

Monday, February 22

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 – Philippians 3:20-4:1

But our homeland is in heaven and it is from there that we are expecting a Savior, the Lord Jesus Christ, who will transfigure the wretched body of ours into the mold of his glorious body, through the working of the power which he has, even to bring all things under his mastery. So then, my brothers and dear friends whom I miss so much, my joy and my crown, hold firm in the Lord, dear friends.

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) What might it mean to you to understand your homeland as the heart of God?
- 2) Healer is another term for Savior; how do you see Jesus as your healer / savior?
- 3) What parts of your life are most in need of molding into the form of Christ?
- 4) Which friends are your “joy and crown” and do they know as much?

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:
Luke 13:35

Blessed is the one who comes in the name of the LORD: we live in that one, Jesus Christ.

Additional ways to bless others:

- Ask God to fill your heart with unconditional love.
- What actions might offer to bring a glimpse of healing to another?
- Do something to let your friends know how important they are to you.

Tuesday February 23

Mid-Week Soup Supper

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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 27:1-3

The Lord is my light and my salvation; whom then shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? When evildoers close in against me to devour my flesh, they, my foes and my enemies, will stumble and fall. Though an army encamp against me, my heart will not fear. Though war rise up against me, my trust will not be shaken.

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) What are your fears today? Share them.
- 2) What brings light to your fears?
- 3) Do you feel as though you have any “armies encamping against you?”
- 4) How might you ask God’s help in your troubles?

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.

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Additional ways to bless others:

- Call someone whom you have not spoken to in a long time.
- If in conflict with someone can you “loosen your grip” a bit?
- Do something to help someone to feel safe.

Wednesday February 24

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 27:4-5

One thing I ask of the Lord; one thing I seek; that I may dwell in the house of the Lord all the days of my life; to gaze upon the beauty of the Lord and to seek God in the temple. For in the day of trouble God will give me shelter, hide me in the hidden places of the sanctuary, and raise me high upon a rock.

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 yourself dwelling in the house of the Lord now?
- 2) Where do you see the beauty of the Lord around you?
- 3) How have you experienced God raising you up?
- 4) What is it that you seek above all else?

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:

Luke 13:35

Blessed is the one who comes in the name of the LORD: we live in that one, Jesus Christ.

Additional ways to bless others:

- Look for beauty around you today and share it with others.
- Whenever you pass a house of worship give thanks to God.
- Help others to feel sheltered.

Thursday, February 25

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 27:7-9

Hear my voice, O Lord, when I call; have mercy on me and answer me. My heart speaks your message—“Seek my face.” Your face, O Lord, I will seek. Hide not your face from me, turn not away from your servant in anger. Cast me not away—you have been my helper; forsake me not, O God of my salvation.

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) Look deep within yourself; what is your deepest desire?
- 2) When do you pray? What is your prayer like? How would you describe it?
- 3) To have mercy is to show steadfast love as if to lovingly apply healing oil on a wound; when have you experienced mercy?
- 4) What could you do to deepen 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:

Luke 13:35

Blessed is the one who comes in the name of the LORD: we live in that one, Jesus Christ.

Additional ways to bless others:

- Spend some time in quiet before God.
- Practice having a loving expression on your face as you listen to others.

Friday, February 26

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 – Genesis 15:1-6

*After these things the word of the Lord came to Abram in a vision, “Do not be afraid, Abram, I am your shield; your reward shall be very great.” But Abram said, “O Lord God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?” And Abram said, “You have given me no offspring, and so a slave born in my house is to be my heir.” But the word of the Lord came to him, “This man shall not be your heir; no one but your very own issue shall be your heir.” He brought him outside and said, “**Look toward heaven and count the stars, if you are able to count them.**” Then he said to him, “**So shall your descendants be.**” And he believed the Lord; and the Lord reckoned it to him as righteousness.*

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 understand the promises God has made to us?
- 2) How have you heard the “voice” of God?
- 3) How do you see the connection between promise and belief in the promise?
- 4) Think of promises you have made; how are you keeping them?

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:

Luke 13:35

Blessed is the one who comes in the name of the LORD: we live in that one, Jesus Christ.

Additional ways to bless others:

-Keep every promise you make today.

Saturday, February 27

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 – Genesis 15:16-18

*As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him. When the sun had gone down and it was dark, a smoking fire pot and a flaming torch passed between these pieces. **On that day the Lord made a covenant with Abram, saying, “To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates.”***

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) Why are promises important to you?
- 2) What do kept promises create?
- 3) In this passage God does not ask anything of Abram, this is a one way promise. How does this show the unconditional love of God?
- 4) What promises have you kept?

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:

Luke 13:35

Blessed is the one who comes in the name of the LORD: we live in that one, Jesus Christ.

Additional ways to bless others:

- Each person you see today, pray a silent prayer that they may keep the promises they have made.
- Look deeply into each one you meet for the promise of God alive in them.

Sunday, February 28

3rd Sunday in Lent

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

*Ho, everyone who thirsts,
come to the waters;
and you that have no money,
come, buy and eat!*

*Come, buy wine and milk
without money and without price.*

***Why do you spend your money for that
which is not bread, and your labor for that
which does not satisfy?***

*Listen carefully to me, and eat what is good,
and delight yourselves in rich food.*

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 much of your life is centered around money?
- 2) What are they things for which you thirst that money cannot satisfy?
- 3) How might you give more of your energy towards those things?
- 4) How are you listening to God and eating “what is good?”

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 63:3

***Let us praise God whose steadfast love is better
than life itself.***

Additional ways to bless others:

-Listen and ask God to show you what is most needed in your life.