

Take the 7 Day “More to Life”

CHALLENGE

Find a quiet place and listen as the Lord speaks as you seek Him, either at the beginning of your day or at the end of your day. Some of us have a very difficult time catching the quiet moments. It’s a discipline that we need to constantly cultivate in our spiritual life and daily living.

This is your opportunity to RENEW YOU!

Jeremiah 31: 4 (THE MESSAGE) God told them, “I’ve never quit loving you and never will. *Expect love, love, and more love!* And so now *I’ll start over with you* and *build you up again*, dear virgin Israel. You’ll *resume your singing, grabbing tambourines and joining the dance*. You’ll go back to your old work of planting vineyards on the Samaritan hillsides, and *sit back and enjoy* the fruit*—*

In committing to this challenge you are invited to follow the directions given below.

During this time of reflection and prayer, imagine how God sees you at this very moment

1. Be Thankful for the life you have in God, for this new day/or for the day that is finishing

2. Ask the Holy Spirit to bring light that you might see what he wants you to see in this day or as you recall the day

3. Consider the hours of your day, take your time and review the day, or think of the things that you will do, those things that are on your schedule to complete, the people you will encounter, the responsibilities that are yours OR If you are reviewing the day think of what has been accomplished, the people you have interacted with. What two experiences stand out in your mind?

MONDAY: There’s more to life when………………….you are Listening

READ: 1 Samuel 3

* “In the morning, O Lord… I wait in expectation of what you will do” (Psalm 5:3, paraphrase)
* “Be still and know that I am God” (Psalm 46:10)
* “Let all the earth be silent before [the Lord].” (Habakkuk 2:20)
* Jesus said, “Whoever hears my word and believes him who sent me has eternal life.” (John 5:24)
* “Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day.” (Genesis 3:8) Samuel 3

"Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts." SOURCE: https://www.living-prayers.com/topics/listening\_prayer.html#ixzz5mD6m7q5n

THINK: What is the Lord saying to you?

PRAY:

Heavenly Father,

I wait upon you.

I pause, still my mind and still my heart.

I wait upon you.

I stop, and listen beyond the everyday.

I wait upon you.

I rest, and allow my soul to have space.

I wait upon you.

Quiet, at rest, held.

I wait upon you.

And call Abba, Abba Father.

I know you have searched me, and you know me.

I know you are the beginning and the end.

I know you are the Redeemer.

I wait upon you, allowing your grace to penetrate my whole being.

And in this place, close, protected and eternal I find that this grace renews my strength, Wipes away my tears, and promises new hope. I wait upon you.

SOURCE: https://www.living-prayers.com/topics/listening\_prayer.html#ixzz5mD6wZgAC

ACT: Be aware of God speaking to you today. It may be through His word, a song, a Christian friend or a situation you are facing. Tell someone how you have been encouraged today by listening for God’s voice

TUESDAY: There’s more to life when………………….you are walking

READ: 1 John 1:6-7 If we say we have fellowship with him and yet keep on walking in the darkness, we are lying and not practicing the truth. But if we walk in the light as he himself is in the light, we have fellowship with one another and the blood of Jesus his Son cleanses us from all sin.

John 8:12 Jesus spoke to the people once more and said, “I am the light of the world. If you follow me, you won’t have to walk in darkness, because you will have the light that leads to life.”

Isaiah 52:7 How beautiful on the mountains are the feet of the messenger bringing good news, Breaking the news that all’s well, proclaiming good times, announcing salvation, telling Zion, “Your God reigns!”

Psalm 25:4 &5 “Show me Your ways, O Lord, teach me Your paths; guide me in Your truth and teach me, for You are God my Savior, and my hope is in You all day long.”

THINK: Where will your feet take you today? Who will you speak with, serve, and interact with. How will they know you are walking in the light of God?

PRAY: Father in Heaven,

Thank you for the promise and hope of Your word. Thank you that You can be counted on to guide me through my day. Today I need to walk in the hope that only You can give. My way is unclear, my path sometimes feels like it twists and turns in confusing and busy ways as I wind my way along my journey.

Show me Your ways, Lord. Show me how You would walk in these places. Teach me Your paths of grace and mercy and integrity and love. Help me to grasp Your ways so I can walk securely in them even in insecure places. I need Your perspective today.

Guide me in Your truth, Lord. Without Your Word active in my heart and mind I cannot know Your truth. Help me to make time to read my Bible. Help me to take time to think on it and let it penetrate my heart. Lord, Your Word will guide me as a beacon and a light. I need Your word to guide me. Forgive me when I have left it on the shelf or have simply grabbed a verse and run off for the day, quickly forgetting what I read.

Thank you that You promise to guide me and teach me as I let Your truth impact my heart and my mind.

Oh Lord, You are my Savior, my rescuer and my redeemer. You alone are the One who restores and renews my spirit and brings meaning to my life. You bless me. May my heart overflow with thanksgiving to You for Your hand in my life.

I will put my hope in you today, all day long. Remind me by Your Holy Spirit to look to You to guide me. Call me into Your quiet presence to think on Your truths and may I not be distracted. This is the oxygen of my soul. Thank you that You give the hope and help and peace I need today. Thank you that You never cease to call me to Yourself. Help me to respond afresh to Your presence in my life. In Jesus’ strong name I pray, amen.

Source: http://www.gailrodgers.ca/index.php/site/prayerItem/prayer\_to\_walk\_with\_god\_all\_day\_long/

ACT: Take a walk around your neighbourhood today. Thank God for the beauty of your world. Thank Him for your neighbours and friends. Pray for first responders, teachers, medical staff, clergy, those who serve and those who need you.

WEDNESDAY: There’s more to life when……………you are serving

READ:

Joshua 22:4 But be very careful to keep the commandment and the law that Moses the servant of the LORD gave you: to love the LORD your God, to walk in obedience to him, to keep his commands, to hold fast to him and to serve him with all your heart and with all your soul.”

Romans 12:9-13 Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honour one another above yourselves. Never be lacking in zeal, but keep your spiritual fervour, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord’s people who are in need. Practise hospitality.

Colossians 3:23-24 “Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.”

Philippians 2:5-7 “Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men.”

THINK: When do you feel closest to the Lord? How do you serve others?

PRAY:

Here is a beautiful prayer written by Saint Ignatius of Loyola

*Lord, teach me to be generous. Teach me to serve you as you deserve.*

*To give and not to count the cost. To fight and not to heed the wounds.*

*To toil and not to seek for rest. To labor and not to ask for reward.*

*Save that of knowing that I am doing your will. Amen.*

ACT: Find an opportunity to serve someone today. Someone who would least expect it.

Thursday: There’s more to life when…………………you are being kind

**READ:**

Luke 6:27-26

Luke 10:29–37

Proverbs 3:3–6 (ESV)

Galatians 5:22-23

Luke 6:35

“But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He Himself is kind to ungrateful and evil men

**THINK** : what does kindness look and sound like?

**PRAY:** Dear God, If I cannot be brilliant, let me be kind. If I cannot change the world, let me inspire just one other to do so. If I cannot give away riches, let me be loving. Let me be known for kindness, for it is the greatest glory. ~Amen

Source: <https://www.beliefnet.com/prayables/prayers/prayer-to-god-short-prayers.aspx?p=10>

**ACT**

* Pay it Backward: buy coffee for the person behind you in line.
* Compliment the first three people you talk to today.
* Send a positive text message to five different people right now.
* Post inspirational sticky notes around your neighborhood, office, school, etc.
* Donate old towels or blankets to an animal shelter.
* Say hi to the person next to you on the elevator.
* Surprise a neighbor with freshly baked cookies or treats!
* Let someone go in front of you in line who only has a few items.
* Leave a gas gift card at a gas pump.
* Throw a party to celebrate someone just for being who they are, which is awesome.
* Have a LinkedIn account? Write a recommendation for coworker or connection.
* Leave quarters at the laundromat.
* Encounter someone in customer service who is especially kind? Take an extra five minutes to tell their manager.
* Leave unused coupons next to corresponding products in the grocery store.
* Leave a note on someone’s car telling them how awesome they parked.
* Try to make sure every person in a group conversation feels included.
* Write a kind message on your mirror with a dry erase marker for yourself, your significant other or a family member.
* Smile at five strangers.

For more ideas check the source: <https://www.coffeecupsandcrayons.com/100-acts-kindness-kids/>

Friday: There’s more to life when…………………….you are running on empty

**READ:**

Matthew 11:28-29 “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

Psalm 62:1 “Truly my soul finds rest in God; my salvation comes from him.”

Psalm 4:8 “In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.”

Psalm 127:1-2 “Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain. In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves.”

2 Thessalonians 3:13 “And as for you, brothers and sisters, never tire of doing what is good.”

Romans 12:11 “Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.”

Psalm 46:1 “God is our refuge and strength, an ever-present help in trouble.”

I Kings 8:56 “Praise be to the Lord, who has given rest to his people Israel just as he promised. Not one word has failed of all the good promises he gave through his servant Moses.”

Jeremiah 31:25 “I will refresh the weary and satisfy the faint.”

**PRAY**: Father, I’m completely worn out! Burned out, some would say. It seems like every moment of every day is taken up with people concerns; with things that need to be done—right away: family issues; church activities; demands placed upon me by others, constantly and consistently. I honestly don’t know if I have anything left to give—for I’m running on empty.

And yet, through all the chaos that is swirling around me, I hear You whisper: “Rest in me… Come; drink here at the oasis I’m providing-- just for you.” So I do as you say—to be refreshed, renewed, revitalized. And, within moments, I find myself suddenly re-energized-- to the point of desperately wanting to tell others of Your amazing, awesome, astonishing love.

Oh yes; there is so much more to life – with You at the very core of my being. Thank you, my Lord and Saviour!(*written by Major Beverly Ivany*)

**THINK:** This is your creed for this day (and every day!)

I will not worry through this day, I will take time to think and pray.

*Yes, my soul, find rest in God; my hope comes from him. Psalm 62:5*

I will wait and walk with God, remembering God often walks slowly.

*Wait for the Lord; be strong and take heart and wait for the Lord (Psalm 27:14)*

I will wait before God until I feel saturated with His presence, then I will go forth to my new duty with the conscious, freshness and vigour of Christ.

*But those who hop in the Lord will renew their strength. They will soar on wings like eagles; the will run and not grow weary, they will walk and not be faint. Isaiah 40:31*

I will wait upon God in confidence, knowing He provides “resting’ place as well as working places.

*Be still before the Lord and wait patiently for him; do not fret when people success in their ways, when they carry out their wicked scheme (Psalm 37: 7, 34)*

Hope in the Lord and keep his way. He will exalt you to inherit the land; when the wicked are destroyed, you will see it.

*Source: Exploring Worship, Virginia Talmadge*

**ACT**: Do something special for yourself today! Try to make it a habit!

Suggestions: Go for coffee with a friend; find a quiet place to retreat for a few hours; have a pedicure; or a foot massage; read a good book, take a walk through the ‘forest glades’; listen to the birds; take pictures of the scenery around your town, city, community

Saturday: There’s more to life when……………….you are with those you love

READ

“How good and pleasant it is when God’s people live together in unity!” – Psalm 133:1

“Behold, children are a heritage from the Lord, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one’s youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.” Psalm 127:3-5

“So we, though many, are one body in Christ, and individually members one of another.” Romans 12:5

“Fathers, do not embitter your children, or they will become discouraged.” Colossians 3:21

“A friend loves at all times, and a brother is born for a time of adversity.” Proverbs 17:17

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.” 1 Corinthians 13:4-8

“Let love be genuine. Abhor what is evil; hold fast to what is good.” Romans 12:9

“We love because he first loved us.” 1 John 4:19

PRAY:

Compassionate Father, today we bring before you, those we love, especially members of our families. How we long for you to be gracious on behalf of our children, our parents, our siblings, our extended families, our friends, O Lord, there are so many for whom we carry heartbreaking concerns and heavy burdens.

Gracious Father, thank you for not only forming us in our mother’s womb, but also for revealing Jesus in our inner hearts. This gives us great courage in asking you to pour out your Spirit on a vast array of people we know:

For our children, siblings and parents who don’t know you, Father, bring them to a saving knowledge of Jesus. Above all, we are praying that a very real knowledge and experience of the grace and truth of the gospel will capture their hearts. More than anything else, we long to hear those we love say, “I belong to the Lord.”

Holy Spirit, for our family members and friends who are living like destructive idiots and senseless morons, do whatever it takes to save them from themselves. Arrest them in their foolishness and spare them with your grace-full-ness. To the meadows of their madness, bring the grandeur of your goodness.

Jesus, for those we know who love you deeply, but are in hard stories of failing health, financial stress, emotional/mental illness, marital meltdown, spiritual disconnect… pour forth your life-giving Spirit. Where there is floundering, bring flourishing; where there is despair, bring delight; where there is hopelessness, bring fruitfulness… all for your glory.

We forsake our fears in light of the pledge of your help. Humbly, expectantly and gratefully, we pray in your name, Jesus. Amen!

Source: <https://www.thegospelcoalition.org/blogs/scotty-smith/a-prayer-for-those-we-love/>

THINK: Is there a friend or family member who needs to hear from you today? How can you offer grace to a family member or a friend who has hurt you?

ACT: Plan a family/friends get together. Invite people you haven’t seen for a while. Celebrate your story!

Sunday: There’s more to life when …………………you are worshipping the Lord

**READ:** 1 Chronicles 16: 23-31

1 Chronicles 16:23-31 New International Version (NIV)

Sing to the Lord, all the earth; proclaim his salvation day after day.

Declare his glory among the nations, his marvelous deeds among all peoples.

For great is the Lord and most worthy of praise; he is to be feared above all gods.

For all the gods of the nations are idols, but the Lord made the heavens.

Splendor and majesty are before him; strength and joy are in his dwelling place.

Ascribe to the Lord, all you families of nations, ascribe to the Lord glory and strength.

Ascribe to the Lord the glory due his name; bring an offering and come before him.

Worship the Lord in the splendor of his[a] holiness

Tremble before him, all the earth! The world is firmly established; it cannot be moved.

Let the heavens rejoice, let the earth be glad; let them say among the nations, “The Lord reigns!”

**PRAY:**

Father, it is only because of your love and grace, because of your own extravagant love, that we can even consider coming to your presence. It is only because of the gift of your precious Son who so willingly gave His life for us that we can approach your throne of grace. What joy we find as we contemplate the immeasurable gifts you have given us.

*Immanuel. God with Us. Wonderful Counselor. Mighty God. Everlasting Father. Prince of Peace.*

Your names evoke such a sense of wonder as we carefully think on each one, on the power-packed meaning behind them. You have been our God with Us, our Immanuel, in our times of greatest distress. You have been Wonderful in our lives as you pour out your power and love as a display to all the world. You have been our Counselor in those times when we were fraught with fear and confusion. You have been Mighty God when we were facing impossible situations. You have been our Everlasting Father as we face an unknown future. You have been our Prince of Peace in those times of utter chaos. You have been our Great I Am, exactly what we need exactly when we need it.

How can we ever repay you for all you are, for all you have done? It’s only by our worship, by our praise and adoration that we can begin to express to you all you mean to us. (On this day) we offer you the greatest offering we have. We pour out our hearts in a gift of extravagant worship. We pour out our finest praise to you.

You, Lord, are worthy. You are wonderful. You are more than we could ever ask or imagine.

**THINK:** Jesus was born in Bethlehem in Judea, during the reign of King Herod. About that time some wise men[a] from eastern lands arrived in Jerusalem, asking, “Where is the newborn king of the Jews? We saw his star as it rose, and we have come to worship him.”… After this interview the wise men went their way. And the star they had seen in the east guided them to Bethlehem. It went ahead of them and stopped over the place where the child was. When they saw the star, they were filled with joy! They entered the house and saw the child with his mother, Mary, and they bowed down and worshiped him. Then they opened their treasure chests and gave him gifts of gold, frankincense, and myrrh. Matthew 2:1-2, 9-11

What are you bringing to Jesus today? What is your act of worship today? What is your gift? How will you declare who He is in your life?

**ACT:** Attend a worship service today. Encourage/Invite someone to go with you.

Exodus 14: 13 & 14 Don’t be afraid. Stand firm and watch God do his work of salvation for you today. God will fight the battle for you.

