



Weekly Devotionals & Notes

February 25-March 2



“Fitness By Osmosis”

Monday, February 25 Read Psalm 37:1-11;39-40

How many of our struggles are rooted in an unhealthy focus on what we lack rather than our blessings? _____

Re-read v.7-8. In what ways might this speak to the particular sources of stress and anxiety in your life? _____

Reflect on the ways God has offered strength, support and comfort and discuss all of this with God in prayer today.

Tuesday February 26 Read Genesis 45:3-11;15

By most any standard, Joseph had every right to feel bitter and perhaps even vengeful. Yet he chose to see himself as an instrument of God’s grace and a means of salvation for his family and those around them. How might God be using the circumstances and challenges of your life today as a way of blessing others?

How might the challenges you are facing be used by God for God’s purposes? _____

Wednesday, February 27 Read Luke 6:27-38

Take a moment to focus on v.32. Why does Jesus feel the need to emphasize this and what does it tell us about our own understanding of love, grace and forgiveness?

If we remember that one of the primary purposes of discipleship is transformation (see 2 Corinthians 5:16-21), how

Sermon notes for “Fitness By Osmosis”

February 24, 2019

- 1. The Gospel of Christ is not something we possess but rather something that is designed to change us.**
- 2. Practicing grace in the face of gracelessness...**
 - A. ...makes us become more Christ-like.**
 - B. ...requires us to trust more in God than ourselves.**
 - C. ...helps us let go of eternally unimportant things.**

might that change our understanding of Jesus' teaching here? _____

Where is God calling you to live out this teaching today? _____

Thursday, February 28 Read 1 Corinthians 15:35-50

This passage is probably rooted in the concern of early Christians of whether they would die a physical death before Christ's return. For them, and especially for us, it is a reminder that since these physical bodies are destined to die anyway, we are called to use them and this time to engage in risky, dedicated Christian living. What risks or challenges do you encounter as you seek to grow in your faith? _____

_____ Have you discussed these with God in prayer today?

Friday, March 1 Read Leviticus 19:1-2; 9-18

Jesus quoted v.18 here when asked what was the most important commandment (Matthew 22:39). Of all the Biblical laws, why is that one, and the section preceding it so important? _____

What does this tell us about the nature of God and God's Way and what does it tell us about ourselves? _____

Saturday, March 2 Read Psalm 119:33-40

Read this psalm through several times as your own personal prayer. What might God's response to you look like and how might you live into its words? _____

Try to keep this prayer in your thoughts throughout the day and keep your eyes open for the ways God might answer it!



Small Group Discussion Guide

February 25-March 2

- 1. Begin by reading the selections from Psalm 37 on Monday, and discuss the questions from February 25 .**
 - *Why is it so much easier to focus on what we lack?*
 - *How did vv.7-8 speak to the stresses in your life?*
- 2. Read Luke 6:27-38 and discuss your answers from Wednesday's reading. Try reading it from different translations and see if you notice any difference or changes in your understanding of the text.**
- 3. From the sermon notes and from your readings, discuss the impact and meaning of "practicing grace in the face of gracelessness."**
 - **How does it makes us become more Christ-like?**
 - **In what ways does it require us to trust more in God than ourselves? What does such trust look like in your life?**
 - **How can such a practice help us let go of eternally unimportant things? Share a list of some of those eternally unimportant things that we sometimes put too much emphasis on.**