

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

