

# Life Steps

Grow Together: Look Up | October 18, 2020

## Day 1

**Matthew 6:9-13**

### Morning Reflection

Write out the Lord's Prayer from the Sermon on the Mount then pray slowly, working through it as your morning prayer.

### Evening Reflection

Review your day and pray again the Lord's Prayer.

## Day 2

**Colossians 3:16**

### Morning Reflection

Write out our verse for the day. Pray by giving thanks to God for the gift of a new day.

### Evening Reflection

Review your day. Pray by giving thanks to God for how He showed up throughout the day.

## Day 3

**Mark 11:24**

### Morning Reflection

Write out our verse for the day. Think about your upcoming day then pray, asking God to meet a need.

### Evening Reflection

Review your day. Pray. Turn over to God any unmet needs or unresolved issues and ask for a good night's sleep.

## Day 4

**Philippians 4:16**

### Morning Reflection

Write out our verse for the day. Think about your upcoming day then pray, telling God something you are anxious or worried about, offering it up to Him.

### Evening Reflection

Review your day. Pray. Turn over any leftover worries and ask God for a good night's rest.

## Day 5

**Galatians 6:2**

### Morning Reflection

Write out our verse for the day. Think about your upcoming day then pray, asking God for something specific for someone in your life circle.

### Evening Reflection

Review your day. Pray. Ask God for something specific for one of your family members or very close friends.

## Day 6

**2 Timothy 2:1-2**

### Morning Reflection

Write out our verses for the day. Think about what you love about your city and our country. Pray for all of the candidates running for local/national offices and the election process as a whole.

### Evening Reflection

Review the latest political and election news of the day. Pray for the spiritual wellbeing of candidates as the Holy Spirit so leads.

## Day 7

**Psalms 51:1-2**

### Morning Reflection

Write out our verses for the day. Review the past few days. Pray, confessing to God where you have sinned and ask for his forgiveness.

### Evening Reflection

Review your day. Pray. Give thanks to God for His mercy and compassion.