

# Stronger: Community

February 22 & 23, 2020

## Monday

### Psalm 139

As you begin your week, take on the challenge starting today to begin with fifteen minutes of silence. Read a few phrases from this psalm, open your journal and write the word "Listen," then sit and listen. Allow this psalm to direct your thoughts. After the time is up, write down where God led your thoughts.

## Tuesday

### Psalm 46:9-10

Continue the same practice from yesterday, but use these two verses to focus. If your anxiety about the day starts to creep in, repeat the phrase, "He makes wars cease to the end of the earth, and to the end of the soul." Write down where your thoughts are led today.

## Wednesday

### John 1:35-38

Just like the previous two days, begin with the time of silence. After this, read through this passage and imagine Jesus is asking you the same question, "What are you seeking?". Write down this question and work towards an answer.

## Thursday

### Matthew 7:1-5

Read through this passage and consider the things that annoy you the most about others. Now, as an exercise in self-awareness, ask yourself what issues might be going on within you that you need to work on so that you aren't as critical of others.

## Friday

### Luke 10:25-37

The story that Jesus tells the lawyer was designed to create shock. The Samaritan was the unlikely hero. The priest and the Levite (who represent the lawyer in the story) would be the ones expected to help. But Jesus continues to disorient our stereotypes. Who would be the unlikely hero if Jesus were to tell you this story?

## Saturday

### Matthew 7:1-5

This is the same passage as the one from Thursday. But for today, read it from the perspective of the neighbor. It reminds us to "help" our neighbor with the speck in their eye. It doesn't say to talk about the speck, or gossip about the speck, or make fun of the speck; it says to "help" our neighbor. When was the last time you missed the opportunity to help someone with their speck?

## Sunday

### Psalm 95

As you prepare to grow stronger in community by coming to worship, read through this psalm and allow it to be your morning prayer. Begin to pray for those that you will see today. As a part of your worship, go and meet someone new today. Ask them their name and then listen to them.