

Life Steps

The Happy Life: Grateful | February 13 & 14, 2021

Day 1

Philippians 2:14-16

Reflect: What was your key takeaway from the weekend message? Decide to go the whole day without grumbling. Visualize what that might look like. Reflect before going to bed on how it went and what was different about a grumble free day.

Prayer: Lord God, quiet my grumbling spirit and awaken me to your undeserving generosity. Amen

Day 2

Luke 17:14-19

Reflect: What some people receive as a right, others receive as a gift. How is that statement true in your life? Who in your life experiences your “unexpressed gratitude” and why? Take steps to express gratitude to as many people as you can today.

Prayer: Generous God, I have not been grateful for your never ending kindness and provision. Change my heart, mind and tongue to express more freely my gratitude for all you and others do for me. Amen

Day 3

Philippians 4:10-12

Reflect: Jesus modeled contentment from birth to the cross. On this Ash Wednesday, what do you sense God saying to you through this passage?

Prayer: Spirit of the living God, move through our church family as today we begin the Lenten journey with Jesus to the Cross and empty tomb. Amen

Day 4

James 4:7-10 | Ephesians 4:26-27

Reflect: Resentment (grudges): Towards whom am I angry? Why am I angry? How does anger show up in my life? Where am I to blame for being a quick tempered angry person?

Prayer: Search me God and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting. (Listen for God to Speak) Amen

Day 5

Proverbs 28:13 | Psalm 34:4-5

Reflect: Fear: What do I fear most? Why? How does fear show up in my life? What do I do to normally numb or ease the fear?

Prayer: Search me God and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting. (Listen for God to Speak) Amen

Day 6

2 Corinthians 7:10 | Ephesians 4:29-32

Reflect: Harm: Who have I harmed? What did I do or fail to do? What motivated my action? What could I have done instead?

Prayer: Search me God and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting. (Listen for God to Speak) Amen

Day 7

I John 1:8-10 | I Corinthians 6:18-20

Reflect: Sexual Conduct: Who did I not honor? What did I do or fail to do? What is the exact number of my wrongs? What could I have done instead?

Prayer: Search me God and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting. (Listen for God to Speak) Amen