

“For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised” (2 Cor. 5:14–15).

Meditate on God's Word

WEEK ONE

KEY SCRIPTURE:

A verse to memorize and meditate on this week

“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night” (PSALM 1:1–2).

TAKING IT FURTHER:

A section of Scripture to ponder in depth

“Does not wisdom call? Does not understanding raise her voice? On the heights beside the way, at the crossroads she takes her stand; beside the gates in front of the town, at the entrance of the portals she cries aloud: ‘To you, O men, I call, and my cry is to the children of man. O simple ones, learn prudence; O fools, learn sense. Hear, for I will speak noble things, and from my lips will come what is right, for my mouth will utter truth; wickedness is an abomination to my lips’” (PROV. 8:1–7).

QUESTIONS:

Considerations to renew your mind and move you to action

1. What stands out in this Scripture when you first read it?
2. Are there things in this Scripture that remind you of what God in Christ Jesus has done for you or who He has made you to be?
3. What does this Scripture teach us about God's will in regard to the habit we are focusing on this month?
4. What is God calling you to repent of and change in your life?
5. How can you put into action what God has taught you?

HOW I WILL:

Ways to practice this discipline

- When you wake up and before you go to bed, read from the Scriptures in a setting without distractions.
- Talk to someone about the wisdom of God's Word compared to the foolishness of the world.

This week do one of the above or a similar action that fits your context.

PRAYER:

Words to turn your heart to God and ask for His blessing

O holy and most merciful God, all Your ways are perfect and good. We ask You to make us, Your people, know and believe this always. According to Your promises, give us every blessing of body and soul as we seek first Your kingdom. Help us daily to live in the newness of life we have received through Your Holy Spirit in our Baptism. Since we have been connected to Jesus' lifegiving death and resurrection in those waters, grant us each day to grow in the grace and knowledge of our Lord and Savior Jesus Christ, through the same Jesus Christ, our Lord. Amen.

“What you have learned and received and heard and seen in me — practice these things, and the God of peace will be with you” (PHIL. 4:9).

“For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised” (2 Cor. 5:14–15).

Meditate on God's Word

WEEK TWO

KEY SCRIPTURE:

A verse to memorize and meditate on this week

“I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes; I will not forget your word” (PSALM 119:15–16).

TAKING IT FURTHER:

A section of Scripture to ponder in depth

“Now this is the commandment — the statutes and the rules — that the LORD your God commanded me to teach you, that you may do them in the land to which you are going over, to possess it, that you may fear the LORD your God, you and your son and your son's son, by keeping all his statutes and his commandments, which I command you, all the days of your life, and that your days may be long. Hear therefore, O Israel, and be careful to do them, that it may go well with you, and that you may multiply greatly, as the LORD, the God of your fathers, has promised you, in a land flowing with milk and honey. Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart.” (DEUT. 6:1–6).

QUESTIONS:

Considerations to renew your mind and move you to action

1. What stands out in this Scripture when you first read it?
2. Are there things in this Scripture that remind you of what God in Christ Jesus has done for you or who He has made you to be?
3. What does this Scripture teach us about God's will in regard to the habit we are focusing on this month?

4. What is God calling you to repent of and change in your life?

5. How can you put into action what God has taught you?

HOW I WILL:

Ways to practice this discipline

- Read aloud the Ten Commandments each day this week.
- Write a few sentences about how one of God's commandments is good for your life.

This week do one of the above or a similar action that fits your context.

PRAYER:

Words to turn your heart to God and ask for His blessing

O holy and most merciful God, all Your ways are perfect and good. We ask You to make us, Your people, know and believe this always. According to Your promises, give us every blessing of body and soul as we seek first Your kingdom. Help us daily to live in the newness of life we have received through Your Holy Spirit in our Baptism. Since we have been connected to Jesus' lifegiving death and resurrection in those waters, grant us each day to grow in the grace and knowledge of our Lord and Savior Jesus Christ, through the same Jesus Christ, our Lord. Amen.

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Meditate on God's Word

WEEK THREE

KEY SCRIPTURE:

A verse to memorize and meditate on this week

"This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success" (JOSHUA 1:8).

TAKING IT FURTHER:

A section of Scripture to ponder in depth

"Then the king sent, and all the elders of Judah and Jerusalem were gathered to him. And the king went up to the house of the LORD, and with him all the men of Judah and all the inhabitants of Jerusalem and the priests and the prophets, all the people, both small and great. And he read in their hearing all the words of the Book of the Covenant that had been found in the house of the LORD. And the king stood by the pillar and made a covenant before the LORD, to walk after the LORD and to keep his commandments and his testimonies and his statutes with all his heart and all his soul, to perform the words of this covenant that were written in this book. And all the people joined in the covenant" (2 KINGS 23:1-3).

QUESTIONS:

Considerations to renew your mind and move you to action

1. What stands out in this Scripture when you first read it?
2. Are there things in this Scripture that remind you of what God in Christ Jesus has done for you or who He has made you to be?
3. What does this Scripture teach us about God's will in regard to the habit we are focusing on this month?

4. What is God calling you to repent of and change in your life?

5. How can you put into action what God has taught you?

HOW I WILL:

Ways to practice this discipline

- Read a short passage (one to five verses) anywhere in the Scriptures and then pray about what you have just read.
- Discuss with someone a particular law of God that you have neglected and how you might begin to keep it.

This week do one of the above or a similar action that fits your context.

PRAYER:

Words to turn your heart to God and ask for His blessing

O holy and most merciful God, all Your ways are perfect and good. We ask You to make us, Your people, know and believe this always. According to Your promises, give us every blessing of body and soul as we seek first Your kingdom. Help us daily to live in the newness of life we have received through Your Holy Spirit in our Baptism. Since we have been connected to Jesus' lifegiving death and resurrection in those waters, grant us each day to grow in the grace and knowledge of our Lord and Savior Jesus Christ, through the same Jesus Christ, our Lord. Amen.

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Meditate on God's Word

WEEK FOUR

KEY SCRIPTURE:

A verse to memorize and meditate on this week

“Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God” (COL. 3:16).

TAKING IT FURTHER:

A section of Scripture to ponder in depth

“And their eyes were opened, and they recognized him. And he vanished from their sight. They said to each other, ‘Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?’ And they rose that same hour and returned to Jerusalem. And they found the eleven and those who were with them gathered together, saying, ‘The Lord has risen indeed, and has appeared to Simon!’ Then they told what had happened on the road, and how he was known to them in the breaking of the bread” (LUKE 24:31-35).

QUESTIONS:

Considerations to renew your mind and move you to action

1. What stands out in this Scripture when you first read it?
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3. What does this Scripture teach us about God's will in regard to the habit we are focusing on this month?
4. What is God calling you to repent of and change in your life?
5. How can you put into action what God has taught you?

HOW I WILL:

Ways to practice this discipline

- Daily sing or listen to a hymn that reminds you of God's Word or ways.
- Listen to one of the four Gospels in some audio format this week.

This week do one of the above or a similar action that fits your context.

PRAYER:

Words to turn your heart to God and ask for His blessing

O holy and most merciful God, all Your ways are perfect and good. We ask You to make us, Your people, know and believe this always. According to Your promises, give us every blessing of body and soul as we seek first Your kingdom. Help us daily to live in the newness of life we have received through Your Holy Spirit in our Baptism. Since we have been connected to Jesus' lifegiving death and resurrection in those waters, grant us each day to grow in the grace and knowledge of our Lord and Savior Jesus Christ, through the same Jesus Christ, our Lord. Amen.

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