

**AMPLIFY our Weekly Message / 8.9.20**

These **discussions** and recommended **spiritual practices** are designed to help **AMPLIFY** the impact of our Sunday morning teaching from God's Word. Choose the ones that fit best in your context.

**Sunday Discussion**

**This is designed to be an extension of our Sunday worship service. Take a few minutes to have this conversation with those who watched the worship service with you. If you watched alone, give another friend who watched alone a call and have the conversation over the phone.**

- What convinces (or could convince) you to place trust in God as helper?
- What obstacles make it difficult to place trust in God as helper?
- Take a moment to pray for those with whom you're talking.

**Daily Discussion**

**These are intended for conversation around the dinner table, in the car, or before bed at night (designed for ages 7 and up). Start each conversation by reading the passage from which these questions come: Psalm 121.**

**Monday:** (*Verses 1-2*) From what/who/where (other than God) do you often seek help? How does that person or thing compare to God?

**Tuesday:** (*Verses 1-2*) How does one seek God for help? Share an experience.

**Wednesday:** (*Verses 1-8*). How does it help knowing the one watching over us also resides in us (who are followers of Jesus)?

**Thursday:** (*Verses 3-8*) "The Lord will keep you from harm". It often doesn't feel like this is true. What might it mean?

**Friday:** (*Verses 3-8*) Share some ways that the Lord has helped you.

**Saturday:** Practice reciting Ephesians 3:14-21 together as a family.

### Weekly Discussion for Spiritual Friends

**Spiritual friends are those who intentionally move into one another's life to spur one another on in spiritual growth for the Glory of God.**

1. How have you been seeking the Lord's help recently?
2. How have you been seeking false gods recently?
3. How have you felt the presence of God watching over you recently?
4. What is something God may be challenging you to do this week?

**What follows are some spiritual practices that we believe could feed your soul and advance His Kingdom this week.**

### An Inward-Focused Spiritual Practice

**Conversation with God through Scripture reading:** Jump in to [Covenant's Bible Reading plan](#). Be encouraged as well by [Rob Eyman's weekly blog post](#) that follows this plan.

**Solitude**—*Spending time alone to be with God.* Find a quiet place to be alone with God for a period of time. Use the Bible as a source of companionship with God. Listen to Him. Remain alone and still.

### An Outward-Focused Spiritual Practice

**Seek to understand those who are different from you and share Jesus love through word or deed with them.**

- Share love with our community through giving blood. Here's a link to information about the August 18 blood drive at Covenant: [Click here](#).
- With the love of Jesus in view, reach out to a neighbor or co-worker or someone in need.
- Join the Perspectives class this fall. For more information, [click here](#).