

Sun: Rest and Reflect with God. **Mon-Sat:** Read, Think, and Pray through Scripture.

New Life: Prayerfully focus on a habit of a new life with Jesus and attempt to put it into practice. Each night, reflect on how well you did. (Ex. standing up for people.)

Sun. **Rest & Reflect.**

O Lord Jesus, perfect in every way,
 like us, you grew in wisdom and stature.
 Help us to grow and mature in your righteous ways
 and make us infants to sin,
 unskilled in sowing disunity,
 and unnatural in harming others.
 Let your love overflow within us,
 and let your fruit in us bear seeds of life.
 That we may be your kingdom presence,
 spreading the good news of your mercy in all we do.
-Take a silent moment in God's company-

Mon **Read:** Romans 6:15-19 + Proverbs 5:22

Think: What makes sin such an ensnaring force?

Pray: for God to free you from a sin you feel caught in.

Tue **Read:** Romans 6:20-23 + Proverbs 11:19

Think: What do these verses mean by life and death?

Pray: for the life that comes from God.

Wed **Read:** Romans 6:15-19 + Isaiah 1:16-17

Think: How are wickedness and goodness both learned habits?

Pray: for Jesus to be your teacher in righteousness.

Thu **Read:** Romans 6:20-23 + James 3:16-18

Think: What do you hope to reap from your faithful life?

Pray: for God show you the blessings of a faithful life.

Fri **Read:** Romans 6:15-19 + Galatians 5:16-17

Think: How does the Spirit make it easier to act justly?

Pray: for the Spirit to empower your good works.

Sat **Read:** Romans 6:20-23 + Galatians 6:7-8

Think: How are you "sowing in the Spirit?"

Pray: for God's love to overflow from you.