

“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).