DEVOTE YOURSELF:



READ. THINK. PRAY.

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Appendix



READ: Mark 1:1-8

THINK: This is the beginning of the story of Jesus

and it starts with his cousin, John the Baptist. He is a weird dude, living in the desert, wearing rough hair, and eating bugs and wild honey. Not really the life most of us would choose, but his otherness and strangeness shows just how different this new chapter in world history is going to be. He is helping people get ready for the way Jesus will flip the whole world on its head. He is helping people be prepared to see weak and poor people as blessed, sinful people as people God loves, and God as one who would die for us. John is off-putting and strange so that he can make the path ready for how off-putting and stange Jesus will be; defying every expectation, yet fulfilling every prophecy. As you read Mark, consider how you can be like John. You can be the person who makes the way ready for your friend, neighbor, or family member to meet Jesus. Maybe don't start eating crickets, but how can you live out Jesus' radical and sacrificial love for others to make the way ready for people far from God?

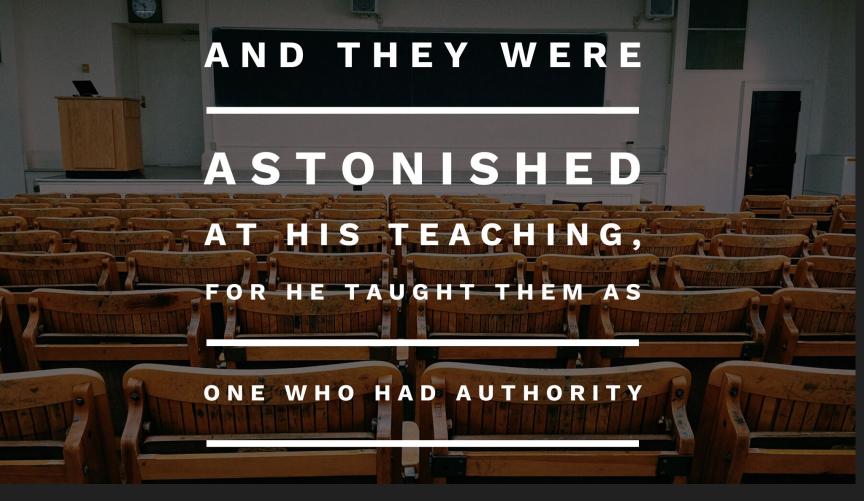
PRAY: For God to help you prepare the way.



READ: Mark 1:9-20

THINK: Mark, throughout the gospel, will waste no time driving the story forward. Immediately Jesus saw the heavens open, immediately the Spirit drove Jesus into the desert, immediately, immediately, immediately... There is a sense that this gospel is taken at a run. There is urgency to both the way Mark tells the story and to the way Jesus and the disciples live out their ministry because the kingdom of God is close. Normally we only hear "Repent for the kingdom of God is near," to scare people into thinking the world is going to end soon. The closeness of the kingdom of God is not just a statement about the end of the world, but about any time Jesus is coming near. He is the embodiment of the rule and reign of God. Yes the kingdom is near when we approach the time when Jesus returns, but it is also near when you enact Jesus's will in your life. When you love, listen, care, encourage, comfort, guide, instruct, or help people, the kingdom of God is near because Jesus is. How can you live near Jesus today?

PRAY: For a sense of how near Jesus is.



READ: Mark 1:21-32

THINK: It was by His words that He made something out of nothing, by His words that He calms a storm, and by His word that He raises the dead. When God talks, it's not just that people listen or obey, it's that matter listens, nature listens, death listens. It is as if the shape of the universe turns on a dime when God calls it to. So when He begins preaching and explaining Scripture, that same authority is evident. It's just not a fair comparison to put his teaching alongside the scribes. The scribes commit their lives to studying scripture, but Jesus inspired it and his Spirit breathes it into life. The authority that He preaches with is seen immediately after when He tells an unclean spirit to shut it, and it does. Jesus isn't just a person who knows or understands, he is a person who shapes the world to His will. It might seem like Christianity is about a lot of rules and teachings we are to follow, but this isn't the case. We don't follow rules, we follow Jesus. Rules and teachings can help you know Jesus, but following rules alone won't change you. Following Jesus will.

PRAY: to know Jesus through His word.

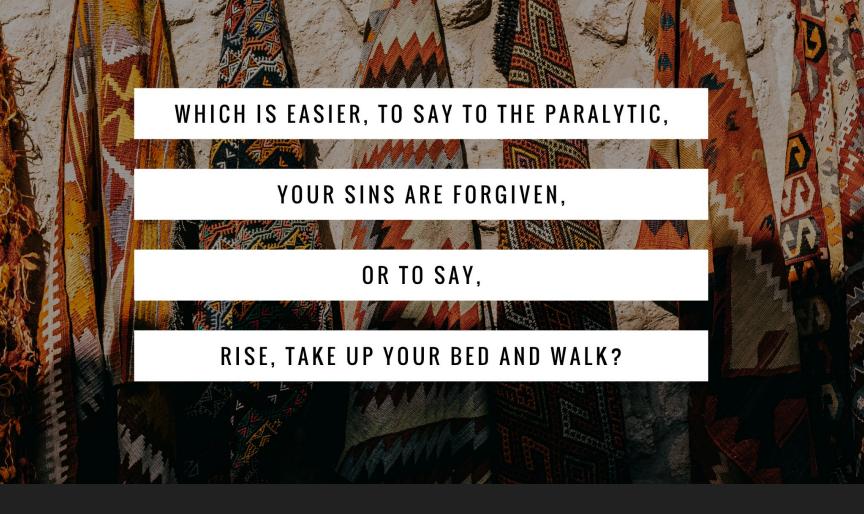
IF YOU WILL, YOU MAKE MECLEAN.

READ: James 2:14-26

THINK: A man with leprosy, a skin disease that

would cause him to be a social and spiritual outcast, asks him for healing. This man knows Jesus's authority, and essentially says, "I know you can, but will you?" This man is the well loved son of God, his child and creation, and he has lived a life of loneliness and low self worth. Of course God wants to make that better so Jesus says, "I will do it." Don't you always wish this was Jesus' response to your heartfelt prayers of need. When you pray for the healing of a parent or the loneliness from friends abandoning you, don't you wish you could hear Him say, "I will it." Frankly, we don't exactly know why that isn't His answer. Something is happening with the state of the world or God limiting His own powers or God's larger plans or any one of a million things we don't understand because we aren't God. What we do know is that God can, and that even though he might not "will" it into being, He "wants" to. You can be frustrated when it feels like He is slow or doesn't want it, but know that even in difficulty He is with and for you.

PRAY: honestly with God about want you need.



READ: Mark 2:1-12

THINK: Normally this passage is headed as "Jesus heals the paralytic," but this is the less impressive feat. Jesus asks, "Which is easier" To heal a person or to forgive sins? Both seem pretty impossible for us, and Jesus seems to use his impossible healing to support his even more difficult to believe claim: that he has just forgiven this man's sins. How does he do that by the way? Something is going on here, we don't really have a framework for. Normally we talk about how sin requires a sacrifice so Jesus had to die as a sacrifice in order for us to be forgiven. There is no sacrifice here though, there is no cross, it is just forgiveness. This section should be entitled, "Jesus forgives sins without the cross." He does what even people who believe in miracles might say is impossible, forgive sin without sacrifice. Normally devotionals leave you with a nicely wrapped thought, but here Jesus defies our best understanding of the cost of forgiveness. It's so easy to think we can know God and what God is doing, but in reality, He is always a mystery.

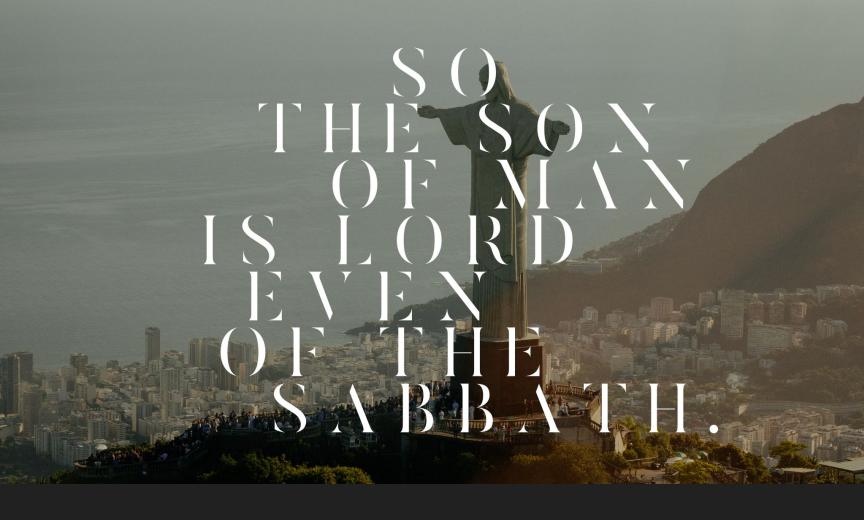
PRAY: for God to be freed from ways you think Him incapable.



READ: Mark 2:13-17

THINK: Bad company corrupts good character. Keep yourself from being polluted by the world. Sound familiar? It's because each of those are Scriptures that would seem to stand on the side of the Pharisees. Especially in American Christinity with our puritan roots, withdrawal from "bad people" is in our religious DNA. Yet here we see Jesus sharing meals and fellowship with people who defraud others for their own gain and people who mess up to such a degree that they are just known as "sinners." So many of our Christian stories include a process of insulating ourselves from non-christians. More and more, our only friends are Christian friends. Jesus rejects an insulated faith and instead sits at the table with people who struggle to do what is right because He loves them. God calls those who are far from Him, and he seems to like doing that in meals and fellowship. When you eat with people who don't know Jesus, you both might be able to meet Jesus in a new way.

PRAY: for an opportunity to deepen a friendship with someone who doesn't know Jesus.



READ: Mark 2:18-3:6

THINK: Why don't the disciples fast? Because Jesus. Why should people break sabbath practice to help people? Because Jesus. Mark uses these short stories to continue to raise our understanding of the power Jesus has. He speaks with authority, he casts out demons, he heals people, he forgives sins, and he changes centuries old worshipful practices. Notice he does not get rid or contradict sabbath or fasting, but he reshapes them to the worship of a God who is not in pillar of cloud, holy of holies, or the high heavens but is here and human. Over time, faithful practices can tend to replace faith itself. Instead of the difficult and messy process of seeking after the Lordship of Jesus, we just do the things Christians do. We go to church, read our Bible, pray before meals, or listen to Chrisitan music. Those practices are great ways of connecting to God but in and of themselves are just things. You protect this time in scripture and prayer not because reading the Bible is a good Chrsitan thing to do, but because in them you draw close to Jesus.

PRAY: and just spend some time talking with God.



READ: Mark 3:7-12

THINK: Everywhere Jesus goes he is pressed in on every side by throngs of people who have heard about His power and authority.. Each day he awakes to proclaim the good news of the coming of the Kingdom of God in powerful miracles and in speaking with authority, but the job is too large even for Jesus. So He gathered a handful of followers and appointed them as companions and emissaries of God. Notice the two halves of their job: they are both to be with Jesus and to be sent by Jesus. That's the Christian life: God binding his company and work to us. It is to be with and to be sent. To be with Jesus allows us to enjoy his company, empowerment, and the peace that comes from resting in His presence. To be sent allows us to be on the same mission Jesus is on to proclaim release for the captivates and preach the good news of the nearness of God.

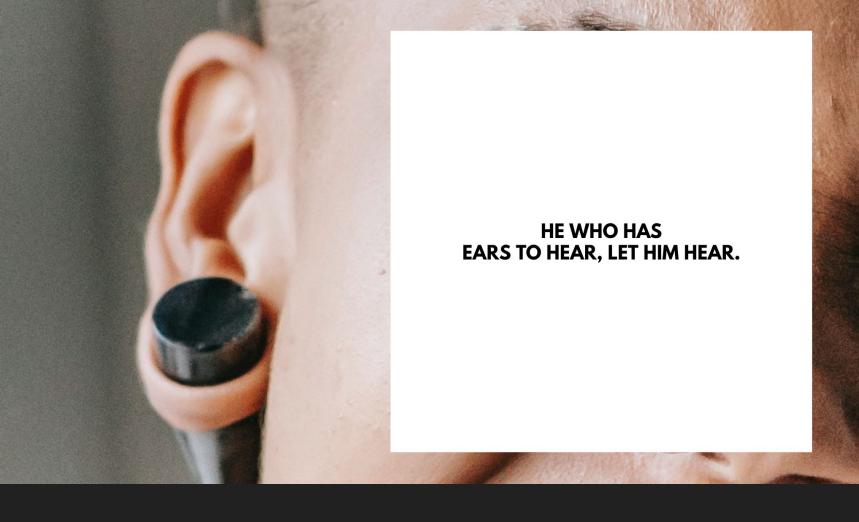
PRAY: for a deeper sense of either God's company or God's mission.



READ: Mark 3:21-35

THINK: Jesus' family reject him and seek to seize him, the Pharisees reject him and call him possessed. These are the two people groups who should be most likely to support Jesus. For their rejection our forgivinging Lord rejects them back, not in pettiness, but in recognition that they do not have the eyes to see this new movement of the Spirit. He calls it unforgivable to call the Spirit's work the devils work and says that his true family are those who sit around him and do God's will. When you know Jesus and worship God for a long time, you can fall into a pattern of what you expect God will do. Bound by your experience, your reading of scripture, or the teachings you hear; you can limit what you think God will do. The Spirit. though, moves in new and unexpected ways at times. Don't assume you know Jesus so well that you reject the ways He is working with those around you.

PRAY: for eyes to see how God is acting in the lives of your friends



READ: Mark 4:1-20

THINK: This parable highlights the sovereignty of God in a way many of us are uncomfortable with. American Christians tend to want to believe that a person is the product of their own choices and hard work. We want to believe that the strength of a person's faith is their own and if only they work hard enough, they can believe better. In this story though, soil is soil. By its nature, it is fertile or not. The sewer throws seed, and if the soil is ready, God brings growth. If it's not ready, no matter how tenderly or persistently you plant the seed, there can be no growth. The very way Jesus speaks this truth illustrates his point. He speaks in a parable that only people with ears to hear will hear. It feels unfair, like he is picking favorites. It feels judgemental, like he is telling people they aren't good enough to understand. Instead of trying to make Jesus's words mean what you might want them to mean, sit with the reality that Jesus is his own person and you can't change him to make him more like you would think he should be.

PRAY: and wrestle with the aspects of God that you don't always like.



READ: Mark 4:21-34

THINK: Three parables that we again must have ears to hear. The first seems to say that when we judge harshly, we will be judged harshly. The second that when the Kingdom has fully grown, Jesus will come back to earth. This third that the kingdom of God has small beginnings but can monumental effects. Do you disagree with those interpretations? Great. Maybe the Spirit is revealing something to you that I am missing. Don't read the words of any devotional or the teaching of any pastor as truth. Sometimes you will have the ears to hear what they didn't. God isn't more likely to reveal himself to church workers, or older people, or highly educated people than he is to you. In all things, test the teachings against Scripture and with trusted Christian friends. There is one line though that seems often missed that God has recently given me ears for. "The birds of the air can rest in its shade." The kingdom is a place where those who are wandering or without a home can find peace and rest.

PRAY: For God to help you figure out the truth of His words in Scripture.



HAVE YOU STILL NO FAITH?

READ: Mark 4:35-41

THINK: Imagine you're in this boat with Jesus and the storm is sinking your ship. You are 100% sure you're going to die. After Jesus talks to a storm and the weather patterns obey him, he asks you "Why were you scared, don't you trust me?" Most of our Bibles say "Do you have no faith?" but the word faith does not mean "Believe God exists" it means "trust God." Jesus asks the the same the question he continually asks us, "Don't you trust me?" This doesn't mean that your story will turn out like the disciples, that he will calm whatever storm or issue is coming your way. It also means, "Don't you trust that even if this boat sinks and you drown, I will be enough for you." That's a much harder one to trust, but Jesus is not your pocket Genie to solve all your problems. He is also the one who might draw near to you and give you peace while you are being overwhelmed by the difficulties of life saying, "Trust me."

PRAY: and talk to God about how much you do or don't trust Him.

AND THEY BEGGESUS TOBERART FROM THEIRREGION

READ: Mark 5:1-20

THINK: Imagine you're a pig farmer whose pigs suddenly run off a cliff. You're financially ruined, and so is your family. Then you hear that this traveling miracle guy actually let a bunch of demons enter your pigs and it's his fault you are bankrupt. How do you feel towards Jesus? Of course you want to run him out of town. He cares so little for your success that he would loose demons on your herd. His priorities are so screwed up. He has caused too much harm and is too dangerous to let him stay. That's Jesus. The guy we worship every Sunday. He cares more about people's well being than people's financial success. The Jesus we follow offers no guarantee of success in any area of life but the work of His kingdom. There are two responses to this Jesus. The man who is healed and freed begs to be close to Jesus, but the ones who feel their way of life being upset beg Jesus to leave. Can you serve this Lord?

PRAY: through worries you have over following Jesus more fully.



READ: Mark 5:21-43

THINK: On his way to heal a sick girl, Jesus is slowed by healing a woman who has been bleeding for years. In the time it takes to heal this woman and travel to the sick girl she dies and Jesus makes a statement we want to make an anthem for our lives: "Do not fear, only believe," or "Don't be afraid, just trust." That is a lot to ask of a person whose child has just died. Trust what? She is dead. What is left to hope for? It's interesting to think that we pray for people to get better when they are sick, we don't pray for people to come back when they are dead. Even though we know Jesus can, we think of death as final and unchangeable. Often we do this to protect ourselves from the pain we experience when we trust and nothing happens. We trust that God can, and yet he does not. Stories like this are wonderful reminders of God's power and encouragement to pray for things that seem as unchangeable as death. They are also often difficult reminders of the times that trust in God did not make miracles happen.

PRAY: for something you stopped praying for because it seemed unchangeable.

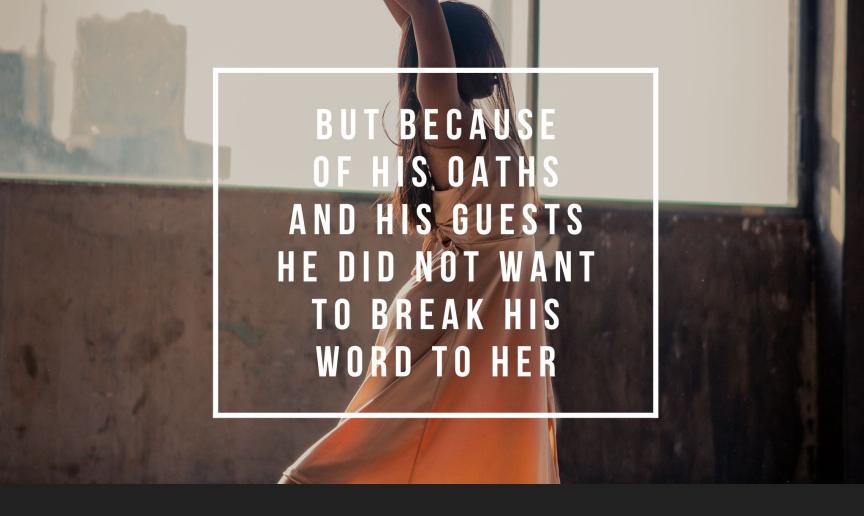
SHAKE OFF THE DUST THAT IS ON YOUR FEET AS

ATESTIMONY AGAINST THEM

READ: Mark 6:1-13

THINK: Some people don't have ears to hear, some people aren't fertile soil for faith to grow, some people's rejection of Jesus limits His ability to do miraculous things. So when Jesus sends his disciples out, people with limited time and capacity, he sends them with a command, "If a place rejects you and won't listen, shake even the dust of that town off your feet when you leave as a rejection of them." This frees the disciples to move one to relationships that are fertile and places where the kingdom of God can flourish. You can read this two ways, as a person with limited time, you too need to be aware of putting your effort towards people who do not reject Jesus. Or, recognizing that there were 12 disciples, and now there are 2.5 billion Chrisitans, we might have enough resources to commit your time to loving and sharing Jesus with people who continually reject Him. Likely, the answer is to wisely follow God somewhere in the middle.

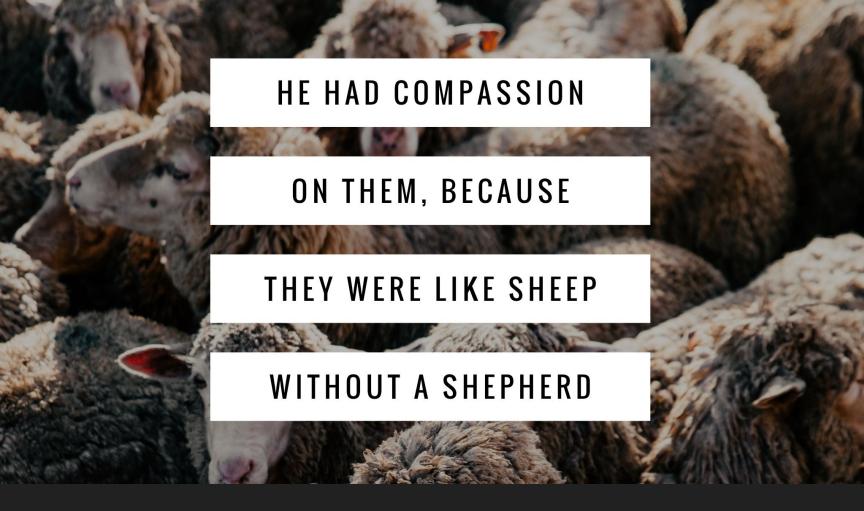
PRAY: for God to help you discern how to share Jesus in your relationships.



READ: Mark 6:14-29

THINK: What a strange story. It's difficult to know what to make of it. Herod marries his brother's wife, John says he shouldn't, so Herod throws John in prison. Later, Herod has a birthday party and either his daughter or his niece dances for them which "pleases them." Herod offers her anything and she asks for John's death. So Herod, having promised to give her whatever she asked for, kills John. This story is messed up on so many levels. Why is this girl you're related to dancing for you and your guy friends? Why did you make an open promise? Why did you feel the need to honor a promise over preserving a person's life? Mark himself doesn't seem to know what to make of it, telling it just as a way to explain why Herod thought Jesus was John. Maybe we can draw out a lesson about not making promises (see Judges 19 or Matt. 5:34), but mostly this is just a historical detail. It is a reminder of the reality that this story is not just a story, but it is a retelling of what happened.

PRAY: and just talk with God about your life.



READ: Mark 6:30-44

THINK: Jesus and His disciples try to go to a place where no one is, and people run ahead of them to draw close to them. Landing on shore, likely exhausted and spent, Jesus has compassion on them. Normally, we connect compassion with caring for a person's physical or emotional needs. Compassion urges you to listen to a friend who is struggling, feed a person who is hungry, or help a person who is stressed under too much work. Here, though, compassion causes Jesus to teach. He begins to share with them the heart of the true shepherd and the ways of God, and this is an act of compassion. Compassion is recognizing a need and striving to meet it. Sometimes the best way you can help a person is by feeding them a meal, Jesus does just that in miraculous fashion. Sometimes, though, the best way you can help or serve someone is by introducing them to Jesus. Sharing your faith, talking about Jesus, giving good and Godly advice can all be ways that we serve people.

PRAY: for the Spirit to give you an opportunity to introduce someone to Jesus today.



READ: Mark 6:45-56

THINK: Noticing Jesus walking on water, the disciples are terrified because anything that walks on water must be a ghost. Immediately he calls out, "Be courageous, I am me, don't fear." He literally says, "I am me," on one level, this is just a rather typical way of introducing oneself, on another, it mirrors the way God introduces himself to Moses at the burning bush. So far in Mark no one has really grasped who Jesus is, but here he gives a glimpse. This Jesus is not just a miracle worker, he is God. This revelation is fearful. In the Old Testament when a guy touched the box that God kind of lived in to keep it from falling, he immediately died. Throughout the Old Testament we learn that God is so good, that when people who aren't good come too close to Him there are consequences. Yet Jesus says, "Don't fear." Something about this God who lives as a human is starting something new. Something exciting and life changing, if we are willing to draw near to him and follow.

PRAY: for a new excitement for your relationship with Jesus.

COME EVIL THOUGHTS

READ: Mark 7:1-3

THINK: I hope this doesn't come as a surprise to you, but your heart and your mind are messed up. They are twisted and captured by sin. Sin isn't just that we choose bad things that hurt us and hurt others, but also that we are like addicts who find ourselves caught up in patterns that are out of our control. Similar to the affirmation of AA, once we recognize there is a problem out of our control (Step 1) the path to recovery begins with putting our faith in a higher power (Step 2). It is from our own hearts that wickedness is born, from our very selves. We, on our own, are powerless against the twisting of our hearts and minds. It is from this addiction, or slavery to sin, that Jesus seeks to rescue us. Jesus didn't die and come back just to forgive you, but to free you and to offer you a way forward in righteousness. In Jesus, we find ourselves not only forgiven, but empowered to overcome harmful thoughts and actions together with the Spirit.

PRAY: for the Spirit to help you out of sinful patterns.

IT IS NOT RIGHT TO TAKE THE CHILDREN'S BREAD AND THROW IT TO THE DOGS

READ: Mark 7:24-30

THINK:A woman asks that Jesus cast a demon out of her daughter and Jesus' response is essentially, "First I am taking care of more important people." Jesus is referring to the order of his ministry that it is first for the Jew and then for the Gentiles, but also calls Gentiles dogs and Jews children. It's possible that it's not a derogatory usage of dogs, but an affectionate term closer to puppy. Either way, Jesus's response is hard to swallow. The woman answers back in faith, not objecting to being called a dog but affirming that Jesus is powerful enough to feed the children and the dogs. For that, her child is healed. Jesus seems rude and dismissive, maybe He is just testing her but it still feels pretty course. When we read Scripture there will be parts like this that are difficult to understand and hard to reconcile with other things we know about God. Don't try to soothe them too easily. Let Jesus be Jesus. Even when He is rough.

PRAY: for the strength and courage to wrestle with God.



READ: Mark 7:31-37

THINK: Sometimes Jesus heals so many people it doesn't seem miraculous anymore, it just seems like a Jesus story. Sit with this for a moment though. A person could not hear and because of that they had trouble speaking well. Imagine the ways their lives would change by hearing sounds for the first time and being able to communicate with others clearly. Can you imagine never having heard music before? A child's laughter? A friend's voice? When Jesus opens this man's ears and mouth he opens up his life to a myriad of joyous and God created experiences. It is striking though in some of these stories that Jesus heals these people, but doesn't share a gospel message with them. God created a world filled to the brim with good and joyous pleasures and freedoms. Sometimes sharing the gospel is how we love someone best, sometimes helping a person experience God's good gifts says more than enough about Jesus and his followers.

PRAY: for an opportunity to serve someone today. (Eph. 2:10)

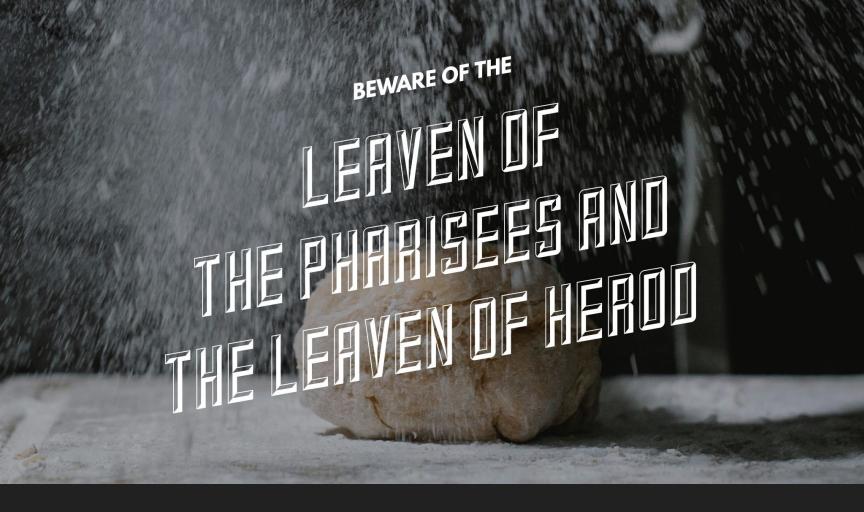


READ: Mark 8:1-10

THINK: Jesus just fed a group of around 15,000 people like a week or a month ago, but now the disciples ask Jesus how he can possibly feed a smaller group. One subplot that is happening here, is that Jesus is now ministering to Gentiles, not Jews. The woman who Jesus calls a Dog marks a turning point in Jesus' ministry. Before that, he is mainly with the Jews and jewish leaders, from this point on, he is going to be mainly with the Gentiles. It's possible then that the disciples are wondering less about Jesus' power and more about the gentiles' worthiness to receive such a gift. I mean, they are not a part of the chosen people, they have not been working to worship God their whole life, they don't know the stories of God's power and care over time. Why should they deserve Jesus to treat them well? Jesus though is not caught up in what is deserved or what is earned. He has compassion and he doles out God's good gifts

PRAY: for any biases you have against people.

liberally.



READ: Mark 8:11-21

THINK: Another way of saying this sentence is "Watch out for the pharisees' and Herod's yeast." It doesn't have quite the same ring to it, but when you say it like this, you can kind of understand why the disciples are confused. Leaven, though, is traditionally understood in Jewish thought as an evil inclination of the heart; that wicked twisting from sinfulness that we are all addicted to. The leaven which has taken root in and puffed up the Pharisees and Herod is something with the disciples and all Christians must beware of. We watch our hearts. We ask God to know our hearts and convict us. We look to trusted Christian friends to be honest with us. Yes, Jesus sets us free from the bondage of sin, but also yes, we must work daily to weed it out of our lives and remain watchful that more does not take root. Maybe that leaven you struggle with is self righteousness, self importance, judgmentalness, or pride as was in the Pharisees, maybe it is something different. Jesus' words remain the same, "Beware."

PRAY: for the energy to be vigilant over your heart.

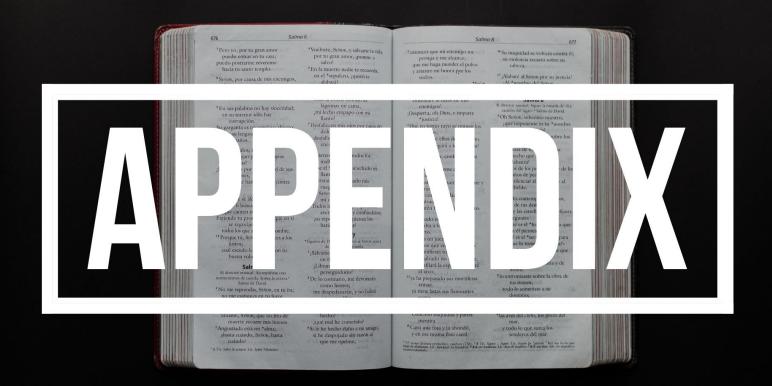


WALKING

READ: Mark 8:22-30

THINK: Sometimes, we as modern readers get so boxed in by scripture headings that we can miss how the Author crafted a larger story to work together. When we read these two stories together we see that in one a blind man is healed and given partial sight then he is healed and given full sight. In the other, some say that Jesus is a powerful prophet, teacher, or leader then Peter truthfully answers that he is the Christ. Knowing Jesus as a powerful prophet, only emphasizing his power and success, is like seeing people "like trees walking." Some of the rough shapes are correct, but it is hazy at best. To know him as the Christ, the anointed one who would be wounded and suffer to heal people, is seeing clearly. Knowing Jesus fully is to know that He embodies both powerful victory and compassionate suffering. When we mainly celebrate being blessed by God, we leave little room to know Jesus as the friend who draws near us during our struggles.

PRAY: for Jesus to heal your sight so you could know Him more fully.



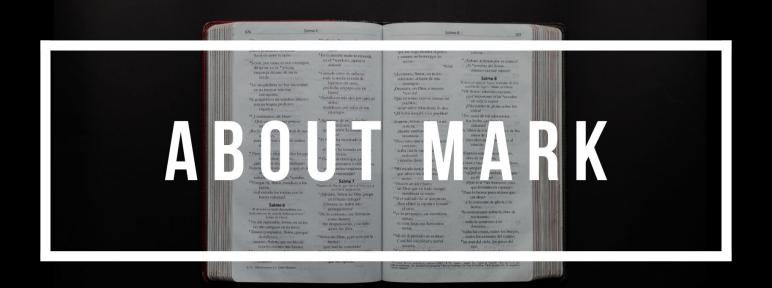
Use this appendix to guide you in your devotional reading of Mark. Below you will find some information on the book of Mark, how to make space in your day to have powerful time with God, and how to take time each week to rest and reflect.

How to use the daily guides:

To use the guides protect time each day to do 3 things: Read, Think, and Pray. Each day is intentionally designed to encourage you to wrestle with scripture. You may find that these devotionals raise more questions than answers, that also is intentional. The goal each day read scripture and think critically about it and your own life, then to spend time in prayer with God.

Providing all the answers shortcuts the relational process of seeking God. So seek him. Read slowly, savoring scripture. Think deeply, not merely answering the question but wrestling with the passage, and pray honestly, bringing all of yourself to God.

Remember: Learning about God is only useful if you also draw close to Him.



The earliest gospel, Mark was written around year 70 by a guy named Mark and maybe a fellow evangelist with Paul (2 Tm. 4:11). It was likely written to a specific community, but is universally important for knowing Jesus and His mission to both Jews and Gentiles.

Themes

Messiah: The Jewish savior expected to conquer.

Power/Suffering: Jesus is both all powerful and His life is filled with suffering for others'; rewriting Jewish messianic expectations. (and ours as well.)

Kingdom of God: The reign and presence of God. It is personal, communal, earthly, and heavenly.

Fear: The power and suffering of Jesus make people fearful and question if they should follow Him

Who is Jesus?: Mark says once who Jesus is (1:1) then shows it and different people wrestle with it. The abrupt ending invites you to wrestle too.

Outline

Pt 1- Coming to know the Messiah in Strength

1:1-15: Introducing Jesus: baptism and temptation

1:16-3:6: Early Ministry in authority and power

3:7-6:6: Kingdoms of God and the world at war

6:6-8:30: Further Ministry in authority and power

Pt2- Coming to know the Messiah in Suffering

8:31-10:52: The disciples misunderstand 3 times

11:1-13:37: Departure from Jewish Expectations

14:1-15:47: The Messiah saves through suffering

16:1-8: The Messiah is raised, his followers afraid



1. Pick your Best Time and Space

Give God your best time, not your leftovers. Look for a time in your day when you are alert and uninterrupted. It can be helpful to find a location which feels prayerful to you.

2. Be Attentive to Yourself

Before you Devote, be attentive to your own heart and mind.
Are you feeling preoccupied... disappointed... resentful?
Your personal state will impact your prayer life. Make it known to God.

3. Be Attentive to God

This is your time with God. It is personal and relational. Jesus is listening and the Spirit is present with you. Be with God in this time. Even in silence you can know and enjoy His presence.

4. Read. Think. Pray.

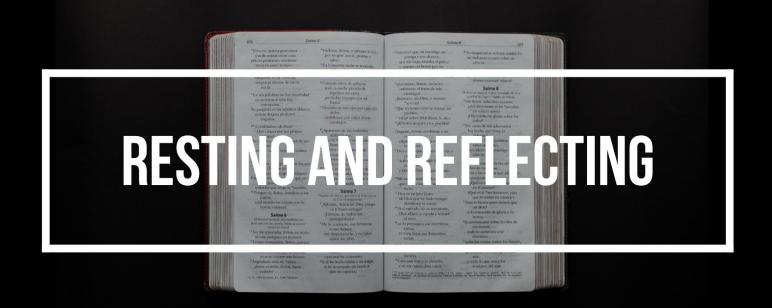
Devoting yourself to God is simple. **Read** scripture, **Think** about what it means and means to you, and **Pray** about it. This can be a time to engage your heart and mind toward God's calling. Don't rush it. Savor your time in the word and in prayer with God.

5. Live it Out

Now do something about it.

6. Rest and Reflect

Once a week instead of reading, take the opportunity to Rest with God and Reflect on His presence and power in your life. Let work take a back seat to joy and peace. Remember all that God has done for and that God is in control.



These are not practices we tend to be skilled it. Below are some pointers and ideas for how to take some R&R.

Pointers

- 1. Don't Work. It can wait even if it feels like it can't.
- 2. Not all work is work. If you enjoy mowing the lawn, go for it. If you hate doing the dishes, let them "soak."3. Play. God made fun, go have some.
 - **4. Rest**. Do what you do to rejuvenate yourself: see friends, nap, go dancing, read, have a fancy dinner.
 - **5. Notice God's Presence.** God is no less present when you watch football than when you pray.
- **6. Reflect**. Protect time to journal or pray over the ways you have seen God this week. This practice helps you notice the ways God works.

Reflect Ideas

Realizations: What did you learn about God? Yourself? Sin? Your community? Our Church?

Growing Edge: Where has God been working in your life. This can be struggles or successes

Patterns: Think through your time with God. Are there any themes he is drawing out?

Conviction: Sit with the Spirit and ask God to reveal where sin holds you back from Hid good will.

Goodness: Take time to just meditate on the good things in the world and in God.

Your most important mission of R&R days is simply this: Enjoy God and the life He has given you.