

2-9-20 DEVOTIONS for SHUMC APP – Luke 10:38-42 “Mary & Martha”:

EACH DAY: Read our Primary Text for the Week – Luke 10:38-42

Anticipating the day to Come – What activities, people or things may DISTRACT YOU from keeping your attentions and awareness upon Jesus & living a balanced life?

Dear God, please help me to be aware of your voice in my life in the course of this busy day. Amen.

Monday (2/10) Read Romans 12:2

In Romans 12:2 Paul warns and then encourages his audience not to be CONFORMED to the world but to be TRANSFORMED by the RENEWING of their minds – i.e. the way they think.

This is an important text because it reminds us that if we are not INTENTIONAL and MINDFUL our natural tendencies will consume us and form us --- DISTRACTING US from keeping our FOCUS upon Jesus and his care for us.

Imagine a player losing sight of his or her coach --- not only losing sight of their coach, but actually listening to and being DISTRACTED by all the other voices that swirl around us.

We’re encouraging everyone this week to “FAST” – or to take a break from many of the things that if taken for granted distract us and consume us ... in taking a break from some of these things. As we experiences the urges to indulge in many of these habits and activities that we seldom think about ... I pray that we’ll be reminded to spend a little time with God ... and to be reminded how we may need to better develop our HABITS so that we DEPEND upon God more ... I hope this helps.

This week we’re encouraging each of us to consider giving up:

- | | |
|-------------------|------------------------------------|
| + SOCIAL MEDIA | + A MEAL |
| + “WORDS” | + THE USE OF PLASTICS |
| + From “EXCESS” | + From “COMPLAINING” & “CRITICISM” |
| + From TECHNOLOGY | |

None of these fasts need to be for long. The intention is that in depriving our natural habits for a little bit, we will be reminded how easily & mindlessly DISTRACTED we become by many things that we take for granted ... without even thinking about them, we are in many ways CONSUMED by them. AND in this, we may also be reminded HOW WE NEED TO BE MORE INTENTIONAL AND DETERMINED TO SPIRITUAL PRACTICES THAT ENCOURAGE & HELP US TO FOCUS UPON THE GOODNESS OF GOD AND HIS CARE FOR US --- BODY MIND AND SPIRIT.

Dear God, please RENEW MY MIND so that I may be TRANSFORMED INTO YOUR LIKENESS. Please help me to be MINDFUL of YOU and MINDFUL OF HOW EASILY BY ATTENTIONS ARE DISTRACTED FROM YOU. In Jesus name I pray, AMEN.

Tuesday (2/11)

EACH DAY: Read our Primary Text for the Week – Luke 10:38-42

Anticipating the day to Come – What activities, people or things may DISTRACT YOU from keeping your attentions and awareness upon Jesus & living a balanced life?

Dear God, please help me to be aware of your voice in my life, especially life in the course of this busy day. Amen.

Today: Read Mark 4:18-19 and Luke 8:7

- Beware of the THORNY SOILS of life.
- Worries, money (even a little bit), and the desires for things – choke out the Word of God in our lives and we risk becoming ‘unfruitful’ and unproductive ...
- Our FAITH become meaningless to those around us and even to ourselves! It is ‘choked’ out

ALSO, This week we’re encouraging each of us to consider giving up:

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How are you coming with your “fasts --- Remember, the reason we want to ‘give-up’ something is that it reminds us how much we depend on things other than God ... and we use these moment to THANK GOD and to INVITE GOD to be a greater & more meaningful influence in our lives.

Dear God, THANK YOU for caring about me, my family and all that concerns me. I pray that the things of this world DO NO CHOKE OUT those parts of you that I NEED ... Please help me to open my life to YOU and help me to weed out the thorny things that threaten to cut YOU off from me ... God, I need YOUR help. May I live this day as to make you proud of me. IN JESUS NAME, AMEN.

Wednesday (2/12)

EACH DAY: Read our Primary Text for the Week – Luke 10:38-42

Anticipating the day to Come – What activities, people or things may DISTRACT YOU from keeping your attentions and awareness upon Jesus & living a balanced life?

HOW DOES THIS STORY APPLY TO MY LIFE?

Dear God, please help me to be aware of your voice in my life especially in the course of this busy day. Amen.

Today: Read Proverbs 4:25 and Colossians 3:1-2

- Dear God, please help me to look straight ahead – to not be distracted --- by the things around me --- AND help me to keep focused upon YOU ... my coach, my helper and my advocate -- THANK YOU GOD!
- SET YOUR HEARTS ON THINGS ABOVE – i.e. the things of God’s heaven & earth
- SET YOUR MINDS ON THINGS ABOVE – i.e. not on earthly things

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- + From TECHNOLOGY
- + A MEAL
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- + From “COMPLAINING” & “CRITICISM”

How are you coming with your “fasts --- Remember, the reason we want to ‘give-up’ something is that it reminds us how much we depend on things other than God ... and we use these moments to THANK GOD and to INVITE GOD to be a greater & more meaningful influence in our lives.

DEAR JESUS, THANK YOU FOR INVITING ME TO BE A PART OF YOUR TEAM --- AND WITH THAT ACCESS TO ALL THAT HEAVEN HAS TO OFFER --- EVEN NOW, YOU HAVE GIVEN ME ACCESS TO THE JOY OF THE HEAVENLIES... IF NOT FOR YOUR WORK ON THE CROSS, I WOULD NOT HAVE THE ABILITY OR CAPACITY TO KNOW YOU AND EXPERIENCE THE PRESENCE OF YOUR HOLY SPIRIT IN MY LIFE AND THE LIVES OF THOSE AROUND ME. GOD, I NEED YOUR TOUCH TODAY. PLEASE HELP ME TO SET MY HEART & MIND ON THE THINGS OF HEAVEN ... IN JESUS NAME I PRAY, AMEN.

Thursday (2/13) EACH DAY: Read our Primary Text for the Week – Luke 10:38-42

Anticipating the day to Come – What activities, people or things may DISTRACT YOU from keeping your attentions and awareness upon Jesus & living a balanced life?

HOW DOES THIS STORY APPLY TO MY LIFE?

Dear God, please help me to be aware of your voice in my life, especially in the course of this busy day. Amen.

Today Read 1 Peter 5:7,8, & 1st part of verse 9

“Cast all your anxieties upon Jesus ... because he cares for you.”

“Be alert ... our enemy, the devil, prowls around like a roaring lion looking for someone to devour”

“Resist the devil and STAND FIRM in your faith...”

Successful living requires us to make choices. We can choose to ‘hang-on’ to our anxieties or we can choose to ask God to lift their burden from us so that Jesus can help us live with his life-giving power.

Dear God, I cannot deal with my anxieties, but I will let you take them from me. Jesus, please take the anxieties that are crippling me AND HELP ME TO KNOW & EXPERIENCE YOUR POWER AND STRENGTH --- PLEASE KEEP ME AWARE OF YOUR LOVE & CARE FOR ME. In Jesus name, AMEN

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HOW ARE YOU COMING?

WHAT LESSONS ARE YOU LEARNING?

ARE YOU BECOMING MORE AWARE OF GOD IN YOUR LIFE?

How are you coming with your “fasts --- Remember, the reason we want to ‘give-up’ something is that it reminds us how much we depend on things other than God ... and we use these moment to THANK GOD and to INVITE GOD to be a greater & more meaningful influence in our lives.

Dear God --- Please lift me up with eagle’s wings as I try to live more and more according to your blessings and care of my life. In Jesus Name, AMEN

Friday (2/14) EACH DAY: Read our Primary Text for the Week – Luke 10:38-42

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Dear God, please help me to be aware of your voice in my life , especially in the course of this busy day. Amen.

In PREPARATION FOR SUNDAY’S SERMON --- you may want to read 1 Kings 19:5-9. As we strive to commit our BODY, MIND & SPIRIT to BECOMING MORE CHRIST-LIKE AND TO GROW IN OUR CAPACITY TO BE THE HANDS AND FEET OF JESUS --- WE’LL CONSIDER THE VERY REAL IMPORTANCE OF THE “PHYSICAL” PARTS OF OUR LIVES

FOR TODAY: Read Joshua 1:8-9; Mark 1:35; Mark 6:31

What spiritual practices are being encouraged in these texts?

- Think about & reflect on the meaning and application of Scripture upon your life.
- Be responsive to the written Word of God
- Be strong & courageous – DO NOT BE AFRAID, DO NOT BE DISCOURAGED
- “Very early in the morning ... Jesus got up, left the house and went off to a solitary place, where he prayed.”
- Jesus said, “Come with me by yourselves to a quiet place and get some rest.”

Dear God, help me to realize that you are with me wherever I go. Please help me to have the desire and obedience to Your Word that I will help me to make the time that I need to draw closer to you and your intentions for my life. In Jesus name, AMEN.

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Dear God, THANK YOU FOR THIS WEEK’S DEVOTIONS THAT HAVE HELPED TO REMIND ME OF YOUR WORK IN MY LIFE. I PRAY THAT I MAY CONTINUE TO BECOME MORE AWARE OF YOUR PRESENCE IN ME AND THROUGH ME --- I PRAY THAT I BECOME LESS DISTRACTED BY THE THINGS OF THIS WORLD AND MORE AWARE OF THE THINGS OF YOUR WORLD THAT IS AND IS TO COME. IN ALL OF THESE THINGS, I PRAY FOR YOUR GOODNESS TO INFILTRATE ME AND THE LIVES OF THOSE AROUND ME, ESPECIALLY MY FAMILY. In JESUS NAME, AMEN