Life Steps

Monday Job 1:13-21

Reflect: Rogue waves are unexpected trials that show up without warning, sometimes without cause. Identify your most recent rogue waves. How would you describe your response compared to Job? (Vs. 21)

Prayer: God, I can't. You can. I think I'll let you.

Extra Mile: Psalm 46:10 - Our thoughts can turn to "why?" God calls us to ask, "What lesson can I learn?" Still your mind today as you walk, ask what lesson does God have for you today?

Tuesday Luke 23:39-46

Reflect: One guilty criminal prayed, "Jesus, do something about this! Save yourself and save us!" Innocent Jesus prayed, "Father, into your hands I commit my spirit." When trials and rogue waves come, are you more like the criminal or Jesus? Explain.

Prayer: God, I can't. You can. I think I'll let you.

Extra Mile: Before you walk, look up the Serenity Prayer. What do you need to give up to God, and what is God teaching you today?

Wednesday Luke 22: 39-42

Reflect: What can we learn from Jesus' model to surrender to the cross instead of asking God to change our circumstances?

Prayer: God, I can't. You can. I think I'll let you.

Extra Mile:s Is someone in your life suffering because of their circumstances? Call them and check on them. Look for an opening to ask, "May I Pray with you over the phone?"

Thursday Luke 9: 21-24

Reflect: What does surrender mean to you? What is the difference between surrender and detachment, surrender and resignation? Where do you currently need to practice the discipline of surrender? **Prayer:** God, I can't. You can. I think I'll let you.

Extra Mile: Go for a walk... leave your phone at home, or leave it in your car, and walk with God. God is speaking through everything around you.

Fridav I Peter 4:12-16

Reflect: How prepared are you for the unexpected rogue waves of life? What have you learned from previous rogue wave exceriences that can inform how you respond to when the next one rolls in? **Prayer:** God, I can't. You can. I think I'll let you.

Extra Mile: 2 Corinthians 1:4 - Reach out to a suffering friend, if possible walk, or sit, with them and provide the comfort you have received.

Saturday I Peter 5:10-11

Reflect: Rick said last weekend, "God will only bless us where we are, but we have to surrender to him where we are." When rogue waves roll in, do you surrender or resist? Do you surrender or get flustered? Do you surrender or replay the same 'woe is me' script over and over? How does this passage encourage you to embody the prayer of surrender?

Prayer: God, I can't. You can. I think I'll let you.

Extra Mile: On today's walk, remember a time God led you through a storm and strengthened you.

Sunday James 4:6-10

Reflect: How is worship an act of humility? What does James instruct us to do in this passage that we can do when we gather for worship? What is God saying to you today through this passage? **Prayer:** God, I can't. You can. I think I'll let you.

Extra Mile: Isaiah 6:8 - Listen with all your heart, mind, and soul... what is God nudging you to do today to grow closer to Jesus?

