

**AMPLIFY our Weekly Message / 8.2.20**

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 in the midst of season of social distance. 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 brings you peace and rest? What disrupts your peace and rest?
- How might putting more faith in the love and protection of God change your daily emotions and actions?
- 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 62.**

**Monday:** (Verses 1-2) What does it mean for your soul to find rest?

**Tuesday:** (Verses 1-2) God is my "rock and my salvation; he is my fortress, I will never be shaken." What does that mean?

**Wednesday:** (Verses 2-5). What do you think is going on in the Psalmist's mind as he seems to get distracted by the thoughts he records in verses 3-4 and then comes back to verse 5?

**Thursday:** What's the difference between your soul finding rest in God and your soul finding rest in circumstances?

**Friday:** (Verses 5-8) What's an obstacle that keeps you from finding more soul rest in God?

**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. What has contributed to your stress this week?
2. What has contributed to your peace and rest this week?
3. How have you experienced talking to yourself as a spiritual discipline? How might this become a more helpful part of your walk with Jesus?
4. How have you experienced Jesus as your hope, rock, salvation, or fortress recently?

**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.

**Submission**—*Humbling yourself before God and others while seeking accountability in relationships.* Find faithful brothers or sisters in Christ who can lovingly hold you accountable for your actions and growth in Christ.

## An Outward-Focused Spiritual Practice

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

- Join the Perspectives class this fall. For more information, visit: <https://class.perspectives.org/Visitor/Public.aspx?ClassId=434739>
- With the love of Jesus in view, reach out to a neighbor or co-worker or someone in need.
- The Tippecanoe County United Food Pantry, Inc. has opened volunteer positions through the month of August. This is a great opportunity for teens and young adults to serve! Masks are required for all and will be provided, if needed. Sign up here: <https://www.signupgenius.com/go/60B0D4EABA923AB9-tippecanoe>.

