

Life Steps

Love Playlist: Hard to Love

Pray every day: "Lead me to people to whom I can show love & kindness."

Daily read: I Corinthians 13 and work on its memorization.

Daily Question: What kind of mood am I going to choose today?

Monday

Exodus 34:1-7 & I Corinthians 13:4-5

Are you slow or quick to become angry? Would those close to you say you are an irritable person? Identify the primary irritants in your life. Why do they get under your skin? Pray for them by name.

Tuesday

I Samuel 18:1-16

Even in victory, Saul was in a perpetual bad mood when thinking about David. What might Paul's moods say about his spiritual maturity? Would others consider you a moody person? If so why? If not, why not? What kind of mood are you going to choose today?

Wednesday

Proverbs 15:1, 4; 29:11

Is your tongue more like a tree of life or a honeycomb? Explain. Does your voice stir up anger then brings peace at the end or stirs up anger and leaves the wounded on the side of the road? Explain

Thursday

James 1:19-27

Are you "quick to listen and slow to speak?" Explain. With whom in your life do you need to do more listening than speaking? With whom in your life might God be asking you to be more patient with? Formulate a couple of open ended questions to ask them. Pray for God to still your tongue and open your ears.

Friday

Colossians 3:12-17

Write down and reflect upon each virtue Paul encourages us to "clothe" ourselves with. Where are you lacking? Where are you more proficient? What do you sense God saying to you from this passage?

Saturday

Philippians 4:8

Jot down the first thoughts that come to mind for each word Paul commands to "think about." For example, "Think about what is True." God is love. Today is a gift. I am a child of God. Coffee is delicious. Life is good. My spouse and children love me. etc. Exhaust all possibilities, reflect upon your list, and then get in touch with your mood. Describe your mood.

Sunday

I Corinthians 13

From memory, write down as much as you can. Take a personal inventory, are there any rocks of resentment you need to drop today?