

Spiritual Formation for Leaders

GUIDELINE

*"And we all, with unveiled face, beholding
the glory of the Lord, are being
transformed into the same image from
one degree of glory to another. For this
comes from the Lord who is the Spirit."*

2 Corinthians 3:18 ESV

Please note that this guideline is a supplementary tool that is there to help you as a leader to be formed by God.

We recommend that you keep a journal and that you take time to prayerfully reflect on one question a day. Maybe think of a time in the day and a place that will help you to carve out 5-15 minutes to reflect.

We pray that it will be a blessing to you. Should you find it helpful, you may distribute or share it with others who you think might benefit from it. It is our prayer that you will continue to be formed in the image of Jesus, for the sake of others and the glory of God.

themes



| | |
|----------------------|-----------------------|
| 1. TRANSFORMATION | 6. REST |
| 2. ABIDE IN HIM | 7. INTEGRITY |
| 3. ABIDE IN THE WORD | 8. SERVANT LEADERSHIP |
| 4. IDENTITY | 9. BEING FAITHFUL |
| 5. SEEKING | 10. BUILDING |

introduction



Two questions that I often wrestle with as a leader, are: "Who am I becoming?" and "How are other people being influenced or impacted by who I am becoming?" There is a process happening in all of us, whether we are aware of it or not. This process can feel so automatic at times that we don't even heed it. The process that I'm talking about is, spiritual formation.

Robert Mulholland defines spiritual formation as "a process of being formed in the image of Christ for the sake of others". 'A process' implies that this is something that happens over time. 'Being formed' indicates that there are different factors, internally and externally, that contribute to our formation. 'In the image of Christ' speaks to the fact that we are not being formed to be the best version of who we think we should be, but rather, are formed to be the image-bearers that God has made us to be according to Genesis 1:26. Lastly, 'for the sake of others' points to the fact that this formation is not self-centric, but it is something that God produces in us, so that we can be a blessing to others.

There are many different elements that play a part in our formation process. Whether we realise it or not, we are constantly being formed.

We are formed by what we consume through social media, television and radio. We are formed by good and bad life events, by our jobs and even politics. We are formed by the church, our ministries, organisations and business. Who and what we expose ourselves to, plays a huge role in our formation. That's why it's important as leaders to take time out to pause and reflect on who we are becoming as we journey through our lives.

This guide was produced in order to help leaders be more attentive on the process that is busy unfolding in their personal walk with God and in leadership. These times of reflection can be done in 5 minutes between a day of meetings or 30 minutes or longer in devotional time.

The simple method that this guideline will follow, is called a Lectio Divina. 'Lectio Divina' means 'Sacred Reading'. It began in the 3rd Century, led by early church leader Origen. He believed that through a practice of reading the Bible thoughtfully and prayerfully you could discover what he called the "higher wisdom hidden in the Word of God". Origen's idea was that Jesus himself was the way by which we can understand the meaning of the Bible and that, if we asked, Jesus would reveal its meaning to us.



The practice is about digesting the meaning of the word of God and taking time to think about it. It follows simple steps: read, reflect, respond and rest.

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

The heart of this guideline is:

- To lead us into perpetual communion with the Father.
- To worship and glorify God.
- To open ourselves up to the transforming and loving presence of our Father.

Transformation



NEW
LIFE



week 1

"And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit." – 2 Corinthians 3:18 ESV

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REFLECTION QUESTIONS

- How do you personally engage in the practice of contemplating the Lord's glory in your daily life? What specific moments or activities allow you to connect with God's presence?
- In what ways do you strive to live with an unveiled face before God? Are there any hindrances or barriers that you need to remove to experience a deeper connection with Him?
- In what areas of your life do you see evidence of God's transformation, and where do you feel there is room for further growth?
- How do you actively rely on the Holy Spirit in your daily life, seeking guidance and empowerment for spiritual transformation?
- How can you practically apply the principles from 2 Corinthians 3:18 in your relationships, work and personal development? What steps can you take to align your life more closely with God's transformative work?



week 2

"my little children, for whom I am again in the anguish of childbirth until Christ is formed in you!" – Galatians 4:19 ESV

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REFLECTION QUESTIONS

- Reflect on the idea of Christ being formed in believers. In what ways do you see evidence of Christ's character and values being cultivated in your life? Are there areas where you still see room for growth and transformation?
- What role do you believe you play in allowing Christ to be formed in you? How actively are you participating in the process of conforming your life to the image of Christ?
- Reflect on the concept of formation. How do you perceive the process of Christ being formed in you? What spiritual disciplines, practices, or habits contribute to this formative journey?
- How does this emphasize the ongoing nature of spiritual formation? In what ways do you recognize the need for continual growth and transformation in your life?
- How does this metaphor resonate with your understanding of spiritual mentorship and guidance in your life?



week 3

"And Jesus said to them, 'Follow me, and I will make you become fishers of men.'" – Mark 1:17 ESV

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REFLECTION QUESTIONS

- What other influences have you allowed to form you, other than Jesus?
- How do you understand the significance of Jesus' invitation to "Follow me" in your own life? What does it mean for you as a leader to follow Jesus daily?
- In what ways have you experienced transformation in this season of your life as you follow Jesus?
- How has following Jesus impacted your priorities, relationships, and life choices? What are the ongoing changes you sense in becoming more like Christ?
- Jesus invested time in forming his disciples and invites us into the same journey. How can you as a leader give yourself to this journey of formation?



week 4

“Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.”
-Jeremiah 1:5 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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REFLECTION QUESTIONS

- How does this scripture influence your understanding of God's knowledge and involvement in your life?
- How does the concept that God knew and consecrated Jeremiah before his birth resonate with your understanding of your own leadership journey?
- Are there any circumstances around your birth or childhood years that God used to shape you in who He has called you to be?
- How do you discern your own leadership purpose and calling? In what ways can you align your role with a sense of divine purpose and mission?
- What measures can you take to ensure you stay on the course of your God-given calling?



in Harmonie
a place of change

week 5

"For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them." – Psalm 139:13-16 ESV

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REFLECTION QUESTIONS

- How does the knowledge of God forming and knitting you together fearfully and wonderfully make you feel?
- Are there any lies from the enemy that influences you to believe that you are not fearfully and wonderfully made? In what ways do these lies manifest?
- How does the awareness of God's intimate knowledge of you impact your sense of significance and purpose?
- What do you sense is the invitation from the God who knows you intimately?

notes

abide in Him





week 6

"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned." – John 15:4-6 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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REFLECTION QUESTIONS

- What does it mean for you to abide in Christ, and how do you cultivate a sense of connection and intimacy with Him in your daily life?
- What does this metaphor teach you about dependence on Christ? How can you cultivate dependence in this coming year?
- In what ways have you experienced the bearing of fruit in your life because of abiding in Christ?
- How can the knowledge "that apart from Christ we can do nothing", influence your approach to challenges, decisions, and daily tasks this year?
- What rhythms can you establish that will help you to abide, even amid busy seasons?
- How can you intentionally bring the areas in your life that tempts you to disconnect from Christ under His influence?
- What do you sense is God's invitation to you this year?



week 7

"If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you." – John 15:7 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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REFLECTION QUESTIONS

- In what ways do you intentionally make the teachings of Jesus a part of your daily thoughts, actions, personal and work life?
- How does this verse impact your understanding of prayer and making requests to God?
- Do your prayers align with abiding in Christ and His words, or are they driven by personal desires?
- In what ways can you ensure that your requests are in alignment with the teachings of Jesus?
- Are there specific areas in your life where you need to deepen your connection with Christ?



week 8

"As the Father has loved me, so have I loved you. Abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love." – John 15:9-10 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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REFLECTION QUESTIONS

- What does it mean for you to "abide in my love", as Jesus instructs?
- How does the concept of abiding in God's love influence your daily life and relationships?
- How can obedience be an expression of love in your relationship with Jesus?
- Are there any specific commandments that you find challenging to keep? How can you work towards greater obedience?
- What practical steps can you take to abide in Jesus' love and demonstrate obedience to His commandments in your daily life?



week 9

"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me." – Galatians 2:20 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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REFLECTION QUESTIONS

- How does the knowledge that you have been crucified with Christ, shape your identity?
- How does your faith manifest in your daily decisions and interactions?
- How does the knowledge of Christ's sacrificial love influence your perspective on your own life?
- How does the understanding that Christ lives in you impact your sense of purpose and calling?
- What rhythms can you adopt to cultivate a life that reflects the reality of Christ living in you?



week 10

"If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God." – Colossians 3:1-3 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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REFLECTION QUESTIONS

- What are the "things that are above" that you actively seek in your life?
- How intentional are you about setting your mind on heavenly things in your daily life? What rhythms can you put in place to help you to set your mind on heavenly things?
- What earthly things are hindering you from fully setting your mind on heavenly things? How can you surrender these things to Jesus?
- What implications does the fact that you have died have on your daily life?
- Which spiritual disciplines can you practice to help you continually live a life that is hidden with Christ?

notes

abide in the Word



comes

heaven

Heaven

VI

week 11

"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." – Joshua 1:8 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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REFLECTION QUESTIONS

- How have you allowed for the Word of God to shape you in this season of your life?
- How often is the Word of God on your lips?
- In what way do you intentionally take time to meditate on the Word?
- How does meditation on God's Word lead to a lifestyle of obedience?
- Consider how you can incorporate regular times of meditation and reflection on Scripture into your daily routine.

men for His coming to fulfill
office. He came as the true Shepherd,
like a prophet. Prophecy prepared the people
for His coming. Thus was the
messianic birth, and this
fact. Prophecy prepared the people
for His coming to fulfill
the office. "The LORD is my Shepherd;
I shall not want" (Ps. 23:1). like a
shepherd over
his flock (Isa. 40:11). I set up one shepherd over
my flock (34:23, 37:24). O Lord, against my sheep

week 12

"Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night." – Psalm 1:1-2 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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REFLECTION QUESTIONS

- What ungodly influences impact your thoughts, attitudes, and behaviors?
- In what way do you think God's Word can help shape and form you in this season of your life?
- What aspects of God's Word bring you joy and satisfaction?
- Consider testimonies of God's faithfulness and provision in your life as a result of prioritising obedience and devotion to His Word.
- How can you prioritise God's word in the midst of busyness?

the wine
tasting
experience

week 13

"I will meditate on your precepts and fix my eyes on your ways."

– Psalm 119:15 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

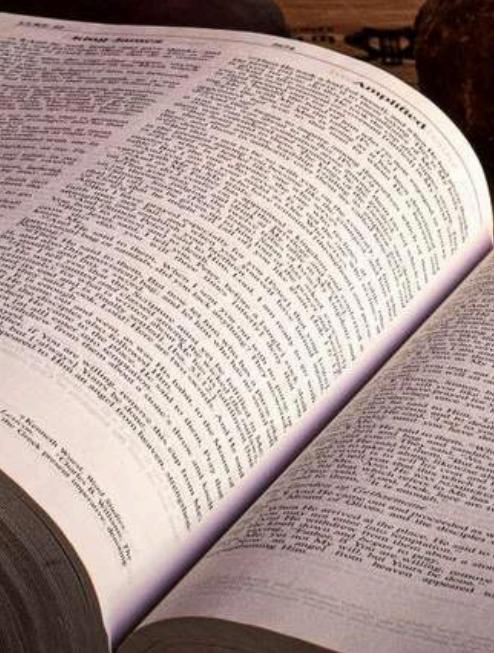
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REFLECTION QUESTIONS

- In what way does the psalmist's commitment and focus inspire you?
- What is your mind and eyes fixed on at the moment? What do you spend time thinking about?
- How does reliance on His Word empower you to navigate challenges and make wise choices?
- How does the study and meditation of Scripture deepen your reverence and adoration for God?
- In what way can you incorporating meditating on God's word in your daily schedule?



week 14

"My eyes stay open through the watches of the night, that I may meditate on your promises." – Psalm 119:148 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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REFLECTION QUESTIONS

- How committed are you to meditate on God's Word and promises?
- What effect do you think it has on you when you are committed to meditate on the Word?
- What sacrifice can you make to make space for meditating on the Word?
- Are there any promises that God has that you need to meditate on in this season of life?
- How can you incorporate times of silent reflection, journaling, and worship into your prayer life to cultivate a deeper connection with God and His promises.

My

will

done.

week 15

"I remember the days of long ago; I meditate on all your works and consider what your hands have done." – Psalm 143:5 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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REFLECTION QUESTIONS

- Reflect on a personal testimony of what God has done in your past. Take time to thank Him for who He is and what He has done.
- In what way does remembering what God has done in the past increase your faith and trust in God?
- How do His promises offer hope and assurance for the future as you navigate life's challenges and uncertainties?
- Take time to reflect; is there any promise in this season of your life that the Holy Spirit wants to bring to remembrance?
- How can you keep record of what God has done in your life?

18 And when all things were
19 And to himself, to his ministry,
the ministry, to his
19 To wit, to his
world unto him
unto them; and
of reconciliation w
unto them; and
20 Now God did bring
though God did bring
Christ's stead
21 For he knew no
ness of

week 16

"Then I thought, To this I will appeal: the years when the Most High stretched out his right hand. I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds." – Psalm 77:10-12 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

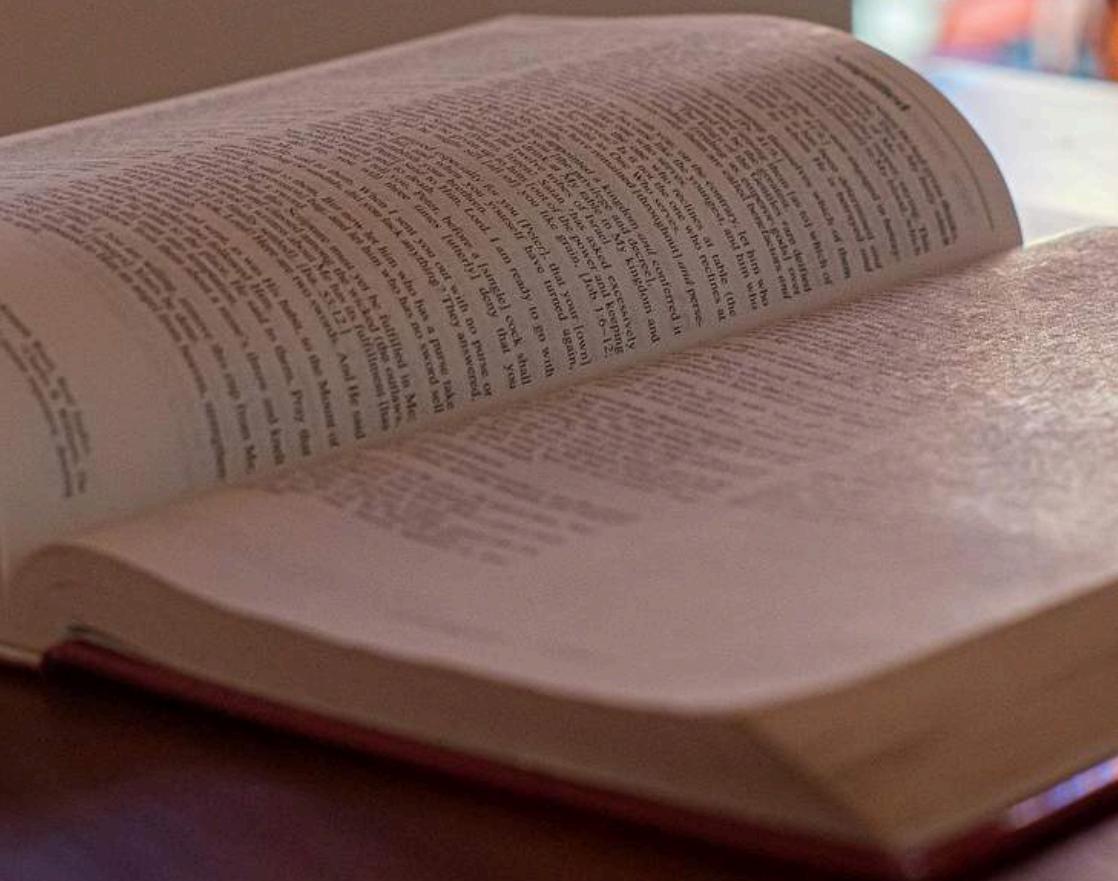
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REFLECTION QUESTIONS

- How does reflecting on what God has done help in times of distress?
- Do you have a practice of thinking about what God has done? How can you do this more regularly?
- Why is it important for believers to recall and meditate on God's past interventions?
- What does it mean to meditate on the attributes and actions of God, and how does this practice deepen intimacy with Him?
- Take some time to reflect on what God has done in your past. Allow this to flow into a prayer of thanksgiving.



week 17

"On my bed I remember you; I think of you through the watches of the night." – Psalm 63:6 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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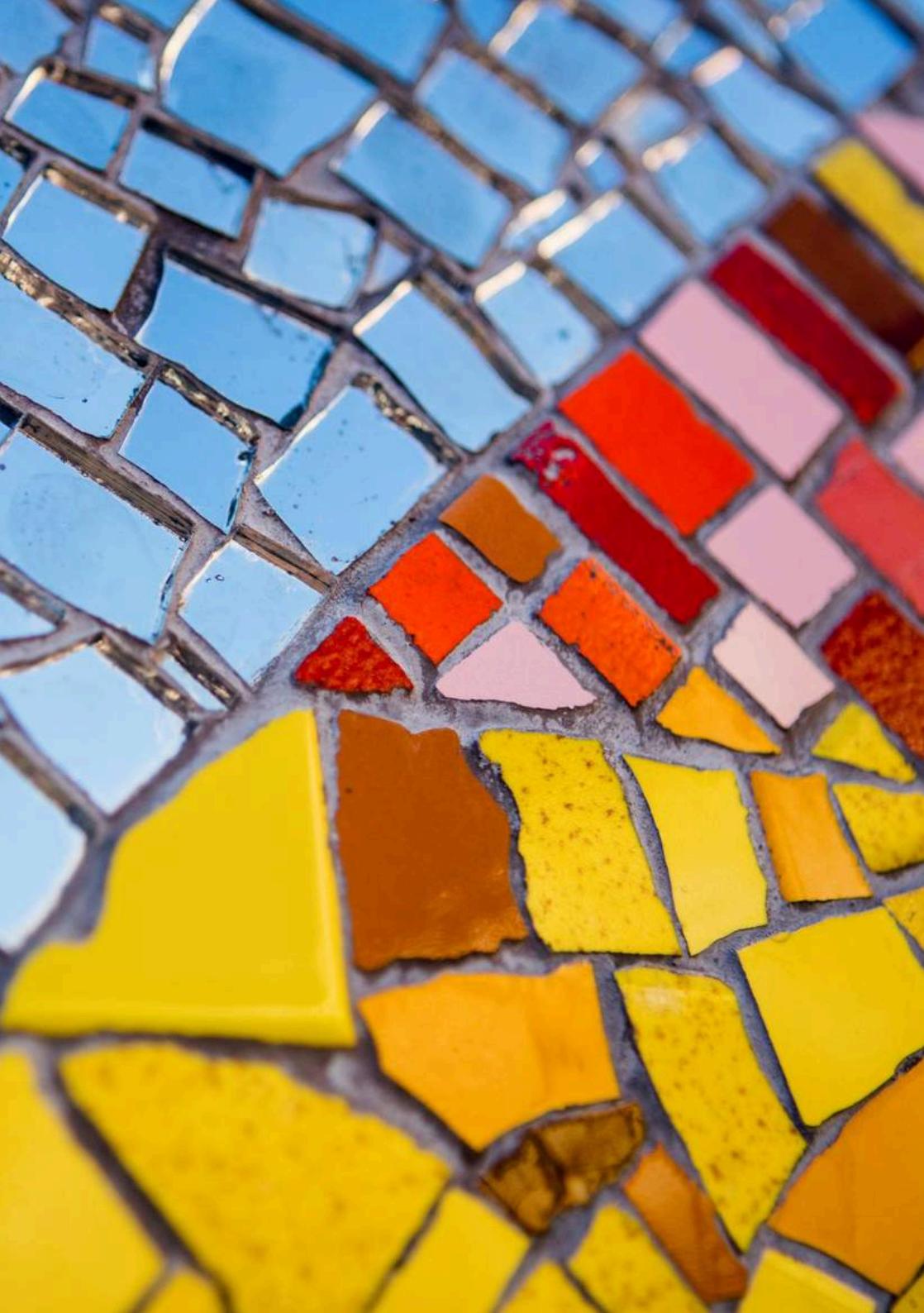
REFLECTION QUESTIONS

- In what way are you inspired by the psalmist's commitment towards remembering God?
- What role does busyness play in keeping you from fixing your mind on God?
- How does setting aside time for silent reflection enhance your spiritual growth?
- What role can scripture play in renewing your mind?
- What practices can you cultivate to help you remember God?

notes

identity





week 18

“But to all who did receive him, who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.” – John 1:12-13 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

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REFLECTION QUESTIONS

- What does this verse teach you about God's desire to have a relationship with you?
- Think about when you first believed in His name, how did it make you feel? How does it make you feel today to believe in His name?
- How are you shaped by the identity of being a child of God?
- How does your identity as a child of God influence your thoughts, words, and actions?
- Are there areas in your life where you can grow in embracing and reflecting your identity as a beloved child of God?



week 19

"Then God said, 'Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.'" – Genesis 1:26 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What does it mean for you to be created in the image of God?
- In what way does the knowledge that you were created in God's image and likeness influence your life?
- What has God called you to steward in this season of your life?
- How does recognizing the divine image in others inform your interactions and relationships?
- How can you cultivate a deeper relationship with God to discern His will and participate more fully in His redemptive work in the world?



week 20

"So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God," – Ephesians 2:19 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

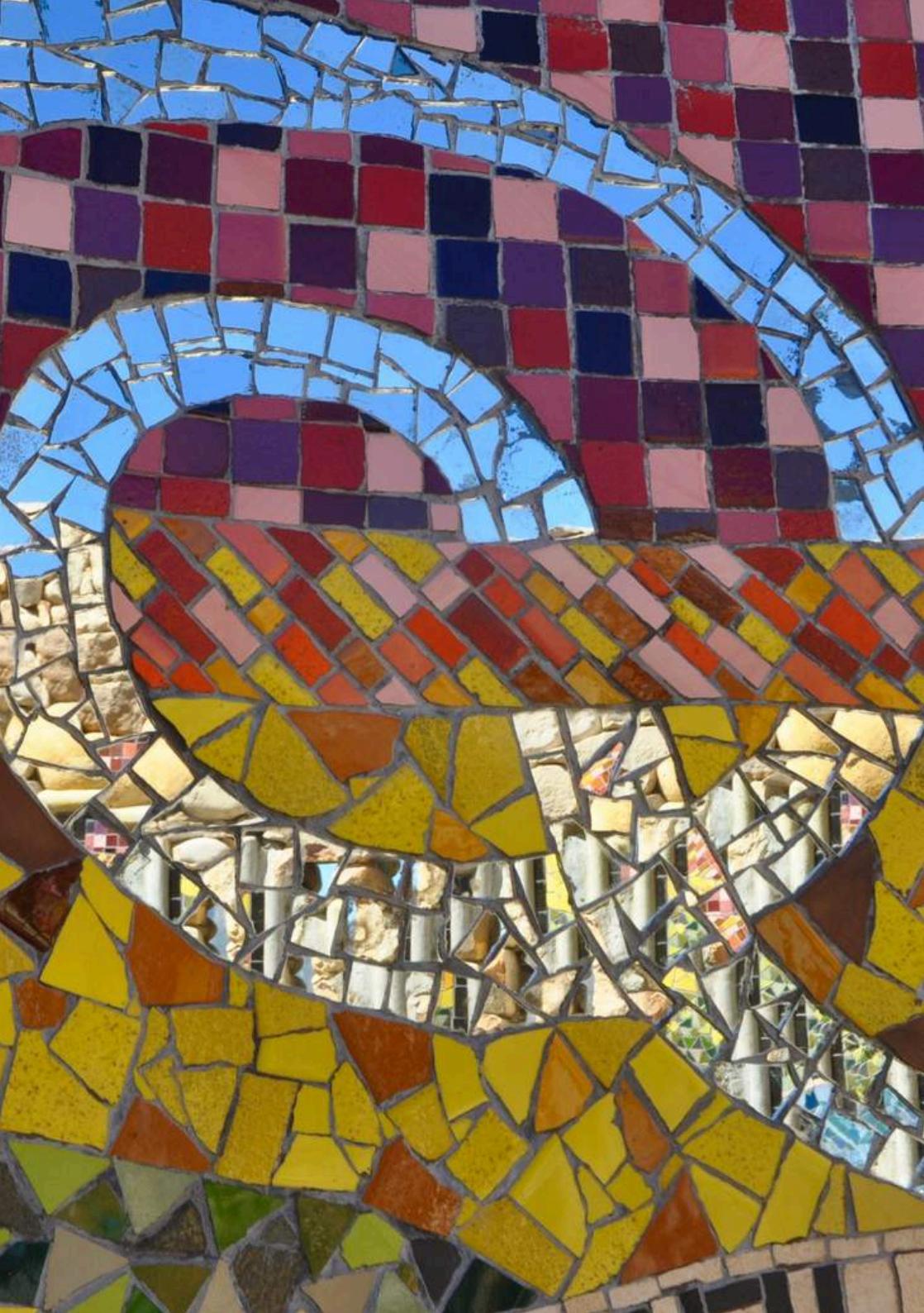
R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

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REFLECTION QUESTIONS

- What does this verse teach you about your identity in God?
- What does it mean to be described as fellow citizens with the saints and members of the household of God?
- How does belonging to God's family influence your sense of security, acceptance, and purpose in life?
- In what ways can you foster unity and fellowship within the body of Christ?
- How can you actively participate in the work of God's kingdom and contribute to the flourishing of His household?



week 21

"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."

- Ephesians 2:10 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- How does the concept being created in Jesus inform your identity?
- How does the idea of being "His workmanship" shape your work life?
- What do you sense are some of the good works that God has called you for in this season?
- How does knowing that there are good works that God has prepared for you, shape the way you live your life?
- How intentional are you in walking in what God wants you to walk in?



week 22

"You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you." – John 15:16 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- How does the knowledge of being chosen by Jesus influence your understanding of your identity and purpose in Him?
- How does intimacy with Jesus through prayer contribute to your fruitfulness?
- Reflect on any areas of your prayer life where you can surrender personal desires and align them with God's purposes.
- How can you deepen your relationship with Jesus and remain connected to Him as the source of true fruitfulness?
- What does it mean to you to have a Father whom you can have confidence to ask?

notes

seeking





week 23

"Seek the Lord and his strength; seek his presence continually!"

- 1 Chronicles 16:11 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- In what ways do you actively seek a deeper relationship with God in your daily life?
- How high is seeking God on your list of priorities?
- Are there seasons in your life where you rely more on your own strength than His strength. Does seeking God become a lower priority in these seasons?
- What practices or rhythms help you maintain a continual awareness of God's presence?
- How can you integrate seeking the Lord into your daily routines and responsibilities?



week 24

"One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple." – Psalm 27:4 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- When was the last time you had a deep longing to be with God?
- How can you cultivate a single-minded focus to seek God?
- Are there specific places or practices that help you connect with God in a meaningful way?
- How can you create intentional moments to gaze upon the beauty of the Lord?
- How can personal inquiry deepen your understanding of God's will and purpose for your life?



REMEMBER

week 25

"O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water."
- Psalm 63:1 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- "O God, you are my God", what does this tell you about the author's relationship with God? What do you learn from this in your relationship with God?
- What do you think it means to earnestly seek God? What does it mean for you to earnestly seek God?
- How consistent are you in seeking God, regardless of the season you find yourself in?
- Is there anything in your life that you need to change in order to enable you to seek God consistently?
- What habits or disciplines can you develop to maintain a continuous seeking of God?



week 26

"You will seek me and find me, when you seek me with all your heart."

– Jeremiah 29:13 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What does it mean for you to seek God with all your heart?
- What would it look like for you to wholeheartedly pursue God?
- How often do you experience the Holy Spirit nudging you to seek God?
- How does the promise of finding God inspire you to seek Him?
- Is there anything that you need to surrender that will enable you to pursue God wholeheartedly?



week 27

"And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him." – Hebrews 11:6 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- Make a list of the moments where you have sought God and have experienced His reward in your life? What does this say about God's heart towards you?
- In what ways can you cultivate a faith that pleases God in your daily life?
- What does it mean for you to "draw near to God" in your daily life?
- How can you establish the habit of drawing near to God through faith?
- How can you cultivate an awareness of God's existence in your everyday life?

notes

rest





week 28

"And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation." – Genesis 2:2-3 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What do you learn about God as you read this verse?
- Reflect on your current weekly rhythm. Do you intentionally set aside a day or time for rest each week?
- What are some of the reasons why you may be struggling to set aside time for rest?
- How can you incorporate rest into your weekly work rhythm?
- Take time to prayerfully review your schedule. Is there anything that you can remove to make space for rest periods?



week 29

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." – Exodus 20:8-11 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- How is the Sabbath commandment applicable to us today?
- How intentional are you about setting aside a day for rest each week?
- Reflect on the reasons why it is difficult for you to observe the Sabbath?
- Are there ways you can invite others to join in the sacredness of your Sabbath?
- Are there communal practices or traditions you can establish to foster a sense of shared rest and worship?



week 30

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." – Matthew 11:28-30 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- Are there any areas of your life where you feel burdened?
- What does it mean for you to take upon Jesus' yoke?
- What do you feel you can learn from the life of Jesus and how He practiced the Sabbath?
- Are there practical steps you can take to release heavy burdens and trust in Jesus' promise of rest?
- Are there habits or practices you can adopt to ensure regular moments of rest and communion with Jesus?



week 31

"There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience." – Hebrews 4:9-11 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- In what way can reliance on God's grace instead of personal efforts help us to enter the rest promised in this verse?
- How can you actively embrace a mindset of resting from your own works in your relationship with God?
- In what practical ways can you make intentional efforts to enter into God's rest in your daily life?
- How does disobedience hinder the experience of God's rest in your own life?
- Are there specific practices or disciplines that you can incorporate to contribute to your sense of rest in God?



week 32

"The apostles returned to Jesus and told him all that they had done and taught. And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a desolate place by themselves." – Mark 6:30-32 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- Have you ever found yourself in a situation where you were so busy that you had little time to rest or eat?
- What signs or signals in your life indicate that you might need a period of rest?
- How do you respond to Jesus' invitation to rest?
- What role does guilt play in you not having regular times of solitude?
- In what ways can you actively accept and embrace this invitation in your life?

notes

integrity





week 33

“for we aim at what is honorable not only in the Lord's sight but also in the sight of man.” – 2 Corinthians 8:21 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What do you think it means to aim for what is honorable in the sight of God and man?
- Is it sometimes easier for you to honour God than men. Why?
- How can you ensure that your behavior remains consistent regardless of the audience?
- Reflect on any areas where the fear of man may have influenced your decisions or compromised your integrity.
- How do you strive to represent Christ well in your interactions with others and in your engagement with the world?



week 34

"The integrity of the upright guides them, but the crookedness of the treacherous destroys them." – Proverbs 11:3 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What does integrity mean to you personally?
- In what ways do you seek to align your actions with God's standards of righteousness?
- How can you as a leader cultivate and maintain integrity in a world where dishonesty and deceit sometimes seem prevalent?
- How do you navigate situations where upholding honor and integrity may conflict with personal interests or societal norms?
- What do you think is the role of accountability in living a life of integrity?



week 35

“Pray for us, for we are sure that we have a clear conscience, desiring to act honorably in all things.” – Hebrews 13:18 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- Is there consistency in your private and social life?
- How clear is your conscience? What role does conscience play in guiding you to act honorably in all things?
- Are there areas of your life where you need God to help you clear your conscience?
- In which areas of your life do you desire to act honorably?
- Take some time to ask the Holy Spirit to highlight any area that is not aligned with this verse and ask for His help to live this out.



week 36

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." – Philippians 4:8

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- Reflect on the challenge of maintaining consistency in conduct, especially in the face of adversity, temptation, and external pressures.
- How does focusing on truth and honor shape you as a leader?
- How can you reflect more on what is true, honorable, and commendable?
- What makes it difficult for you to live out what this verse is encouraging you to do?
- In what ways can spiritual disciplines help you in thinking more on these things?



week 37

"Let your eyes look directly forward, and your gaze be straight before you. Ponder the path of your feet; then all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil." – Proverbs 4:25-27 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What distractions keep you from living a life of integrity?
- How often do you carve out time to consider your relationship with God?
- In what way do you think it will help you if you make time to consider your walk and conduct?
- What does it mean for you in this season to not swerve to the right or to the left?
- Consider the challenges and temptations that may lead you off course and how you can remain steadfast in your commitment to righteousness.

notes

servant leadership





week 38

"And Jesus called them to him and said to them, You know that those who are considered rulers of the Gentiles lord it over them, and their great ones exercise authority over them. But it shall not be so among you. But whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many."

– Mark 10:42-45 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- Why do you think is Jesus contrasting the world's leadership style against the Kingdom's? What can you learn from this contrast?
- In what ways do these verses challenge your perspective on what leadership is?
- In what areas of your life can you actively embrace a servant's heart and humble yourself for the sake of others?
- How can you model your life after Jesus' example of sacrificial service?
- Is there anything that you need to readjust in your leadership that will reflect Jesus' model of leadership in your life?



week 39

"When he had washed their feet and put on his outer garments and resumed his place, he said to them, 'Do you understand what I have done to you? You call me Teacher and Lord, and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you. Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him. If you know these things, blessed are you if you do them.'" – John 13:12-17 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What do you think is the significance for you of what Jesus has done in these verses?
- How open are you to teachings and the Lordship of Jesus in your life?
- In what way do you follow the example of Jesus where you serve and in how you serve?
- Is there anything that Holy Spirit is inviting you to align with the example of Jesus?
- In what ways can your commitment to humility and service have a lasting impact on those around you?



week 40

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross."
- *Philippians 2:5-8 ESV*

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What does it mean for you personally to have the mind of Christ?
- What do you learn from the idea that Jesus also did not count equality with God a thing to be grasped?
- Reflect on moments where you are tempted to grasp at status and recognition. In what way do these verses challenge you?
- How can you empty yourself as you lead and serve those who are around you?
- Are there specific habits or practices that can help you maintain a humble mindset?



week 41

"Will any one of you who has a servant plowing or keeping sheep say to him when he has come in from the field, 'Come at once and recline at table? Will he not rather say to him, 'Prepare supper for me, and dress properly and serve me while I eat and drink, and afterward you will eat and drink? Does he thank the servant because he did what was commanded? So you also, when you have done all that you were commanded, say, 'We are unworthy servant we have only done what was our duty.'" – Luke 17:7-10 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What do these verses teach you about the dynamics of leadership, specifically master-servant relationships?
- What does this verse teach you about expectations you might have as you serve?
- Reflect on moments in your life where you have felt entitled to recognition or a specific reward. How do the verses challenge entitlement?
- In what areas of your life can you cultivate a sense of humility by acknowledging your duty without seeking personal recognition?
- In what ways can you cultivate an attitude that sees serving others as a privilege?



week 42

"And they came to Capernaum. And when he was in the house he asked them, 'What were you discussing on the way?' But they kept silent, for on the way they had argued with one another about who was the greatest. And he sat down and called the twelve. And he said to them, 'If anyone would be first, he must be last of all and servant of all.'" – Mark 9:33-35 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

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REFLECTION QUESTIONS

- Why do you think the disciples kept quiet when Jesus asked them what they were discussing on the road?
- In what ways are you sometimes tempted to advocate for your own greatness or status?
- In what ways can Jesus' teaching reshape your own desires for recognition or greatness?
- What does it mean for you personally to be the last and servant of all?
- In what way can you authentically cultivate the attitude of being a servant?

notes

being faithful





week 43

"His master said to him, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.'" – Matthew 25:21 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What does it mean for you to be a good and faithful servant?
- In what areas of your life are you being challenged to be more faithful?
- How are you stewarding the various gifts, talents and opportunities that God has given you?
- What steps can you take to continually grow and mature in your faithfulness as a servant of God?
- How can you continually access the true joy that is found in the Master?



week 44

"One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much. If then you have not been faithful in the unrighteous wealth, who will entrust to you the true riches? And if you have not been faithful in that which is another's, who will give you that which is your own?" – Luke 16:10-12 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- Why do you think faithfulness is such a big thing to God?
- How does the idea of being faithful and honest in the little challenge you as a leader?
- In what ways can you demonstrate faithfulness in the use of resources, whether they are limited or abundant?
- Are there spiritual disciplines or practices where you can deepen your faithfulness?
- Take time to evaluate your faithfulness in various aspects of your life. Invite God in prayer into the areas where you need grace to be more faithful with what He has entrusted to you.



week 45

"Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him." – James 1:12 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- Reflect on the trials that you have experienced this past year. How steadfast have you been?
- How has it been a blessing for you to remain steadfast in these trials?
- How has God used difficult situations and circumstances to shape you?
- How do you feel about the assumption that you will stand the test and that you will be rewarded?
- Are there specific practices or habits that help you cultivate gratitude during difficult times?



week 46

“Only fear the Lord and serve him faithfully with all your heart. For consider what great things he has done for you.” – 1 Samuel 12:24 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- Reflect on the idea of the fear of the Lord. How does the fear of the Lord influence the way you lead your life?
- What does it mean for you to serve God faithfully with all your heart?
- Reflect on God's faithfulness towards you, the great things He has done for you. Make a list of anything that comes to mind and let it flow into a prayer of thanksgiving.
- How does reflecting on what God has done in the past influence you in the present?
- In what ways does His faithfulness towards you encourage you to be faithful toward Him?



week 47

"Who then is the faithful and wise servant, whom his master has set over his household, to give them their food at the proper time? Blessed is that servant whom his master will find so doing when he comes."

– Matthew 24:45-46 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What do you think are the characteristics of a faithful and wise servant? How can you embody these qualities?
- Reflect on the idea that God has set you over his household. What does this look like for you?
- Reflect on your calling and those God has called you to serve. How have you been tending to them?
- What lessons can you draw from this parable in your own journey of faith and service?
- What rhythms and practices can you adopt to be faithful and steadfast until the appointed time?

notes

building





week 48

“According to the grace of God given to me, like a skilled master builder I laid a foundation, and someone else is building upon it. Let each one take care how he builds upon it. For no one can lay a foundation other than that which is laid, which is Jesus Christ.” – 1 Corinthians 3:10-11 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- How has God's grace empowered you in the work that He has called you to do?
- Reflect on the gifts, talents and skills that God has placed in you for the work He has called you to.
- How open and intentional are you in collaborating with others to build what God has called you to build?
- How often do you pause to reflect on how you are building?
- How can you continue to build in such a way that Jesus Christ stays the foundation?



week 49

"Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it."

– Matthew 7:24-27 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

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REFLECTION QUESTIONS

- How intentional are you about applying Jesus' teachings in your daily life?
- Take time to contrast the wise builder from the foolish builder. How would you assess the way that you are building?
- What steps can you take to address some of the areas in your life where you are building on sand?
- How can prayer and seeking God's guidance contribute to building a strong foundation in your life?
- Are there any other rhythms and practices you can adopt that will aid you in withstanding the storms of life?



week 50

“For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it begin to mock him, saying, ‘This man began to build and was not able to finish.’”

– Luke 14:28-30 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- Why do you think is it important for you to first count the cost before you start building?
- How can you apply the principle of counting the cost in your life, both personally and in your organisation?
- In what way have you been impacted by criticism (mockery) in what God has called you to build as a leader?
- How were you able to effectively deal with this criticism to move forward?
- How can you grow in your discernment to know what you are called to build and to also count the cost?



week 51

"So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, in whom the whole structure, being joined together, grows into a holy temple in the Lord. In him you also are being built together into a dwelling place for God by the Spirit." – Ephesians 2:19-22 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

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R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- What does it mean for you to know that you are a member of God's household?
- What foundations in your life needs strengthening in this season of your life?
- What does it mean for you to have Christ as your cornerstone?
- How does the idea of being joined together with other believers influence your personal and community life?
- In what ways can you make space for the Holy Spirit to dwell more fully in your life?



week 57

"A Song of Ascents. Of Solomon. Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain." – Psalm 127:1 ESV

R E A D – Read this verse slowly several times. If possible, read it out loud.

R E F L E C T – Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

R E S P O N D – Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

R E S T – Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

REFLECTION QUESTIONS

- How comfortable are you with surrendering control and entrusting your plans to the Lord?
- In what way does this Scripture encourage you to be more dependent on God?
- How do you personally interpret the idea of building a house?
- In what areas of your life can you allow God to build?
- In what ways can you invite God into what is being built in your life currently?

notes



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a place of change

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