

Monday

Genesis 16:1-13

Reflect: What does it mean to you to be truly “seen” by someone? What are some of the ways you know another person really understands you? What do you hope God sees in you?

Prayer: Lord Jesus Christ, you are the God who sees me. Forgive me. Heal me. Restore me.

Extra Mile: Make a special effort today to notice people. Notice their facial expressions, their body language, their clothes, their tone of voice, and respond in a way that might make them feel seen.

Tuesday

1 Peter 5: 7

Reflect: Do you really believe that God cares? Why or why not? Do you really believe that Jesus understands your struggles? Why or why not? What are your current greatest troubles?

Prayer: Lord Jesus Christ, who sees and cares for me, in this moment I cast all my troubles upon you.

Extra Mile: Take 15 minutes sometime today to memorize 1 Peter 5: 7.

Wednesday

Isaiah 53: 3-9

Reflect: We heard in the teaching last weekend, Jesus didn’t come into the world to explain our suffering, but to experience our suffering. What words or phrases in this passage help you believe that Jesus understands what you are going through?

Prayer: Loving Father, thank you for going the extra mile to understand me.

Extra Mile: Maybe during lunch or a break, take 15 minutes to scroll through your news feed and prayerfully read every headline where someone has experienced suffering.

Thursday

Matthew 27:45-46

Reflect: Do you ever feel forsaken by God? What are some of the things that make you feel distant from God? How are you currently experiencing the silence of God?

Prayer: My God, my God, why have you left me here? Speak Lord. Help me, Lord.

Extra Mile: Sometime today, take a walk and notice all the sights and sounds that reveal the handiwork and presence of God.

Friday

John 8:12 | John 12:46

Reflect: What is your response to this statement? If faith in God is going to make sense, it has to make sense in moments of spiritual darkness. What would your response be to someone who asks, “How can a good God seem so silent?”

Prayer: I am listening, Lord, Speak.

Extra Mile: Spend 15 minutes sometime today in utter silence and listen.

Saturday

Job 13:1-15

Reflect: Some of Job’s friends mock and rebuke him for his unwavering faith in God, even when he is silent. Job understood that God’s silence doesn’t mean God is absent. Looking backwards, when did you mistake God’s silence for God’s absence? What was your key takeaway from the weekend message?

Prayer: God, like your servant Job, even though you slay me, I will praise and put my hope in you.

Extra Mile: Take a 15 minute walk in your neighborhood praying over every family and home who live near you.

Sunday

Revelation 21:3

Reflect: Think back upon your week. How have you experienced the presence of God?

Prayer: Today, God, I worship and praise you for my crucified and resurrected Jesus. Thank you, thank you, thank you for the gift of your Son!

Extra Mile: Take some time to walk about the church today, noticing the people, young and old. Be aware of God’s presence as you listen and converse.