

Walking with Jesus this week

MONDAY 7/1/19

Read Hebrews 12:2. Sit upright in a comfortable chair. Feet flat on the ground. Breathe well for a few moments. Let your body slow down. Run through your mind the different ways you might have “seen” Jesus. Was it in nature? In a stranger? In a family member or friend? In circumstances? In your mind, heart, or with your words, ask Jesus to show himself to you today.

TUESDAY 7/2/19

Read Ecclesiastes 11:4. Serve yourself a cup of tea, coffee, or wine. Think on your present life. Are there ways you are having trouble moving forward? Where do you struggle to let go? Where do you resist stepping away? Ask yourself what benefits do you receive from procrastination? Write it down in a private letter to yourself. Have some more tea, coffee, or wine. Take a nap.

WEDNESDAY 7/3/19

Read Psalm 23. Focus on the word “through” in verse 4. Find a place outside to sit. What are you going through? Of all the little journeys you are on, which ones bring you most joy? Which ones weigh on you? Who can you trust to share some of your journey? Make a call and let someone know something about where you are.

THURSDAY 7/4/19

Read John 11:33-35. Meet with someone you care about. Ask how they are doing. Listen with your heart. Listen with your eyes. Give that person your complete and undivided attention. Be there for him or her. Empathize.

FRIDAY 7/5/19

Read Psalm 56:8. Take some time to stretch gently. Arms, legs, neck, back. Feel your muscles loosen. Rub the tension out of your facial muscles, your cheeks, eyes, forehead, jaw. Breathe well for a while. Think back to a time when your heart felt heavy. If there is still sorrow pooling there, draw it out and give it to the Lord. Have a good cry. If not, give thanks to the Lord.

SATURDAY 7/6/19

Read John 14:1-7. Find a comfy spot in a comfy room. Kick off your shoes. Curl up on your spot. Relax and remind yourself that you’re going to make it.

**SERMON NOTES
DAILY DEVOTIONS**

NEW DAY DAWNING

LIVING WITH HOPE WHEN LIFE CHANGES



BETHEL
LUTHERAN CHURCH

NEW DAY DAWNING

LIVING WITH HOPE WHEN LIFE CHANGES

Pt. 3 Learning to Let Go

June 29 & 30, 2019

Pastor Mike Brown

1) I'll

"Let us keep our eyes fixed on Jesus,"
—Hebrews 12:2 (Good News)

"Seek me and live."
—Amos 5:4b (NIV)

2) I'll

"Moses said to Pharaoh, 'Kindly tell me when should I pray ... that the frogs may be removed from you....' Pharaoh said, 'Tomorrow.'"
--Exodus 8:9-10

"If you wait for perfect conditions, you will never get anything done."
—Ecclesiastes 11:4 (Living Bible)

3) I'll

"By faith the people passed through the Red Sea as if it were dry land,"
—Hebrews 11:29 (NRSV)

*"Yea, though I walk through the valley of the shadow of death,
I will fear no evil:"*
—Psalm 23:4 (King James)

"if [Paul] found any who belonged to the Way, men or women, he might bring them bound to Jerusalem."
—Acts 9:2 (NRSV)

4) I'll

"If only the LORD had killed us back in Egypt," they moaned. "There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death."
--Exodus 16:3 (New Living Translation)

"As a dog returns to its vomit, so fools repeat their folly."
—Proverbs 26:11(NIV)

5) I'll

"Jesus wept."
--John 11:33-35 (Good News)

6) I'll

*"I found myself in trouble and went looking for my Lord;
my life was an open wound that wouldn't heal."*
--Psalm 77:2 (The Message)

*"You've kept track of my every toss and turn through the sleepless nights,
Each tear entered in your ledger, each ache written in your book."*
--Psalm 56:8 (NRSV)

7) I'll

"I will pray to the Father, who shall send you the Spirit, the Comforter, who will be with you for ever,"
—John 14:26

This Series

June 16: Why You Can Hope for Better
June 23: The Three Steps Forward
June 30: Learning to Let Go
July 7: When You're in the Middle of Nowhere
July 14: Finding the Dawn of Your New Day