



Monday, 06.22.20

Ecclesiastes 11:8 & Ecclesiastes 8:15

The Bible talks about enjoying this ONE life we were given. Actually the Bible commands it. Why is it important for you to enjoy every day? What commitments or distractions keep your family from having fun together? Do you focus more on what you say to your spouse or children or how you make them feel? In what ways? What will you do today in order to be more mindful or intentional about enjoying simple moments in your day? What plans will you make to ensure you enjoy today, the one day given?

Tuesday, 06.23.20

Proverbs 17:22

God meant for you to enjoy your life, not just endure it. God formed your body in a way that illustrates that truth. God's Word is clear: Enjoying your life will lead to a healthier year. The Bible teaches in Proverbs 17:22, *"A cheerful heart is good medicine, but a crushed spirit dries up the bones"* (NIV). In other words, he who laughs, lasts. Science is beginning to catch on, too. Studies prove that when you laugh your immunity to illness goes up. Humor is God's gift to you. What are some ways you recharge yourself emotionally, spiritually, and physically? Describe a time in your life where laughter helped you through a difficult situation. How do you need to change your schedule so that you have a better balance of work, ministry, and recreation?

Wednesday, 06.24.20

Matthew 11:28-30

I will admit it took me awhile to understand this scripture, because I didn't know what a yoke was. When Jesus says, "Take my yoke upon you," it sounded to me like I needed to carry something. Then I learned that a yoke is actually a board with two arches in it that you put over two cattle so they can pull a cart. The value of a yoke is that it halves the load. Without a yoke, one cow's got to pull that entire load by itself. But if you yoke up the cow with another cow,

then the two animals pull the load together, and the load is half as heavy. When Jesus says to take his yoke upon you, he's not saying he's going to give you his problems. Jesus doesn't have any problems! He's saying he's going to share your problems. He's going to share your load. He's going to take your stress on himself and bear it with you.

With this understanding, what do you hear Jesus saying to you in the scripture text? Why is it sometimes difficult to accept help from someone who wants to share your burdens and make it easier on you? Jesus knows all about your stress. Are you ready to take on his yoke? If not, what is holding you back?

Thursday, 06.25.20

John 10:10

What do you think about this statement: "To live a full and abundant life, instead of trying harder, trust Jesus more"? How have you seen your physical and mental health suffer when you were not connected to Jesus?

Friday, 06.26.20

Philippians 4:11-12

One reason so many of us are stressed out today is we're rarely content with what we have. We always want more—more money, more pleasure, more power. We want more of just about everything...what about wanting more Jesus? What are some good examples of proper ambitions you've seen? What areas of your life tend to be the largest sources of discontent? What have you chased in your life that brought you stress instead of joy? What have you learned through this season of COVID, having everything stop? What new insights has God given to you?

Saturday, 06.27.20

Psalms 16

Read and pray this Psalm. What is God making known to you today?