



FIT FOR LIFE

REST in your God-given identity!

Spiritual Practice: Sabbath

Snapshot #1:

Genesis 2:1-3

So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Snapshot #2:

Matthew 3:13-17

Then Jesus went from Galilee to the Jordan River to be baptized by John. But John tried to talk him out of it. 'I am the one who needs to be baptized by you,' he said, 'so why are you coming to me?' But Jesus said, 'It should be done, for we must carry out all that God requires. So John agreed to baptize him. After his baptism, as Jesus came up out of the water, the heavens were opened and he saw the Spirit of God descending like a dove and settling on him. And a voice from heaven said, 'This is my dearly loved Son, who brings me great joy.'

Pursue INTIMACY!

Spiritual Practice(s): Scripture Reading
& Prayer

*"Prayer is more about communion WITH God than it is about communicating TO God."
(Skye Jethani)*

"If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me." (Luke 9:23)

SURRENDER daily!
Spiritual Practice: Examen

How to receive forgiveness from God:

- 1) *Admit you, like everyone else, need new LIFE in Jesus.*
- 2) *Ask God to forgive your sins by the sacrifice of Jesus.*
- 3) *Receive new LIFE from God by trusting in Jesus as your Savior & Lord.*

You can do that now by simply talking to God in a prayer like this:

Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In Your name, Amen.

If you chose to follow Jesus today, text "FAITH" to 309-250-2007 to receive additional information about next steps in following Jesus.

For Further Reflection:

:: Reflect upon Genesis 2:1-3. Does it encourage you to know that humanity's first day of existence was a Sabbath day? How so?

:: Reflect upon Matthew 3:13-17

:: What are the implications of knowing that God loved us fully way before we accomplished anything?

:: What are some Sabbath practices you can lean into to help keep you firmly rooted in your God-given identity?

:: Share a time in your life when you were tempted to start from a place of DOING, rather than a place of BEING.

:: Pastor Josh encouraged us to 'pursue intimacy' and mentioned scriptures and prayer as great practices for this. What are some other helpful practices to utilize?

:: Pastor Josh presented the idea that prayer is more about communion with God than communicating to God. Do you agree or disagree? What are some practical ways to practice communion through times of prayer?

:: What is one area of your life you need to surrender to the lordship of Jesus?

Unless otherwise noted, today's Scripture is from the New Living Translation [NLT].

Josh Howard (@joshhoward77) – June 27, 2021

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