

AMPLIFY our Weekly Message / 5.1.22

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.

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: Read Exodus 19:1-2. How do you think the Israelites felt after wondering in the desert for three months? Factor in the following realities as you consider how they may have been feeling: God had miraculously rescued them from Egypt three months earlier, led them in the desert by a pillar of cloud and provided manna for them to eat each day.

Tuesday: Read Exodus 19:3-6. How would you respond to this news? Is this good news?

Wednesday: Read Exodus 19:7-13. How would you respond to these instructions? Are they encouraging or discouraging?

Thursday: Read Exodus 19:14-24. What do these verses teach us about God? What do they teach us about people?

Friday: Read Exodus 20:18-21. What is helpful about the fear of the Lord? In what way could it be unhelpful?

Saturday: What's an aspect of God's heart that you've experienced 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. How has God encouraged, challenged or corrected you recently?
2. What's a way that you believe God has used you recently or wants to use you this week?

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 – Spend some time this week meditating on Exodus 19 and 20:18-21. Consider what this passages teaches us about God’s heart for us.

God initiates. Exodus 19:4-6, Deuteronomy 32:9-11, Exodus 19:20

God invites. Exodus 19:20; 20:1; 24:12 and Song of Solomon 2:10

God introduces. Exodus 20:24, Isaiah 55:1-3, Psalm 63:1-5

God incarnates His initiative, His invitation, and His introduction. John 1:14, 18, Matthew 11:28-30, Mark 6:31, Mark 10:14, John 10:10, Ephesians 1:5.

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 one of the Shalom of the City outreach initiatives:

<https://www.covenantepc.org/ministries/shalom-for-the-city/>

Get on our weekly prayer email (go to the “watch live” page and sign up for the prayer list) and start lifting these prayers and praises up to the Lord.