

MCDOWELL.CHURCH

# THE 2022 SPRING JOURNAL



MIND THE GAP  
HI NEIGHBOR  
WALK THIS WAY



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# INTRODUCTION

## JOURNAL

A journal is a simple tool intended to bring about a regular rhythm, or habit, in our lives. The purpose isn't simply to complete the journal, but rather to allow the journal to open a conduit between us and God.

## COMMUNITY

The best way to journey with Jesus is within a community. While you may engage this journal alone in the mornings or evenings, don't stop there. Gather regularly with a community for worship, and gather with a small group of others who are on this journey with you.

## JESUS

At the center of it all is Jesus. If we miss Jesus in the rhythms and activities of our lives, we miss everything.

# HOW TO USE THIS JOURNAL

## SERMON NOTES

Each week, you'll find a space to take sermon notes. If you miss the sermon on Sunday, you can catch it online later in the week—[youtube.com/mcdowellchurch](https://www.youtube.com/mcdowellchurch).

## TABLE CONVERSATIONS

You'll also find a page of questions connected to the section of scripture we've been in together. Use this as a guide for your family or group—but feel free to deviate from these questions if something else jumps out to you from the week's scripture/sermon/themes.

## CHAIR TIME

Each weekday, you'll work through a passage of scripture. You'll find questions and thoughts to consider. As you do this daily, say a simple prayer asking God's Spirit to guide you and give you wisdom.



**MIND THE GAP**



# MIND THE GAP.

In the mid-1900s, this phrase began appearing in subway and train stations in Europe. Between the platform and train was a small gap, which created a bit of a hazard when people were rushing onto or off the trains. It's not a bad bit of encouragement for us too.

**Pay attention. Watch your step. Open your eyes. Wake up. There is a real enemy who is working to steal our joy and destroy our lives. This enemy is the father of lies—and he is messing with our minds. Mind the gap.**





# MIND THE GAP

We take captive every thought to  
make it obedient to Christ.

- 2 Corinthians 10:5 (NIV)

# SERMON NOTES: SUNDAY, JANUARY 23

Notes / Thoughts / Scribbles / Questions

A large grid of 20 columns and 30 rows of small black dots, intended for handwritten notes.



# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, January 24

We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

– 2 Corinthians 10:3-5

- Do you believe there is a war within your mind? Why or why not?
- What does it look like to 'capture rebellious thoughts and teach them to obey Christ'?

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## Tuesday, January 25

Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind."

– Matthew 22:37

- If it were based on what fills your mind or occupies your thoughts, what would you say you love the most?
- How might you go about loving God with your thoughts today?

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# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Wednesday, January 26

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.  
– Romans 12:1-2

- Craig Groeschel says, "Our lives are moving in the direction of our strongest thoughts." Where do you think your life is headed based on your thoughts?
- Is there anything you'd like to change about your destination?

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## Thursday, January 27

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.  
– Philippians 4:8

- In the different arenas of your life (i.e., work, home, hobbies, kids' soccer practice), what's something good and right and lovely and true you could fill your mind with as you engage in those locations?
- Take a few minutes to list or thank God for things that are 'worthy of praise.'

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## CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

Friday, January 28

**So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly but understand what the Lord wants you to do.**

– Ephesians 5:15-17

- What do you believe God wants you to do with your life?
- Are your thoughts leading you to live into that reality? Why or why not?

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Extra

**“One God-honoring thought has the potential to change the trajectory of both history and eternity. Just as one uninterrupted lie in my head has the potential to bring about unimaginable destruction in the world around me.”**

– Jennie Allen

**“Our lives are moving in the direction of our strongest thoughts.”**

– Craig Groeschel

**“The greatest spiritual battle of our generation is being fought between our ears. What we believe and what we think about matters, and the enemy knows it. And he is determined to get in your head to distract you from doing good and to sink you so deep that you feel helpless, overwhelmed, shut down, and incapable of rising to make a difference for the kingdom of God.”**

– Jennie Allen

**“What we give our attention to will shape the persons we become. What we think about we become.”**

– John Mark Comer





# MIND THE GAP

Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

- 1 Peter 5:8

# SERMON NOTES: SUNDAY, JANUARY 30

Notes / Thoughts / Scribbles / Questions

A large grid of 20 columns and 30 rows of small black dots, intended for handwritten notes.



# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, January 31

The seed that fell on the footpath represents those who hear the message about the Kingdom and don't understand it. Then the evil one comes and snatches away the seed that was planted in their hearts.  
– Jesus, Matthew 13:19

- Do you ever find yourself acting irrationally based on a lie you believed about yourself?
- Could that be the enemy stealing God's truth from your life?
- What might God want you to think about instead?

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## Tuesday, February 1

A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.  
– Ephesians 6:10-12

- Paul is clear that our enemy isn't another person, but rather powers in the unseen world—which includes our thought life. How might we stand firm against the lies that take root in our minds?

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# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Wednesday, February 2

Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News. They don't understand this message about the glory of Christ, who is the exact likeness of God. – 2 Corinthians 4:4

- It's been suggested that if we fail to recognize the power of Satan, or the evil one, as our enemy, we tend to make people our enemies instead. Do you believe there is an evil one who is deceiving us?
- Is there a person with whom you've felt frustrated when that frustration is based on a lie, or a made-up story in your mind or a half truth?

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## Thursday, February 3

"The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life." – Jesus, John 10:10

- According to Jesus, what is the goal of the enemy in your life? Have you found this to be true?
- Give an example of an evil thought you've had, that could have led to a destructive behavior.

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# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

**Friday, February 4**

**Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are.**  
– 1 Peter 5:8

- Peter’s practical advice against this very real enemy threat is to 1) stay alert, 2) stand firm, and 3) remain strong in your faith. What would that look like for you?

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## Extra

**“Our fight with the devil is first and foremost a fight to take back control of our minds from their captivity to lies and liberate them with the weapon of truth.”**  
– John Mark Comer

**“It’s by Spirit and truth that we’re transformed into the image of Jesus, but the reciprocal is also true. It’s by isolation and lies that we’re deformed into the image of the devil.”**  
– John Mark Comer

**“Evil never wants to be noticed, I should mention here. It sneaks in and hijacks our minds, and we barely notice anything’s amiss.”**  
– Jennie Allen

**“There are two equal and opposite errors into which our race can fall about the devils. One is to disbelieve in their existence. The other is to believe, and to feel an excessive and unhealthy interest in them. They themselves are equally pleased by both errors, and hail a materialist or a magician with the same delight.”**  
– CS Lewis

**“To repent and believe simply means to rethink your mental maps of what you think will lead you to a happy life and trust in those (truths) of Jesus himself.”**  
– John Mark Comer



# MIND THE GAP

Be holy in everything you do, just as  
God who chose you is holy.

- 1 Peter 1:16



# SERMON NOTES: SUNDAY, FEBRUARY 6

Notes / Thoughts / Scribbles / Questions

A large grid of 20 columns and 30 rows of small black dots, intended for taking notes or scribbles.

# TABLE CONVERSATIONS



## Icebreaker:

Which restaurant would you choose on a special occasion? What sets it apart from others?

- What is something that stood out to you from the sermon or daily devotions this week?
- What role does awareness play in our spiritual life?
- Read Colossians 1:9-14 together. What does Paul pray the Colossians will be filled with? For what reason?
- Do you have a story of tripping or falling in the dark? How would light have helped you in that moment?
- How does the light of Christ help us in practical, everyday, right-now kinds of ways?
- We are told in scripture that the enemy is always prowling around, ready to pounce at a perfect opportunity. How do you feel about that?
- What are some things we can do to protect ourselves or our family from getting distracted or misled?
- Have you ever practiced any spiritual disciplines or exercises/habits that connect you with God? What has been your experience?
- Take some time in prayer to highlight specific areas you need like strength, wisdom and truth in the Spirit to confront the evil one.

## GROUP PRAYER LIST

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# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, February 7

So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.  
– Colossians 1:9-10

- God's desire is for us to flourish and produce good fruit. According to this passage, where does it begin?
- Then, in verse 10, what begins internally works itself out into the way we live. Right thinking leads to right living. Does this ring true for you? Why or why not?

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## Tuesday, February 8

This includes you who were once far away from God. You were his enemies, separated from him by your evil thoughts and actions. Yet now he has reconciled you to himself through the death of Christ in his physical body. As a result, he has brought you into his own presence, and you are holy and blameless as you stand before him without a single fault.  
– Colossians 1:21-22

- What two things made us enemies of God?
- What created a path back to Him?
- What is the result?

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## CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

Wednesday, February 9

So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

– James 4:7-8

- Practically, how might you 1) resist the devil, and 2) come close to God? Be specific.

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Thursday, February 10

So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. So you must live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. But now you must be holy in everything you do, just as God who chose you is holy.

– 1 Peter 1:13-15

- Holiness has been defined as being 'uncommon' or 'set apart.' According to Peter, how can we be holy, just as God is holy?

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# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Friday, February 11

Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.  
– Ephesians 4:21-24

- Spiritual practices/disciplines open a conduit for God’s Spirit to work in us. What spiritual disciplines or practices do you work at on a regular basis?
- What are some daily practices you need to adopt that allow the Spirit to renew your thoughts and attitude?

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### Extra

#### SPIRITUAL DISCIPLINES

Here is a list of some spiritual practices/disciplines that are often practiced by followers of Jesus. These aren’t an end in themselves; they are a means to grow in Christ. They are rhythms we see in the life and teachings of Jesus Himself.

- Prayer
- Bible Reading
- Silence + Solitude
- Fasting
- Sabbath
- Confession
- Simplicity

**“Giving in to the desires of our flesh does not lead us to freedom and life, as many people assume, but instead to slavery and, in the worst-case scenario, addiction, which is a kind of prolonged suicide by pleasure.”**

– John Mark Comer

**“People do not drift toward holiness. Apart from grace-driven effort, people do not gravitate toward godliness, prayer, obedience to Scripture, faith, and delight in the Lord.”**

– Jennie Allen

**“The way we fight and overcome our flesh isn’t through willpower but through the Spirit’s power. And we get access to that power via the practices of Jesus.”**

– John Mark Comer





**HI NEIGHBOR!**



An aerial photograph of a suburban neighborhood. In the foreground, a house with a brown tiled roof and a white garage door is visible. The middle ground shows a dense cluster of similar houses with brown roofs. In the background, a range of rugged, blue-toned mountains stretches across the horizon under a clear blue sky with a few wispy clouds. A semi-transparent blue rectangle is overlaid on the middle of the image, containing text.

## HI NEIGHBOR.

Mr. Rogers was a force for good in this world. He encouraged us to see others, to hear others, to befriend others. By trade, Mr. Rogers was a pastor. If you think about it, he was teaching children to love God by loving each other. He was teaching us to see the image of God in our neighbors, and to treat each of them with respect and dignity. What an incredible and important pursuit for all of us. When asked what the greatest commandment was in all of Scripture, Jesus said: Love God. Love your neighbor. Let's do that.



# HI NEIGHBOR!



## WHO ARE MY NEIGHBORS?

It's difficult to love our actual neighbors if we don't know our neighbors. Use this chart to write the names, hometowns, birthdays, etc., of your neighbors. See how many you can fill in during this series.



<p><b>Name(s)</b></p> <p><b>Hometown</b></p> <p><b>Kids Names + Ages</b></p>	<p><b>Name(s)</b></p> <p><b>Hometown</b></p> <p><b>Kids Names + Ages</b></p>	<p><b>Name(s)</b></p> <p><b>Hometown</b></p> <p><b>Kids Names + Ages</b></p>
<p><b>Name(s)</b></p> <p><b>Hometown</b></p> <p><b>Kids Names + Ages</b></p>	<p><b>Name(s)</b></p> <p><b>Hometown</b></p> <p><b>Kids Names + Ages</b></p>	<p><b>Name(s)</b></p> <p><b>Hometown</b></p> <p><b>Kids Names + Ages</b></p>
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# SERMON NOTES: SUNDAY, FEBRUARY 13

Notes / Thoughts / Scribbles / Questions

A large grid of 20 columns and 30 rows of small black dots, intended for handwritten notes.



# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, February 14

Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.”

– Matthew 22:37-40

- Practically, how do we love our physical neighbors? Make a list of things you could actually do.

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## Tuesday, February 15

“Do not seek revenge or bear a grudge against a fellow Israelite, but love your neighbor as yourself. I am the Lord.”

– God, Leviticus 19:16-18

- Jesus quotes this Old Testament passage when asked about the greatest commandment. Why do you think Jesus referred to a commandment/law from the Old Testament? How might our world look different if this was ingrained in us as a way of life?

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# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Wednesday, February 16

Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love.

– 1 John 4:7-8

- Our love for God is made known by the ways we love others. If we are full of apathy or contempt or jealousy or disregard for our neighbors, God's love doesn't live in us. Do you agree? Why or why not?

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## Thursday, February 17

“So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.”

– Jesus, John 13:34-35

- How did Jesus show love to His disciples (and us)? What does it look like to love our neighbors sacrificially?

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# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

Friday, February 18

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

– John 3:16

- God’s love for the world moved Him to give. As we think about this series of loving our neighbors, it’s important for us to consider how we can follow Jesus’ example. Do you have time to give? Joy to give? Resources to give? What is it that you have that your next-door neighbors might need?

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## Extra

A list of **non-starters** and **openers** from *42 Seconds* by Carl Medearis:

**Non-starter** – Fail to acknowledge people.  
**Opener** – Say hello, hi, hey, howdy.

**Non-starter** – Ignore those the world considers unimportant.  
**Opener** – Look people in the eye. Pay attention. Greet them.

**Non-starter** – Be quick to give answers.  
**Opener** – Ask one more question.

“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.”  
– Amelia Earhart



# HI NEIGHBOR!



DAVE FERGUSON'S 'BLESS - 5 EVERYDAY WAYS TO LOVE YOUR NEIGHBOR'

**B** – Begin with Prayer

**L** – Listen to neighbors (and ask questions)

**E** – Eat with neighbors

**S** – Serve your neighbors

**S** – Story—Listen to theirs. Share yours. Talk about Jesus' story.





# SERMON NOTES: SUNDAY, FEBRUARY 20

Notes / Thoughts / Scribbles / Questions

A large grid of 20 columns and 30 rows of small black dots, intended for taking notes or scribbles.



# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, February 21

You must all be quick to listen, slow to speak, and slow to get angry.  
– James 1:19

- Listen. And learn. That’s our focus this week. We all have physical neighbors. Those neighbors have stories and experiences, joy and pain, hope and discouragement. When we listen, we open the door to relationship and love—which is a foundational piece of faith in Jesus. Write down as many names of neighbors that you know. Then, work to add to that list. Try to discover where they are from, how long they’ve been here, and more about their story.

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## Tuesday, February 22

Devote yourselves to prayer with an alert mind and a thankful heart.  
– Colossians 4:2

- Paul is writing a letter to a young church in Colosse. He’s wanting to help them know how to live a life of faith in a world that doesn’t believe in Christ. Have you ever prayed specifically for your physical neighbors? Even if you don’t know their names, say a prayer for them—ask God to bless them today.

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# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Wednesday, February 23

Live wisely among those who are not believers and make the most of every opportunity.

– Colossians 4:5

- Interactions and conversations with our neighbors might be windows that allow us opportunity to bring hope, joy, peace, and grace to them. As you drive/walk past your neighbors this week, would you take the time to see them, greet them, and open yourself to a potential 'opportunity' from God?

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## Thursday, February 24

Devote yourselves to prayer with an alert mind and a thankful heart... Live wisely among those who are not believers and make the most of every opportunity. Let your conversation be gracious and attractive so that you will have the right response for everyone.

– Colossians 4:2, 5-6

- Paul is writing a letter to a young church in Colosse. He's wanting to help them know how to live a life of faith in a world that doesn't believe in Christ. Isn't this a beautiful progression? Prayer. Wise living. Good conversation. Write the names of your neighbors. Pray for them. Look for opportunities. And have some great conversations as often as you can.

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# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

Friday, February 25

And if someone asks about your hope as a believer, always be ready to explain it. But do this in a gentle and respectful way.

– 1 Peter 3:15-16

- As we become more and more aware of our physical neighbors, as we listen and learn from their lives, we may find God opening opportunities to share about our hope/faith in Jesus. How are you at sharing your faith with others? Write a prayer below, asking God to give you opportunities to share your faith, the right words that are gentle and respectful, and the courage to be bold.

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## Extra

**A list of non-starters and openers from 42 Seconds by Carl Medearis:**

**Non-starter** – Try to impress.

**Opener** – Be vulnerable.

**Non-starter** – Keep the conversation superficial.

**Opener** – Discern what’s really going on with people.

**Non-starter** – Think too highly of yourself.

**Opener** – Be humble.

**Non-starter** – Fight about everything.

**Opener** – Know when to take a stand.

“Being fully present for and with people changes everything. Have you ever been speaking to someone who keeps looking over your shoulder at the next person they want to talk to? Isn’t that just the worst? Being present is a simple practice, but it will change how you relate to the world in profound ways.”

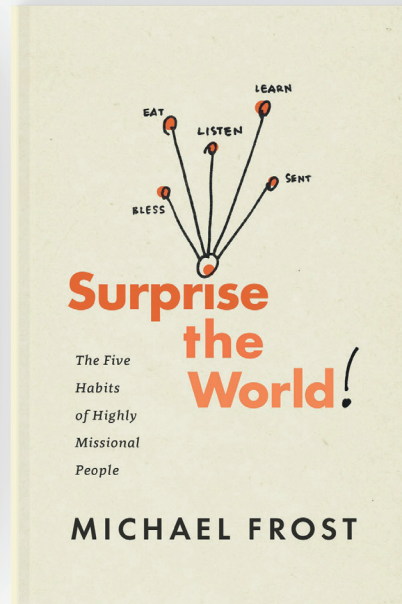
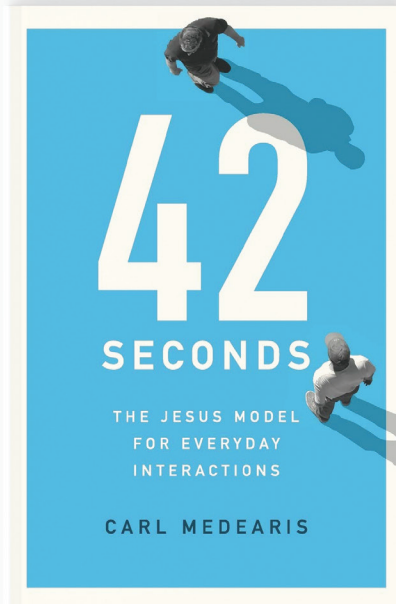
– Carl Medearis

# HI NEIGHBOR!

## PICK A BOOK

Pick one (or both) of these to grow in how you interact with your neighbors and co-workers.

- ***42 Seconds: The Jesus Model for Everyday Interactions***  
by Carl Medearis
- ***Surprise the World!: The Five Habits of Highly Missional People***  
by Michael Frost



# SERMON NOTES: SUNDAY, FEBRUARY 27

Notes / Thoughts / Scribbles / Questions

A large grid of 20 columns and 30 rows of small black dots, intended for handwritten notes.





# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, February 28

So you see, faith by itself isn't enough. Unless it produces good deeds, it is dead and useless. Now someone may argue, "Some people have faith; others have good deeds." But I say, "How can you show me your faith if you don't have good deeds? I will show you my faith by my good deeds."  
- James 2:17-18

- James is clear here. What two things is he tying together? Do you agree? Why or why not?
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## Tuesday, March 1

"Listen! A farmer went out to plant some seeds. As he scattered them across his field, some seeds fell on a footpath, and the birds came and ate them. Other seeds fell on shallow soil with underlying rock. The seeds sprouted quickly because the soil was shallow. But the plants soon wilted under the hot sun, and since they didn't have deep roots, they died. Other seeds fell among thorns that grew up and choked out the tender plants. Still other seeds fell on fertile soil, and they produced a crop that was thirty, sixty, and even a hundred times as much as had been planted!"  
- Jesus, Matthew 13:3-8

- One of the ways Christians have applied this parable is in seeing our role as throwing seed in as many places as possible. The result isn't our responsibility. Given this, how might 'good neighboring' be like scattering seed? How can you do that this week?
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# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

## Wednesday, March 2

One day an expert in religious law stood up to test Jesus by asking him this question: "Teacher, what should I do to inherit eternal life?" Jesus replied, "What does the law of Moses say? How do you read it?" The man answered, " 'You must love the Lord your God with all your heart, all your soul, all your strength, and all your mind.' And, 'Love your neighbor as yourself.' " "Right!" Jesus told him. "Do this and you will live!"

The man wanted to justify his actions, so he asked Jesus, "And who is my neighbor?"

– Luke 10:25-30

- Verse 29, the last line in this passage, is interesting. What do you think this man was trying to justify? (HINT: Read the story Jesus tells in response to that question. Luke 10:31+)

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## Thursday, March 3

Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God.

– Ephesians 4:1

- When we read the New Testament letters, we get the impression that the early Christians were on a mission to spread the Good News (love, grace, hope, joy, peace, life) of Jesus. Would it make any difference if you knew, without a doubt, that God has called you, in your specific neighborhood, to be an agent of Good News? Assume that is true. How do practical acts of service and love fulfill that calling? Is anything else needed?

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# CHAIR TIME

Begin with prayer. Then, read scripture and consider the questions below.

Friday, March 4

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.

– Galatians 6:9-10

- Loving others can sometimes become a weary endeavor, especially if they are resistant to your attempts. How do you stay committed to your neighbors and neighborhood when things are difficult, or you don't see the fruits of your efforts?

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## Extra

A list of **non-starters** and **openers** from *42 Seconds* by Carl Medearis:

**Non-starter** – Assume Jesus believed like you do.

**Opener** – Discover what Jesus believed, and adjust accordingly.

**Non-starter** – Shrink back from suffering.

**Opener** – Pray for the sick and afflicted.

**Non-starter** – Set your spiritual cruise control.

**Opener** – Make the difficult choice.

“We must never allow the authority of books, institutions, or leaders to replace the authority of knowing Jesus.”

– Brennan Manning



# *WALK THIS WAY*

SERMON ON THE MOUNT





## *WALK THIS WAY.*

### SERMON ON THE MOUNT.

Jesus' most famous teaching is known as the Sermon on the Mount. (It's found in Matthew, chapters 5-7.) But don't worry—it's so much more than just a sermon. What is it?

It's an invitation to life...

And, it's an introduction to the Kingdom of heaven.

Do you ever wonder if there's more to this life? Me too.

Good news: there is. So let's dig in.

## *LENT.*

### 40 DAYS.

LENT is the 40 days (removing Sundays) leading up to Easter. For many in the past, this was a time to prepare for baptism, which would take place on Easter Sunday. Many others experienced this 40 days as a season of repentance, or increased engagement with spiritual disciplines, or intentional generosity to those in need. The practice of Lent varies with different church traditions and in different locations around the world. But the thread that runs through the different traditions and practices is the attention given to the life, teaching, death, and resurrection of Jesus. A heart and mind set on Jesus is the point. We're going to set our hearts and minds on Jesus by digging into His most famous teaching.



# *WALK THIS WAY*



BE SALT. BE LIGHT.



**“You are the salt of the earth. You are the light of the world.”**

**- Jesus, Matthew 5:13+14**

# SERMON NOTES: SUNDAY, MARCH 6

Notes / Thoughts / Scribbles / Questions

A large grid of 20 columns and 30 rows of small black dots, intended for handwritten notes.





# WEEKLY QUOTES

“The disciples are to season, to color, to make more alive the world. Their very presence is a blessing.”

– Amy Jill Levine

“Any faith that does not manifest itself in works is not faith; it is complacency and self-satisfaction. It is not salt, because it contributes nothing to the earth. It is not light, since its shining is only for self-reflection. Disciples are to glorify God by being their true selves: salt and light; existing for others rather than for only themselves...”

– Amy Jill Levine

“For effectiveness the Christian must retain his Christlikeness, as salt must retain its saltiness. The influence of Christians in and on society depends on their being distinct, not identical.”

– John Stott

“It isn’t that Jesus expected each person to change the world through remarkable accomplishments. Rather, Jesus expected His undistinguished followers to be the source of the world’s most essential ingredients.”

– Skye Jethani



# WEEKLY SCRIPTURE

“You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless.

“You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.”

– Jesus, Matthew 5:13-16

For once you were full of darkness, but now you have light from the Lord. So live as people of light! For this light within you produces only what is good and right and true.

– Ephesians 5:8-9



# CHAIR TIME:

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, March 7

- What is salt used for? Make a list. How might these inform how Jesus intended for us to live?

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## Tuesday, March 8

- What is light used for? Make a list. How might these inform how Jesus intended for us to live?

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## Wednesday, March 9

- What good deeds could you live out in the next few weeks? Make a list.

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## Thursday, March 10

- Is there any darkness in your life that needs to be given over to Christ? Write it down. Say a prayer of confession/repentance as you ask Jesus to bring light into your darkness.

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## Friday, March 11

- Read the passages again slowly. What stands out to you after reading these passages all week?

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# WALK THIS WAY



PEACE.  
RECONCILIATION.



“But I say, love your enemies!”

- Jesus, Matthew 5:44



# SERMON NOTES: SUNDAY, MARCH 13

Notes / Thoughts / Scribbles / Questions

A large grid of 20 columns and 30 rows of small black dots, intended for handwritten notes.



# WEEKLY QUOTES

“To love our enemy is to actively seek what is in our enemy’s best interest, even if he does not agree, which may explain why he is our enemy in the first place... Jesus always insists that the citizens of His kingdom put the interests of others ahead of their own, even when that other person is our enemy.”  
– Skye Jethani

“We’ve heard that ‘sticks and stones can break my bones, but names can never hurt me,’ but the saying is wrong. Names hurt. Names kill. In our call-out culture, children are cyberbullied to death; people take their lives because of the barrage of insults. Names kill. Jesus was right; if we would only listen to him.”

– Amy-Jill Levine

“‘No one ever wins a fight’ – thoughtfully, and with eyes searching the depths of me, my grandmother repeated these words.”

– Howard Thurman

“When you stop expecting people to be perfect, you can like them for who they are.”

– Donald Miller





# WEEKLY SCRIPTURE

“You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’ But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell.

“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.

“When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. And if that happens, you surely won’t be free again until you have paid the last penny.”

– Jesus, Matthew 5:21-26

“You have heard the law that says the punishment must match the injury: ‘An eye for an eye, and a tooth for a tooth.’ But I say, do not resist an evil person! If someone slaps you on the right cheek, offer the other cheek also. If you are sued in court and your shirt is taken from you, give your coat, too. If a soldier demands that you carry his gear for a mile, carry it two miles. Give to those who ask, and don’t turn away from those who want to borrow.

“You have heard the law that says, ‘Love your neighbor’ and hate your enemy. But I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. If you love only those who love you, what reward is there for that? Even corrupt tax collectors do that much. If you are kind only to your friends, how are you different from anyone else? Even pagans do that. But you are to be perfect, even as your Father in heaven is perfect.”

– Jesus, Matthew 5:38-48





# CHAIR TIME:

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, March 14

- How would you sum up these words from Jesus? What is His overarching point and goal for those who would follow him?

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## Tuesday, March 15

- Do you have any enemies, or people who have really hurt you? Be honest and specific. Write their names (you can scratch them out after writing them).

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## Wednesday, March 16

- Look at, or think back to, your list from yesterday. Pray for each person you listed (or thought about) by name. Ask God to bless them.

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## Thursday, March 17

- Is there anyone in your life that you are holding something against? If so, say a prayer, asking God to give you the courage and strength to forgive and move on.

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## Friday, March 18

- Read Colossians 1:21-22. When you were an enemy to God, what did He do for you? This is the powerful, overwhelming truth of Easter.

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# WALK THIS WAY



PURITY. HOLY.  
SET APART.



“Blessed are those whose hearts are pure, for they will see God.”

– Jesus, Matthew 5:8

# SERMON NOTES: SUNDAY, MARCH 20

Notes / Thoughts / Scribbles / Questions

A large grid of 20 columns and 30 rows of small black dots, intended for handwritten notes.





# WEEKLY QUOTES

“There is a great market for religious experience in our world; there is little enthusiasm for the patient acquisition of virtue, little inclination to sign up for a long apprenticeship in what earlier generations of Christians called holiness.”

– Eugene Peterson

“God calls you to purity because He wants your heart protected and at rest, inhospitable to the devil and his intentions.”

– Priscilla Shirer

“The most important thing in your life is not what you do; it’s who you become. That’s what you will take into eternity.”

– Dallas Willard

“In their view, the law could be satisfied, and thus goodness attained, if you avoided sinning...You could avoid sinning if you simply eliminated the bodily parts that make sinful actions possible. Then you would roll into heaven a mutilated stump... But so far from suggesting any advantage could actually be gained in this way, Jesus’ teaching in this passage is exactly the opposite. The mutilated stump could still have a wicked heart... Eliminating bodily parts will not change that.”

– Dallas Willard



# WEEKLY SCRIPTURE

“You have heard the commandment that says, ‘You must not commit adultery.’ But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart. So if your eye—even your good eye—causes you to lust, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your hand—even your stronger hand—causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.”

– Jesus, Matthew 5:27-30

Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

– Ephesians 4:21-24

So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. So you must live as God’s obedient children. Don’t slip back into your old ways of living to satisfy your own desires. You didn’t know any better then. But now you must be holy in everything you do, just as God who chose you is holy.

– 1 Peter 1:13-15



# CHAIR TIME:

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, March 21

- Do you believe Jesus was serious in this passage? What do you think He was getting at?

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## Tuesday, March 22

- Is our sin caused by our eyes and our hands and our mouths, or is the root of our sin more internal? Where do you think sin begins?

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## Wednesday, March 23

- Is there anything in your life that you need to 'throw off'? Name it. What could you 'put on' to take its place?

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## Thursday, March 24

- Peter says to 'prepare your minds' and 'exercise self-control'. Which one is more difficult for you? Why?

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## Friday, March 25

- Holy: Set apart. Uncommon. Watch the Bible Project's work on HOLINESS. ([bibleproject.com/church-at-home/week30-holiness](http://bibleproject.com/church-at-home/week30-holiness))

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# WALK THIS WAY



PRAYER.



“When you pray... Pray like this...”

– Jesus, Matthew 6:5+



# SERMON NOTES: SUNDAY, MARCH 27

Notes / Thoughts / Scribbles / Questions

A large grid of 20 columns and 30 rows of small black dots, intended for handwritten notes.



# WEEKLY QUOTES

“The more we develop this intimacy with God, the less we will strive for the affirmation and attention of others—including strangers via social media. We will also discover a secret that eludes so many: our lives do matter. Not because someone noticed our post and ‘liked’ it, but because God is always with us, noticing every moment of our lives.”

– Skye Jethani

“Jesus knows that our souls need forgiveness as surely as our bodies need bread, but receiving forgiveness is not enough. A healthy soul must also give it.”

– Skye Jethani

“Listen in silence, because if your heart is full of other things you cannot hear the voice of God. But when you have listened to the voice of God in the stillness of your heart, then your heart is filled with God. These are only the first steps toward prayer...”

– Mother Teresa

“After decades of night-and-day prayer, I have come to believe that 99% of it is just showing up, making the effort to become consciously present to the God who is constantly present to us.”

– Pete Greig





# WEEKLY SCRIPTURE

<sup>5</sup>“When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. <sup>6</sup> But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

<sup>7</sup>“When you pray, don’t babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. <sup>8</sup> Don’t be like them, for your Father knows exactly what you need even before you ask him! <sup>9</sup> Pray like this:

Our Father in heaven,  
may your name be kept holy.

<sup>10</sup> May your Kingdom come soon.

May your will be done on earth,  
as it is in heaven.

<sup>11</sup> Give us today the food we need,

<sup>12</sup> and forgive us our sins,

as we have forgiven those who sin against us.

<sup>13</sup> And don’t let us yield to temptation,

but rescue us from the evil one.”

– Jesus, Matthew 6:5-13



# CHAIR TIME:

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, March 28

- Repeat verse 9. Think awesomeness of God. Write all the attributes of God you can think of.

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..... \*Read Psalm 8

## Tuesday, March 29

- Repeat verse 10. Think desires. Surrender your will to God's Kingdom.

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..... \*Read Luke 22:42

## Wednesday, March 30

- Repeat verse 11. Think basic needs. Make a specific list of what you need. Tell God.

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..... \*Read Philippians 4:19

## Thursday, March 31

- Repeat verse 12. Think forgiveness. Ask God for His forgiveness. And forgive anyone who has hurt you.

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..... \*Read Psalm 103:8-13

## Friday, April 1

- Repeat verse 13. Think temptation. Ask God to lead you away from any sin in your life.

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..... \*Read James 4:7-8



# WALK THIS WAY



PRIORITIES. TRUST.



“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

– Jesus, Matthew 6:33

# SERMON NOTES: SUNDAY, APRIL 3

Notes / Thoughts / Scribbles / Questions

A large grid of 20 columns and 30 rows of small black dots, intended for handwritten notes.





# WEEKLY QUOTES

“If we live in constant fear of not having enough, it will lead us to greed and injustice in the name of self-preservation. If, however, we believe Jesus and trust that with God there is always an abundance, then we can be set free from a self-centered posture and be empowered to truly love others.”

– Skye Jethani

“Moral #1: ‘If you work hard, stay focused, and never give up, you will eventually get what you want in life.’ Moral #2: ‘Sometimes the things we want most in life are the things that will kill us.’”

– Donald Miller

“Ideas, dreams, and visions don’t change the world. Rather, it’s people—like you and me, who faithfully, prayerfully, and tenaciously live out these ideas, dreams, and visions—who change the world.”

– Eugene Cho

“Everything comes at a cost. Just what are you willing to pay for it?”

– Serena Williams





# WEEKLY SCRIPTURE

<sup>19</sup> “Don’t store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal.

<sup>20</sup> Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. <sup>21</sup> Wherever your treasure is, there the desires of your heart will also be.

<sup>22</sup> “Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. <sup>23</sup> But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!

<sup>24</sup> “No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.

<sup>25</sup> “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? <sup>26</sup> Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? <sup>27</sup> Can all your worries add a single moment to your life?

<sup>28</sup> “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, <sup>29</sup> yet Solomon in all his glory was not dressed as beautifully as they are.

<sup>30</sup> And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

<sup>31</sup> “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ <sup>32</sup> These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. <sup>33</sup> Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

<sup>34</sup> “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”

– Jesus, Matthew 6:19-34



# CHAIR TIME:

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, April 4

- Read verse 21 slowly. Where have you invested your treasure? Has your heart followed?

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## Tuesday, April 5

- What do you worry about these days? Is there anything that keeps you up at night? List it here.

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## Wednesday, April 6

- Read verse 33 slowly. Seek the Kingdom. Do the right thing. How can you do that today?

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## Thursday, April 7

- Read verse 34, slowly. Is there a difference between worrying about tomorrow and planning for tomorrow? If so, what is the difference?

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## Friday, April 8

- Read the entire passage again...slowly. What stands out to you? What will you take with you as we continue to journey toward Easter?

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# WALK THIS WAY



PRACTICE.



The next day the great crowd that had come for the festival heard that Jesus was on his way to Jerusalem. They took palm branches and went out to meet him, shouting, "Hosanna!"

"Blessed is he who comes in the name of the Lord!"

"Blessed is the king of Israel!"

– Triumphal Entry, John 12:12-13 (NIV)

# SERMON NOTES: SUNDAY, APRIL 10

Notes / Thoughts / Scribbles / Questions

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# CHAIR TIME:

Begin with prayer. Then, read scripture and consider the questions below.

## Monday, April 11 - Turning Over the Tables

Then Jesus entered the Temple and began to drive out the people selling animals for sacrifices. He said to them, "The Scriptures declare, 'My Temple will be a house of prayer,' but you have turned it into a den of thieves."  
– Luke 19:45-46

- If Jesus entered your internal life, what tables would He turn over?
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## Tuesday, April 12 - Taxes to Caesar

"Well then," he said, "give to Caesar what belongs to Caesar, and give to God what belongs to God."  
– Jesus, Luke 20:25

- What in your life belongs to God? How might you offer that to Him today?
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## Wednesday, April 13 - Widow's Offering

Then a poor widow came by and dropped in two small coins. "I tell you the truth," Jesus said, "this poor widow has given more than all the rest of them. For they have given a tiny part of their surplus, but she, poor as she is, has given everything she has."  
– Jesus, Luke 21:2-4

- Is there a 'tiny part of your surplus' that God is asking you to give more of? Is it about the amount, or about something else?



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# CHAIR TIME:

Begin with prayer. Then, read scripture and consider the questions below.

## Thursday, April 14 - Washing Feet

And since I, your Lord and Teacher, have washed your feet, you ought to wash each other's feet. I have given you an example to follow. Do as I have done to you.  
– Jesus, John 13:14-15

- What are some practical ways we could 'wash each other's feet' (serve one another), as we follow the example of Christ? Think about your spouse, your kids, your coworkers, or even your enemies.

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## Friday, April 15 - Crucifixion

So Pilate asked him, "Are you the king of the Jews?" Jesus replied, "You have said it."  
– Luke 23:3

- Who do you say Jesus is? Is He the king of your life, or do you have someone or something else that takes a higher priority?

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## Saturday, April 16 - Sabbath Rest

They rested quietly on the Sabbath, as commanded.  
– Luke 5:56

- May you find rest today as we prepare our hearts for Resurrection Sunday.

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# Love

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him.

– John 3:16-17

# GOOD NEWS

“Everything pivots around the complex event that had happened: the Messiah died, was buried, was raised, was seen. Take that away and Christianity collapses. Put it in its proper place and the whole world is different. That is the news.”

– NT Wright

“Jesus of Nazareth was a real man, living and dying at a turbulent moment in real space-time history. His message, and the message about him that the early Christians called good news, was not about how to escape that world. It was about how the one true God was changing it, radically and forever.”

– NT Wright

“If a man can predict his own death and resurrection, and pull it off, I just go with whatever that man says.”

– Andy Stanley

“New life starts in the dark. Whether it is a seed in the ground, a baby in the womb, or Jesus in the tomb, it starts in the dark.”

– Barbara Brown Taylor







