

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

Prayer: *Prayer is more than just talking to God. Pray this prayer every day this week.*

Sun **Rest & Reflect.**

Our Lord, whose body was broken and blood spilled,
You are a wounded King
who, in defeat, found victory.
By your body we are sustained,
and in your blood there is new life.
May your character, your habits, your Spirit
be our daily bread.
Never too little, yet never too much,
Let your work and your words be our feast.
And let us set the table
for all to come and see
that a new life awaits with you.

Mon **Read:** John 6:34–36 + Exodus 16:4–15

Think: Compare and contrast Jesus and manna.

Pray: and thank Jesus for coming down from heaven.

Tues **Read:** John 6:37–40 + Matthew 6:9–13

Think: How is Jesus part of the daily sustenance you need?

Pray: for the Spirit to show you the parts of Jesus' life you need to learn from.

Wed **Read:** John 6:41–44 + Leviticus 17:10–14

Think: Do you think there's actually power in blood, or does God make it a powerful symbol?

Pray: that the Spirit would empower God's new life in you.

Thurs **Read:** John 6:45–51 + Mark 7:14–23

Think: What comes in and what comes out of your heart?

Pray: that God's Spirit would continually purify you.

Fri **Read:** John 6:52–55 + Exodus 24:3–8

Think: Yearly, priests sprinkled the ark with new blood to renew the covenant. How does taking communion monthly keep God's New Covenant fresh for you?

Pray: that God wouldn't let this symbol grow stale.

Sat **Read:** John 6:56–58 + John 5:24–29

Think: God's new life is not merely someday, but every day. How has Jesus taught you to live in a new way?

Pray: that the Spirit would continually sanctify you.