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**God in the Everyday Touchpoints**

**Monday, July 12 – Read Luke 6:12-19**Jesus is present with you and waiting for you. Scripture reminds us that Jesus took the night to pray and when day came, he called his disciples and came to the people to be, teach, and heal. We are loved, called, and healed by Jesus.

Tonight, how is God present with you? What might you need to give over to God in prayer?

**Tuesday, July 13– Meditate**Set aside 5 minutes to meditate this evening. It can be as simple as sitting still in silence and noticing your breathing. Breathe in God and breathe out whatever keeps you from God’s peace.

**Wednesday, July 14 – Walk**Take a walk or sit outside to unwind from your day. Notice what parts of nature move and change throughout the day and what stays the same from morning to night. How might God be speaking to you?

**Thursday, July 15 – Journal**Had a rough day or week? Take a minute to journal what you are feeling? There is no need to judge emotions as good or bad just write down what you feel in the moment. Lift up your emotions to God in prayer.  **Friday, July 16– Pray**Pray before you go to sleep. Create a new routine if you are not already in the habit of praying before bedtime by yourself or with your family. Leave a note on your nightstand with a printed prayer to say together. Chose a special book to read that reminds you of God’s deep love for you. End with gratitude and lift up in prayer what and how you and your family are thankful to God.  **Saturday, July 17 – Reflect**So far this week, we have read scripture, meditated, journaled, took a stroll outside, and prayed at bedtime. How did Jesus surprise you in these practices? How could you incorporate one (or more) of these practices into your everyday life?