

AMPLIFY our Weekly Message / 7.19.20

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.

- Share about some ways in which you're experiencing joy and sorrow in this season?
- How have you experienced submissive trust? How are you struggling with it?
- Take a moment to pray for those with whom you're talking.

Daily Discussion Guide for Families

These are intended for conversation around the dinner table, in the car, or before bed at night (ideal for ages 7 and up). Start each conversation by reading the passage from which these questions come: Psalm 100:1-3.

Monday: What brings you joy? What makes you sad? Can you feel both at the same time?

Tuesday: What does it mean to worship someone/something? Examples?

Wednesday: What is submission? What is Trust? What is submissive trust?

Thursday: How might you show God your sincere worship this week?

Friday: How might you show God your submissive trust this week?

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

Weekly Discussion Guide 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's been bringing you joy recently?
2. What's been bringing you sorrow recently?
3. What has adoration to the Lord and allegiance to the Lord looked like in your life recently?
4. What does submissive trust look like in your life right now?

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.

Worship—Offering praise and adoration to God. His praise should continually be on our lips and in our thoughts. Read psalms, hymns, or spiritual songs, or sing to the Lord daily using your favorite praise music. Keep praise ever before you as you think of God's mighty deeds in your life.

An Outward-Focused Spiritual Practice

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

- [These Q Sessions](#) provide some great reflection on racial inequality. Listen to these three interviews and consider the reflection questions.
- Order a book on this topic to increase your understanding. Consider hosting a book discussion when you finish the book. <https://www.covenantepc.org/resources/>
- Reach out to a neighbor or co-worker or someone in need.