

AMPLIFY our Weekly Message / 2.28.21

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.

Where have you recently come across love, unity, or humility?
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 2:1. How have you recently experienced those things listed in verse one?

Tuesday: Philippians 2:2. Being like-minded, having the same love, being one in spirit and of one mind: How have you experienced any of these things with someone recently?

Wednesday: Philippians 2:3-4. Share how the temptations toward selfish ambition and vain conceit play into your life.

Thursday: Philippians 2:3-4. In your experience, what feels right and beautiful about humility? What feels painful or difficult?

Friday: Philippians 2:5-8. List some ways in which this might have been difficult for Jesus. What are some things he may have felt along the way? As you pause and imagine his experience of life on earth, what are some conclusions you draw?

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 something you've done recently to help you fall more in love with Jesus?
2. What's something you've done recently to share Jesus's love with someone else at risk or cost to yourself?
3. How has God encouraged or comforted you recently?
4. How has God challenged or 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

Daily spiritual discipline – Focus on Philippians 2:5-8 this week. Work to commit this passage to memory.

Write the passage down on something you can look at frequently. Practice reciting it when you drive by yourself, while you're taking your dog for a walk and when you lay down to sleep.

As you repeat this passage over and over again this week think deeply about each phrase and talk to Jesus about what it was like to experience those things.

Also – See the Covenant Church Facebook group page for a daily Lent reflection based on Philippians.

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.

Get involved with the [Missions Celebration Week activities](#):

<https://www.covenantpc.org/events/missions-celebration/>

Get on our weekly prayer email and start lifting these prayers and praises up to the Lord.