

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 – Isaiah 55:1-2

*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.

Monday, February 29

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 - Isaiah 55:6-7

***Seek the Lord while he may be found,
call upon him while he is near;
let the wicked forsake their way,
and the unrighteous their thoughts;
let them return to the Lord, that he may have
mercy on them, and to our God, for he will
abundantly pardon.***

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 go about “seeking” God?
- 2) Where have you “found” God?
- 3) How might God have found you?
- 4) How has God pardoned 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: Psalm 63:3
Let us praise God whose steadfast love is better than life itself.

Additional ways to bless others:
-Look for God in each person you meet today.
-Pardon everyone who offends you today
-Add your own ideas

Tuesday, March 1

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 Isaiah 55:8-9

*For my thoughts are not your thoughts,
nor are your ways my ways, says the Lord.
For as the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.*

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) When and why have you questioned God?
- 2) Can you recount times when you have thought yourself above another?
- 3) What comes to mind when you ponder the vastness of the creator?
- 4) What does it mean for God's thoughts and ways to be above yours?

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:

- Look to the sky and ponder the vastness of God.
- Submit yourself (your ego) to another by allowing to be right.

Wednesday, March 2

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 63:3-4

*For your steadfast love is better than life itself;
my lips shall give you praise.
So will I bless you as long as I live
and lift up my hands in your name.*

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) When have you experienced steadfast love?
- 2) What do the gift of life mean to you?
- 3) What might it mean that God's steadfast love is better than life itself?
- 4) What does it mean for you to bless 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:
Psalm 63:3
Let us praise God whose steadfast love is better than life itself.

Additional ways to bless others:

- Sing a song of joy, maybe make it up as you go.
- Do or say something that would bless another today.
- Add your own ideas.

Thursday, March 3

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 - 1 Corinthians 10:12-13

*So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. **God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.***

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) The word translated as “testing” may also be translated as “temptation;” such challenges never come from God. These “tests” are also often the common trials of everyday life. What are some of the trials that you have in life now?
- 2) Can you see how these “trials” are not unique to you?
- 3) Do you see how you these trials though hard have not been beyond your strength?
- 4) Do you trust that God always provides a way out? Why?

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:

- Name at least four things for which you are thankful.
- Ask God what could learn from the trial.

Friday, March 4

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 13:2-5

*[Jesus] asked them, “**Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.**”*

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 classify some sins as worse than others?
- 2) Do you think that God does this based on today’s and yesterdays text?
- 3) For what things do you need to turn away from (repent) and make amends?
- 4) What one step could you do today to move towards an amendment?

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:

- Take that one step towards amendment.
- Recognize that you are not better OR worse than another.

Saturday, March 5

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 13:6-8

Then he told this parable: “A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, ‘See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?’ He replied, ‘Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.’ ”

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 see how this parable may have meaning for your life?
- 2) What fruit does your life bear?
- 3) What fruit might God want your life to bear but has yet to bloom?
- 4) Can you recall when you have been frustrated with another person’s “lack of fruit” and how quick you may have been to dismiss 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:

Psalm 63:3

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

Additional ways to bless others:

- Do something to nourish your life.
- Spend some time in silence today.
- Give thanks to God for continuing to have patience with you and for nurturing you.

Sunday, March 6

4th 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 – Psalm 32:1-2

Happy are they whose transgressions are forgiven, and whose sin is put away!

Happy are they to whom the Lord imputes no guilt, and in whose spirit there is no guile!

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 have you offended others/God today?
- 2) Why is forgiveness from others and from God important?
- 3) Do you remember a time when you felt the relief of being forgiven?
- 4) What will help your spirit to be set free?

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:

- Offer forgiveness to someone, maybe yourself.
- Do not hold anything against anyone.
- Add other ideas.