

# Day 1

Chrissy

## Read

Romans 8: 26-27

26 And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. 27 And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will.

## Think

Think about that, the holy spirit is constantly pleading for our needs in prayer to God. He knows what we need and he is fighting for God's plans in our life to happen. What a support we have.

## Reflect

What do you do when you don't know what to say or how to process your feelings? God knows what you need because his spirit is connected to you, all you have to do is turn to God and he will be strong in your weakness.

## Pray

Holy Spirit, in the parts of my life that I don't even know how to express I turn to God, you know me and what I need. Thank you for working in my mind and heart even when I can't clearly say what I need. Amen.

# Day 2

Braden Curalli

## Read

Romans 8:5-7

**5** Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. **6** The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. **7** The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so."

## Think

The reality we can draw from this scripture is one that expresses how our actions and thoughts are connected. In this passage, Paul is very clear about the importance of your thoughts. Your thoughts determine your actions, so a mind set on fleshly desires (sin), pursues fleshly desires. A mind set on the Spirit (Jesus), follows the Spirit. A mind that

seeks Jesus in its thoughts will also express the love of Jesus through actions. If you love Jesus in your thoughts you will love Jesus through your actions.

### **Reflect**

Knowing that thoughts and actions are connected, what are you going to set your mind on today? What about this week? What are you going to choose to follow?

For some guidance, think about Philippians 4:8 which says,

**“8** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

What would it mean for you to set your mind on things that are not of the flesh? Things like what Paul writes about in Philippians.

### **Pray**

God, be with me this week as I learn what it means to choose you. Help me to be a light to others. Fill me up with your love so that I may overflow. Help me to fix my thoughts on you and steer clear of thoughts that are of the flesh.

Amen

## **Day 3**

### **Marty**

### **Read**

Rom. 8:32 - He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

### **Think**

Because God gave His Son Jesus for us, we can be fully confident that God has also secured for us everything that we need to know, love, and follow Jesus. There is nothing we will need that God is not willing to give us!

### **Reflect**

When we face unbearable pain, uncontrollable circumstances, and an uncertain future, it's easy to feel like we don't have what we need to get through what we are going through. But God wants us to know he has secured for us everything we need to get through what we are going through. Nothing can separate us from God's love. We have been made right with

God, raised with Christ, and nothing we face can remove us from what God has prepared for us.

Where are you experiencing pain, difficulty, or uncertainty? How does this verse give you hope to get through what you are going through?

### **Pray**

God, thank you for sending your Son Jesus to die on the cross for my sin. Thank you that with Jesus, you will also freely give me all things I need to know, love, and follow you. I trust you will lead me to abundant life and the hope I need to get through what I am going through. In Jesus' name, Amen.

## **Day 4**

### **Chrissy**

#### **Read**

Romans 8:15-16

15 So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." 16 For his Spirit joins with our spirit to affirm that we are God's children.

#### **Think**

God made a way for you to be his children, part of his family. Have you ever felt like an outsider? Maybe even in your own family? God has adopted us through Jesus to be his forever.

#### **Reflect**

Who in the family of God are you thankful for? Take time to thank them this week for making you feel like you belong to God's big family.

### **Pray**

Thank you God for accepting me for who I am and for allowing me to be part of your family. Remind me that no matter how alone I feel you have called me yours. Amen.

# Day 5

**Dayne Scanlon**

**Read**

Romans 8:1-2

“Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.”

**Think**

Think about that first verse... If you are in Christ, then you are free from condemnation. The beautiful thing here is that being “in Christ” costs you nothing. His grace and salvation is a free gift that we can all take advantage of. One of the many blessings of this gift is the freedom from sin. But how often do we not live like that? How often do we live like we’re still enslaved to sin? I’m conscious and disheartened by the fact that while Jesus followers are technically set free from sin, often they still live in sin (myself included). What if this is because we’re yet to really receive the good news of Jesus? We are set free, from sin, and given a new set of morals when we are in Jesus. So live into that today!

**Reflect**

What areas of your life are you still held captive by sin?

How should your identity in Jesus allow you to be freed from sin?

What confidence can you draw from knowing that you are not being condemned for your actions?

**Pray**

God,

Simply, I just want to say thank you. Thank you for rescuing me, thank you for not judging me, and thank you for loving me perfectly. I pray that today I would live with the confidence that you have saved me and that you have given me a new identity.

You are Good, and I’m lucky to be called your child.

AMEN