



HELP FOR THE JOURNEY (WEEK THREE)

DAY ONE "DO NOT LOSE HEART"

Read

"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal." (2 Corinthians 4:16–18)

Consider

1. How would you describe the difference between the "seen" and "unseen"? Are you aware of the dichotomy?
2. One of the definitions of eternal is "without end or beginning". How can the "unseen" be described as eternal?

In Your Life

1. What momentary troubles are impacting your spiritual life and how are you coping? Do you find these troubles hindering or strengthening your walk with God?
2. How would you define being "renewed" day by day?

Pray

What is normal? Do you miss your previous life where things were considered "normal"? Take this time to share with God what your feelings are about the past, the present, and the future. What would you like to see?

DAY TWO “JESUS UNDERSTANDS SUFFERING”

Read

“See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.” (Hebrews 12:15)

Consider

1. This verse is in the context of living in peace with everyone and living a holy life. It also communicates that the world is corrupt and has its influence on us. What have you seen in this world that restricts us from peace?
2. How does bitterness & corruption affect you when you are grieving? Is it readily available and magnified, or do you hold it for what it is?

Pray

Suffering is inevitable in this life. We can look to Jesus who has suffered for our sake, yet triumphed! What do you think Jesus was thinking about when he was suffering? How do you think he felt? Share your thoughts with God today and see how he would like us to live.

DAY THREE “HELD IN HIS LOVE”

Read

“Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” (Romans 8:35–39)

Consider

1. God is described here as powerful. When you think of power, what do you think of? How powerful is it?
2. Can the thing you are thinking of powerful enough to change the world? Why or why not?

Pray

When I think of power, I think of the ocean. Its simplicity to sustain life is beautiful, yet its power can bring reverence to its overall being. When you think of the power of God, what comes to mind? Acknowledge the power of God today.

DAY FOUR “THE LORD IS MY SHEPHERD”

Read

“The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” (Psalm 23:1–4)

Consider

1. In this current time, what does this Bible verse mean to you?
2. Can you describe the “valley of the shadow of death” in your own words? In contrast, what does the opposite look like when you are atop a mountain?

Pray

As God is our shepherd, he takes care of his sheep. He will listen to them, guide them, tend to them, and even risk his life for them. How does that change your perspective on this Bible verse?

DAY FIVE “YOU CAN TRUST GOD’S FAITHFULNESS”

Read

Because of the LORD’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, “The LORD is my portion; therefore I will wait for him.” Lamentations 3:22–24

Consider

1. What does “new” mean to you?
2. Are you afraid of “newness” or do you get excited?

Pray

The most recent crises have halted our routines and plans. What are you looking forward to in your walk with Jesus? Are you living in the past, adapting to the present, and looking forward the future? We believe God has something new for you.