

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 connecting with a good friend and reflect on the ways God has taught you through them. (Share it.)

Mon **Read:** Galatians 5:13-18 + Leviticus 19:13-14
Think: How can the Spirit free you to expand the scope of these laws?
Pray: to be freed into a greater love than what's expected of you.

Tue **Read:** Galatians 5:19-26 + Genesis 34:1-7
Think: How does humility fight sexual immorality and wanton sensuality?
Pray: for God to grow good and humble sexuality in His followers.

Wed **Read:** Galatians 5:13-18 + Deuteronomy 24:19-21
Think: How can the Spirit free you to expand the scope of these laws?
Pray: to be freed into a greater love than what's fair.

Thu **Read:** Galatians 5:19-26 + 3 John 9-10
Think: How does humility fight enmity, rivalries, dissensions, etc?
Pray: for God to grow humility towards those you don't get along with.

Fri **Read:** Galatians 5:13-18 + Exodus 23:4-5
Think: How can the Spirit free you to expand the scope of these laws?
Pray: to be freed into a greater love than you want to offer.

Sat **Read:** Galatians 5:19-26 + Ephesians 3:16-19
Think: How do you need Jesus to strengthen your inner self?
Pray: for what you need from the Spirit.