

Resolve: I will follow Christ's plan for reconciliation.

FRIDAY 1-21-11

Read: Ephesians 4:25-26 (www.biblegateway.com/bible?passage=ephesians+4:25-26)

Prayer: Creator God, You gave me ears, but often I do not hear. You gave me a heart, but often I do not love. You gave me emotions, but often I lose myself into them so that Your New World is harmed. Renew in me, O Lord, a passion for honest, Christ-centered relationships. Amen

Journal Reflection: Anger is an emotion. It is neither good nor bad. What we choose to do with our anger determines the moral outcome. Notice Scripture's teaching in regards to anger. Choose to deal with it quickly so that the Evil One cannot use it to harm and destroy. The longer you hold anger within yourself, the more apt you are to open yourself to evil influence. Choose today to begin the process of cleansing yourself of old, stored up anger. Write about it in your journal. Talk to a friend about it. Most of all pray for Christ's cleansing presence to be in your life!

Resolve: With Christ's help, I can clear my anger bag.

SATURDAY 1-22-11

Read: Isaiah 9:1-4 (www.biblegateway.com/bible?passage=isaiah+9:1-4)

Prayer: God of Light and Love, come into my life today so that I may be filled with Your presence. Let Your love fill me up to overflowing. Let Your light shine forth from me. I want to walk in Your light, O God. I do confess that there are times the darkness attracts me. However, in my heart, O God, I want to be filled with Your light and love. Amen

Journal Reflection: "The people walking in darkness have seen a great light," says Isaiah. Darkness is the land of destruction, deceit, despair, and desperation. Darkness is that part of our souls that wants to be its own God. Arrogance, pride, self-righteousness, jealousy, envy, adultery, murder, and all forms of human degradation grow out of the darkness. Look carefully into your soul and choose light!

Resolve: I will choose to live in God's light and love today.

LIFE APPLICATION QUESTIONS

For Sunday, January 16, 2011's Sermon

Foundational Scripture: Psalm 40: 1-11

(www.biblegateway.com/bible?passage=psalm+40:1-11)

Featured Scripture Reflection: "God put a new song in my mouth, a song of praise to our God." (Psalm 40:3 NRSV)

(<http://www.devotions.net/bible/00bible.htm>)

Opening Icebreaker: What is your favorite new song? (learned in 2010-2011)

Scripture Questions

What is the scripture saying?

- How would you summarize what King David is saying in this first portion of the Psalm?
- From what slimy pit might King David have been rescued?
- What sacrifice does God desire?
- Upon what does the psalmist ultimately depend upon?

How is your life touched?

- From what slimy pit have you been rescued?
- When God seemed to take too long for the rescue, what was your response?
- What are some 'cultural slimy pits' that we continue to be caught in?
- What helps you most when you are struggling: remembering God's actions in the past or claiming God's promises for the future?

What is God's invitation to you?

- How can you be a part of God's rescue plan for persons you know who are stuck in the slimy pit?

What can you pray for?

Pray that Chilson Hills will be a joyous, faithful, radically honest, praying community of God's resurrection power celebrating the Christ's transforming hope and love in the midst of our individual lives, our families, and our church.