

AMPLIFY our Weekly Message / 1.31.21

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 comes to mind when you think of God's love?
Share something that was said or sung in the worship service that resonated with you.
Take a moment to pray with and for the person with whom you 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 listed.

- Monday:** Philippians 1:9-11. What are a few things you notice about Paul's prayer? How is it similar or different from some of your prayers?
- Tuesday:** Philippians 1: 9-11. What do you do to remain connected to the depth and commitment of God's love for you? What makes it easy to forget?
- Wednesday:** Philippians 1: 9-11. As your love grows in knowledge and depth of insight, what are some truths that become apparent?
- Thursday:** Philippians 1: 9-11. What is some of the fruit of righteousness that comes from Jesus Christ?
- Friday:** Philippians 1: 9-11. What would it look like for you to practice being like Christ with others?
- Saturday:** What part of Philippians has struck you in your reading of it recently?

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. What is one thing that you have found yourself talking to God about a lot recently?
2. How has God pursued you recently?
3. How has God used you recently?
4. How has God corrected you 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

Suggested Sustaining Practices for Experiencing God's Love – Begin where you are. Experience your Father's sustaining love. Practice your Father's enduring love and then be ready to express the love that begins to fill you and overflow to others.

(THIS IS A SURRENDER OF MY NEED TO BE SOMEONE BEFORE I COME TO CHRIST...PRIDE). First, begin where you are. Jesus accepts you as you are but loves you too much to let you stay that way. As He did with the Nicodemus at night, the woman at the well or Peter on the beach, He meets you where you are. No matter what your family background or your current situation, Jesus says, "if this is where you are, then that is where we will start. Now, come, follow me."

(THIS IS A VERSION OF LECTIO DIVINA). Second, look for ways to regularly experience your Father's sustaining love. You can do that in His word. There are so many ways to bring God's word into our hearts. Here is one simple option. Pick up an app called Lectio 365 and use that as part of your daily prayers during February. It is the consistent practice of engaging with the living God through His word that positions our bucket under the flow of God's love. If you do it for a couple of weeks, it will likely become part of your daily practice for months to come.

(THIS PRACTICE IS CALLED PRAYING YOUR FOOD). You can experience the Father's sustaining love in His word and you can also do that in our world. Here is one simple idea. Every day for the next week select one item of food at one of your meals and list all the steps, people and machines it required to get that item of food to your table. If it is plant based, start with the creation of the seed. If it is animal based, start with the birth of that animal. This little exercise opens some interesting doors in our understanding of self and our experience of God.

(THIS IS A DESCRIPTION OF SPIRITUAL FRIENDS). Finally, practice your Father's enduring love in community. Your family or Grow Group is a great place to start. For a more intimate feel you can start with your spouse, a close friend or any Christian that wants to put the knowledge God has revealed into

specific practice. When you meet, just lay out what is true about you in Christ and then actually practice living into it. Jesus said that the Father is pleased to give you the kingdom, and He means it (Luke 12:32). Trust Him and watch what happens.

It was hard for me to trust someone enough to do that, but I later learned that they were feeling the same thing and the more I trusted them the more they trusted me. I was also concerned that I didn't have the emotional reserve to love like this. But a wise friend reminded me that in God's economy, the more love you offer to God, the more He pours into you, multiplying the love you have to share with others.

An Outward-Focused Spiritual Practice

Seek to love those God places in your path. Be intentional to share Jesus's 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.