How to Rest & Reflect: Sundays are for rest. Use them to relax alone or with family and friends, and reflect on the ways God is growing you and working around you.

How To Devote: One of the best ways to commit your whole self to Jesus is to spend time with Him in scripture and prayer. So, protect some time to **Read** the passage to understand it; **Think** about what it means about God, the world, or yourself; and **Pray** with God or ask for help. Remember: the goal is to grow a deeper trust in Jesus.

Sun. **Rest & Reflect:** Rest by doing something for you and reflect on the value God places on you.

Mon **Read**: Philippians 2:1-5 + Romans 12:1-3

Think: Why is humility essential to the renewing of your "mind"?

Pray: for the Spirit to renew you.

Tue **Read**: Philippians 2:6-8 + John 13:12-17

Think: What are some times when Jesus embodies humility?

Pray: for Jesus to help you value humility more.

Wed **Read**: Philippians 2:9-11 + Matthew 23:5-11

Think: How can humility exalt you?

Pray: for God to humble you. (Maybe gently.)

Thu **Read**: Philippians 2:1-5 + Proverbs 4:20-23

Think: What's growing in your heart you need to root out?

Pray: for the Spirit to convict you.

Fri **Read**: Philippians 2:6-8 + Proverbs 22:4

Think: What does humility earn you?

Pray: for God to let you see the blessings that come from humility?

Sat **Read**: Philippians 2:9-11 + Psalm 8

Think: How does knowing your worth help you be humble?

Pray: for God to show you what He sees in you.