeking reconciliation can you rightfully be called an ambassador?

PRAY – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

BLESS – Trace the cross on their / your forehead.

You may say these words adapted from:

2 Corinthians 5:17

Baptized in Christ, I am / you are a new creation.

Additional ways to bless others:

- Take a step towards reconciliation with someone
- Recall someone who you have seen reconcile with another and share with them how that has inspired you.

Thursday, March 10

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ – Luke 15:20-24

So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; **for this son of mine was dead and is alive again; he was lost and is found!**' And they began to celebrate.

TALK – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?

Then you may choose to ponder these questions?

1. Recall a time when someone looked completely past your sin / wrongdoing and saw only you with great love?
2. "While he was still far off his father saw him" What do you make of this?
3. The son said remorseful things, do you think the father ever heard those words?
4. Why does they father react how he does?
5. What keeps you from having father like reactions to others?

PRAY – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

BLESS – Trace the cross on their / your forehead.

You may say these words adapted from:

2 Corinthians 5:17

Baptized in Christ, I am / you are a new creation.

Additional ways to bless others:

- Look past the wrong action & look at the person

Friday, March 11

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ – Luke 15:25-32 *continuation from yesterday*

Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, ‘Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.’ Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, ‘Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!’ Then the father said to him, ‘Son, you are always with me, and all that is mine is yours. **But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.**’ ”

TALK – Share how the Scripture speaks to you. How does it relate to your Highs & Lows?

Then you may choose to ponder these questions?

1. Can you understand why the son might be upset?
2. Can you understand why the father reacted as he did?
3. What is getting in the way of the son seeing things as the father did?
4. What gets in your way in seeing things as the father did?

PRAY – Give thanks & ask for God’s help for your partner’s or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord’s Prayer.

BLESS – Trace the cross on their / your forehead. You may say these words adapted from:

2 Corinthians 5:17

Baptized in Christ, I am / you are a new creation.

Saturday, March 12

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ – Luke 15:25-32 look again at the story

Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, ‘Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.’ Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, ‘Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!’ Then the father said to him, ‘Son, you are always with me, and all that is mine is yours. **But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.**’ ”

TALK – Share how the Scripture speaks to you. How does it relate to your Highs & Lows?

Then you may choose to ponder these questions?

1. With which son do you identify more and why?
2. When have you resented the mercy that is shown to another and why?
3. What could you do to celebrate more in the mercy that others receive?
4. “Son, you are always with me, and all that is mine is yours.” How does this apply to you and your relationship with God?

PRAY – Give thanks & ask for God’s help for your partner’s or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord’s Prayer.

BLESS – Trace the cross on their / your forehead. You may say these words adapted from:

2 Corinthians 5:17 - *Baptized in Christ, I am / you are a new creation.*