

About This Workbook

This workbook presents an opportunity for our church congregation (or anyone else for that matter) to be reading and meditating on the same scriptures together. You don't have to use it, of course. Many people have their own preferred ways of spending daily time with God. But for those who would like to join us, we think this is a pretty good (and pretty easy!) way to do it.

These daily scripture meditations will correspond to the first 6 weeks of Christ's Center's 12 week teaching series on the book of James, beginning in February of 2021. Every Sunday, the pastors will preach through one of twelve teachings of the book. These meditations will begin in James, but we will draw from scriptures all across Bible—especially from the teachings of Jesus—which touch on these same themes. Here are the themes from those first 6 weeks:

- Week 1: Favoritism vs. Love (James 2:1-13)
- Week 2: Genuine Faith (James 2:14-26)
- Week 3: The Tongue (James 3:1-12)
- Week 4: True vs. False Wisdom (James 3:13-18)
- Week 5: A Heart Divided (James 4:1-10)
- Week 6: Condemning others (James 4:11-12)

Scripture meditation is a powerful practice which can draw us closer to the Lord. We encourage you to employ the S.W.O.R.D. Method (see the following page for details.)

Why James?

James is a book about faith in action. It was written by James, the brother of Jesus, to Messianic Jews who were experiencing tension, trials, and tribalism. In the letter, James calls them back to the strange and wonderful ways of Jesus Christ. The kind of faith James writes about is not merely theoretical; it is practical. In fact, if it is not practical, James argues that it isn't faith at all.

We believe the message of this book will speak clearly to our congregation. We are, after all, living through our own age of tension, trials, and tribalism. Rather than retreating from these pressures, we have the opportunity to learn how to stand firm, and to put our faith into action.

Going Deeper

For those who want to go beyond the S.W.O.R.D. Drill and have a little more time, the Going Deeper section can serve as a helpful short Bible study. For this part, you'll want to use your own Bible, highlighters, and journal. The instructions in this section are just suggestions, of course. Sometimes we will encourage you to read the surrounding chapter for proper context, and draw your attentions to various ideas. Sometimes we'll direct you to different passages, and ask you pointed questions.

For sermon videos or for more information, check out our website: www.ChristsCenter.com.

Morning Meditations
Start with 2 minutes of silence before God

Monday

James 2:1-4 "My brothers, show no partiality as you hold the faith in our Lord Jesus Christ, the Lord of glory. For if a man wearing a gold ring and fine clothing comes into your assembly, and a poor man in shabby clothing also comes in, and if you pay attention to the one who wears the fine clothing and say, 'You sit here in a good place,' while you say to the poor man, 'You stand over there,' or, 'Sit down at my feet,' have you not then made distinctions among yourselves and become judges with evil thoughts?"

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Contemplate: Is there a person or group I tend to treat with less interest or value? Who is it? Why do you think you do this? Talk to God about this.

Afternoon or Evening Meditation

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Tuesday

Morning Meditations
Start with 2 minutes of silence before God

James 2:8-9 "If you really fulfill the royal law according to the Scripture, 'You shall love your neighbor as yourself, you are doing well. But if you show partiality, you are committing sin and are convicted by the law as transgressors.'"

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Read 1 Corinthians 13 in light of the people or group you identified yesterday. How can you practically love them better? Is there something you can do this week to show them the love of God?

Afternoon or Evening Meditation

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Wednesday

Mat 5:44b, 46-47 "...Love your enemies and pray for those who persecute you... For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? And if you greet only your brothers, what more are you doing than others? Do not even the Gentiles do the same?"

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:

Contemplate: Is there a person or group I tend to flatter or seek their approval in an unhealthy way? Who is it? Why do you think you do this? Talk to God about that.

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Thursday

Morning Meditations
Start with 2 minutes of silence before God

Matt 22:16 "And [the Pharisees] sent their disciples to [Jesus], along with the Herodians, saying, 'Teacher, we know that you are true and teach the way of God truthfully, and you do not care about anyone's opinion, for you are not swayed by appearances.'"

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:

Read 1 Corinthians 13 again, this time in light of the people or group you identified on Wednesday. How can you love them better, in an unselfish way? Is there any action you can take this week?

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Friday

John 13:34-35 "A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Contemplate: Is there a person or group that I have less hope for than others? Who is it? What do you think God believes about this? Ask Him.

Afternoon or Evening Meditation

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Saturday

Morning Meditations
Start with 2 minutes of silence before God

James 2:12-13 (MSG) Talk and act like a person expecting to be judged by the Rule that sets us free. For if you refuse to act kindly, you can hardly expect to be treated kindly. Kind mercy wins over harsh judgment every time.

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Read 1 Corinthians 13 once more, this time in light of the people or group you identified on Friday. Spend some time praying for them this morning. Pray that God would show you how He sees them. Is there any action you can take this week that would encourage them?

Afternoon or Evening Meditation

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Monday

James 3:14-17 "What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, 'Go in peace, be warmed and filled,' without giving them the things needed for the body, what good is that? So also faith by itself, if it does not have works, is dead."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Read Luke 10:25-37, and consider the reaction of the three travelers in the story. What do you think they believed about the injured man? Why?

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Tuesday

Morning Meditations
Start with 2 minutes of silence before God

James 3:19-20 (MSG) "Do I hear you professing to believe in the one and only God, but then observe you complacently sitting back as if you had done something wonderful? That's just great. Demons do that, but what good does it do them? Use your heads! Do you suppose for a minute that you can cut faith and works in two and not end up with a corpse on your hands?"

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
James seems to say that faith is more than intellectual assent. In order for it to be real, works must follow. Ask yourself this question: Is there anything in my life that that I say I believe, but do not act on in any way? Why don't I act on it?

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Wednesday

James 3:18 (MSG) "I can already hear one of you agreeing by saying, 'Sounds good. You take care of the faith department, I'll handle the works department.' Not so fast. You can no more show me your works apart from your faith than I can show you my faith apart from my works. Faith and works, works and faith, fit together hand in glove."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Read James 3:20-23 along with Hebrews 11:1-13. What did Abraham do to convince these two authors of his faith? Would you consider these action to be works? Why or why not?

Afternoon or Evening Meditation

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Thursday

Morning Meditations
Start with 2 minutes of silence before God

Mt 7:24-27 "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."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Now consider Moses in Hebrews 11:23-31. What kind of "works" did he do to convince the author of Hebrews that his faith was genuine?

Afternoon or Evening Meditation

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Friday

Matt 25:37-40 "Then the righteous will answer him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'"

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Take some time to consider two or three people in your life who you believe possess great faith. Why do you think they have great faith? After all, you cannot see their hearts. What is it about them that convinces you?

Afternoon or Evening Meditation

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Saturday

Morning Meditations
Start with 2 minutes of silence before God

Matt 7:21 "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Read Paul's discussion about belief in Romans 5:5-13. Is this idea in conflict with James' teaching on faith in James 3? Now consider Jesus' words from today's meditation. Which one does Jesus seem to agree with: James or Paul?

Afternoon or Evening Meditation

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Monday

James 1:5-6 (MSG) "A word out of your mouth may seem of no account, but it can accomplish nearly anything—or destroy it! It only takes a spark, remember, to set off a forest fire. A careless or wrongly placed word out of your mouth can do that. By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke and go up in smoke with it, smoke right from the pit of hell."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:

James says our words can start fires. This often happens when we rant in anger and frustration. What are the things you tend to rant about? Ask yourself, "what am I mad about? What am I afraid of?" Then ask God, "What do you think about this?"

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Tuesday

Morning Meditations
Start with 2 minutes of silence before God

Luke 6:43-45 "No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars. A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:

Reflect on a time when somebody encouraged you in a truly meaningful way that made a difference in your life. Why was it so meaningful? Do you know that your words can have that same effect on others? This morning, ask the Lord to show you how you can encourage someone else with your words.

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Wednesday

James 3:2. "We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
The way we talk to ourselves is just as important as the ways we talk to others. Do you ever find yourself talking negatively to yourself? (Ex: "I am such a slow learner." "I make a terrible first impression.") What do you say to yourself? How might these negative statements be affecting you in a negative way? Talk to God about this.

Afternoon or Evening Meditation

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Morning Meditations
Start with 2 minutes of silence before God

Thursday

Proverbs 12:18. "The words of the reckless pierce like swords, but the tongue of the wise brings healing."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Consider the self-talk statements from yesterday. What new, healing statements can you replace those with?

Afternoon or Evening Meditation

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Friday

Proverbs 17:9 "Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Think about the times you get tempted to talk about somebody else's struggles or failures. Ask yourself, "why do I feel the need to share those kinds of things? What do I get out of it?" Be deeply honest with yourself, and ask God what He has to say about this?

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Saturday

Morning Meditations
Start with 2 minutes of silence before God

Colossians 4:6 (NASB) "Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
We've been reflecting on the power of our words this week. Moving forward, how can you take this call more seriously in your daily life? How can you be more practical in blessing people with your words? Be specific.

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

What has God been teaching me this week?

Lined writing area for weekly reflection.

Week 4: Seeking Wisdom

Sunday Sermon Notes

Lined writing area for Sunday sermon notes.

Morning Meditations
Start with 2 minutes of silence before God

Monday

James 4:13-15 "Who is wise and understanding among you? By his good conduct let him show his works in the meekness of wisdom. But if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth. This is not the wisdom that comes down from above, but is earthly, unspiritual, demonic."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Consider the person and ministry of Jesus. How did He demonstrate humility? How did He demonstrate wisdom? Which trait means the most to you?

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Tuesday

Morning Meditations
Start with 2 minutes of silence before God

Matt 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Consider the verse above along with yesterday's question about Jesus' humility and wisdom. Why are we safe with a person who is both humble and wise?

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Wednesday

Psalm 25:8-10 "Good and upright is the LORD; therefore he instructs sinners in the way. He leads the humble in what is right, and teaches the humble his way. All the paths of the LORD are steadfast love and faithfulness, for those who keep his covenant and his testimonies."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Read Luke 5:1-11 Can you think of a time when you recognized you needed wisdom, and the Lord gave it to you? What would have happened if you hadn't humbled yourself to receive what He offered?

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Thursday

Morning Meditations
Start with 2 minutes of silence before God

James 3:16-18 "For where jealousy and selfish ambition exist, there will be disorder and every vile practice. But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. And a harvest of righteousness is sown in peace by those who make peace."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Read Proverbs 9. That chapter, like the verse above, contrasts the way of wisdom vs. the way of folly. Notice they both "call out" to the same group—the people who need wisdom. How do we tell the two apart? How do we discern whether we are following wisdom or destruction?

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Friday

Matt 5:7-9 "Blessed are the merciful, for they shall receive mercy.
'Blessed are the pure in heart, for they shall see God.
'Blessed are the peacemakers, for they shall be called sons of God."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Would other people say you are a peacemaker? Why or why not? Consider the verses above. Do you think that possessing a merciful heart leads to becoming a peacemaker?

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Saturday

Morning Meditations
Start with 2 minutes of silence before God

Romans 14:17-19 "For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit. Whoever thus serves Christ is acceptable to God and approved by men. So then let us pursue what makes for peace and for mutual upbuilding."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Read Luke 18:9-14. Which one of the two men served Christ and was, in the words of the scripture above, "acceptable to God?" Which one do you relate to?

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Monday

James 4:1-2a "What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
James says that many of our quarrels and fights are caused by the passions within us. It's possible to deceive even ourselves sometimes. Have you ever fought hard for something and believed you were right, only to realize that your motives were wrong? What sinful "passion" was behind that deception?

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Tuesday

Morning Meditations
Start with 2 minutes of silence before God

Matt 6:24 "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
This verse isn't just about money. Jesus is making it clear we can't serve God and ANYTHING else. We are only allowed ONE master. Take some time to reflect on your life. Is there anything that you sometimes feel tempted to serve as an idol? (Ex. Hobbies? Career? Pleasure? Safety? Sex?) Be honest with yourself, and take that thing to God in prayer. Ask Him what to do about it.

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Wednesday

I John 2:15-17 "Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
The scriptures has much to say about loving the world. Read James 4:4-5 and John 3:16. How can they both be true? Does the verse above give any indication as to what loving the world actually means?

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Thursday

Morning Meditations
Start with 2 minutes of silence before God

James 4:7-10 (MSG) "So let God work his will in you. Yell a loud no to the Devil and watch him scamper. Say a quiet yes to God and he'll be there in no time. Quit dabbling in sin. Purify your inner life. Quit playing the field. Hit bottom, and cry your eyes out. The fun and games are over. Get serious, really serious. Get down on your knees before the Master; it's the only way you'll get on your feet."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
We tend to forget that we are in a battle. Spiritual warfare is a very real thing. Is there any place in your life that you are forgetting the spiritual battle around you? Take some time to examine yourself and talk to God about it, and if you find anything, "yell a big NO to the devil!"

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Friday

I Cor 10:13 "No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Think about a time you have given in to a sinful temptation. Can you remember the way of escape God offered? What made you miss it at the time? Is this a pattern for you? If so, take it to the Lord and ask for a practical strategy to help you overcome it.

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Saturday

Morning Meditations
Start with 2 minutes of silence before God

Eph 4:22-24 "...Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and... be renewed in the spirit of your minds, and... put on the new self, created after the likeness of God in true righteousness and holiness.

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Consider the ways God has helped you to grow, and "put on the new self." Of course, we all have a long way to go, but it's good to count our blessings, and to thank God for the work He is doing in our lives. Take some time to evaluate how your ways, attitudes, and actions have changed over time. Thank God for His help. When you remember your areas of weakness, commit those to Him again, and thank Him for His grace.

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Monday

James 4:11-12 "Do not speak evil against one another, brothers. The one who speaks against a brother or judges his brother, speaks evil against the law and judges the law. But if you judge the law, you are not a doer of the law but a judge. There is only one lawgiver and judge, he who is able to save and to destroy. But who are you to judge your neighbor?"

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
It's easier to be a person's judge than to be an advocate. When we speak against people, we are no longer actively working for them. Have I been guilty of this? Have I stopped engaging with anyone? Have I "spoken evil" about them or taken on a judgmental attitude instead of serving them?

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Tuesday

Morning Meditations
Start with 2 minutes of silence before God

Matthew 7:1-5 "Do not judge so that you will not be judged. For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you. Why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your brother, 'Let me take the speck out of your eye,' and behold, the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Consider the situation you identified from yesterday. Your frustration might be valid. Nevertheless, this verse shows that we often misunderstand our own hearts. Is there something in your eye?

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Wednesday

Matthew 12:36-37 "But I tell you that every careless word that people speak, they shall give an accounting for it in the day of judgment. For by your words you will be justified, and by your words you will be condemned."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Take some time to pray through this verse. Are there any careless words you need to repent of? Is there anyone you need to repent to?

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Thursday

Morning Meditations
Start with 2 minutes of silence before God

Proverbs 16:28 "A perverse man spreads strife, And a slanderer separates intimate friends."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Contemplate; are there any places in my life where I am listening to slander? Have I allowed that slander to separate me from others? Take some to pray, repent, and ask for healing in this area.

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

Morning Meditations
Start with 2 minutes of silence before God

Friday

1Cor 4:5 "Therefore do not go on passing judgment before the time, but wait until the Lord comes who will both bring to light the things hidden in the darkness and disclose the motives of men's hearts; and then each man's praise will come to him from God."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Paul is telling us here that we don't always have to know everything about everything right away. We get to trust God in the messiness. Consider your own areas of frustration and impatience (Ex: political issues, cultural concerns, etc). Take some time to pray into those things, and commit them to God again.

**Afternoon
or Evening
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Saturday

Morning Meditations
Start with 2 minutes of silence before God

Eph 4:31-32 "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

Scripture _____

Wait _____

Observe _____

Request _____

Dedicate _____

Going Deeper:
Take some time to reflect on the things Jesus has forgiven you for. Thank Him again for his mercy. Now, consider how you can extend that same mercy and forgiveness to people in your life who have wounded you.

**Afternoon
or Evening
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).