

AMPLIFY our Weekly Message / 9.6.20

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.**

If you could put anything on a plate in front of you right now, what would it be?

Take a moment to pray for those with whom you're talking pray that they would grow a hunger for God even stronger than the hunger for the food item they just shared.

### 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 63.**

**Monday:** Spend the day being aware of your physical hunger. What do you notice about hunger? How might that be like spiritual hunger?

**Tuesday:** Notice what satisfaction of your physical hunger feels like. Think about the difference between eating well and eating fast food or junk food. Can you think of any parallels to your spiritual life?

**Wednesday:** Try to pay attention to your spiritual hunger throughout the day. How aware are you of you need for God? Of his presence? If you don't already do so, you might think about an evening quiet time that parallels your morning one, in which you reflect on this each day. (The early church called this the *examen*.)

**Thursday:** Fast as a way of being attentive to your spiritual hunger. Fast from whatever will help you to pay the best attention to your spiritual hunger. You could skip a meal, or two, or all three. Or, you could fast from a distraction that masks your spiritual hunger: your phone, social media interaction, screen-based entertainment, the news, video games, shopping, exercise. As you fast, pray that God would make you – and all of us – more aware of our spiritual hunger.

**Friday:** Reflect on soul satisfaction. Think of a time of deep spiritual hunger and satisfaction in your life. What does it feel like to push back from the table soul-satisfied by God? How might God be nudging you to shift things around in your life to make more room for soul satisfaction?

**Saturday:** Choose a spiritual discipline that you think might help you bring your hunger to God and give it a try: time with another Christian, worship songs, time in creation, solitude and silence, time reading or memorizing the Word, prayer, an act of service.

## Weekly Discussion

**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. Can you think of a time in your life when you experienced deep spiritual satisfaction? What characterized that time?
2. How aware of your spiritual hunger are you right now? What is standing in the way of being more aware of your hunger for God?
3. What could happen if you were more aware of your spiritual hunger? How do you think God might nudge you to shift some things around in your life?

**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.

**Fasting—Skipping a meal(s) to find greater nourishment from God.** Choose a period of time to go without food. Drink water and, if necessary, take vitamin supplements. Feel your discomfort and longing for food and use it as a reminder of your need for spiritual nourishment and the longing for God that you were created to have.

## An Outward-Focused Spiritual Practice

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

With the love of Jesus in view, reach out to a neighbor or co-worker or someone in need. Step into one of our Shalom for the City initiatives and share Jesus with our local community. Get on our weekly prayer email and start lifting these prayers and praises up to the Lord.