

FEBRUARY 2026

5 + 2

FIVE AND TWO  
DEVOTIONAL AND SABBATH



2  
FEB

**5**

**devotions a week**

**+**

**2**

**sabbaths a month**

# Hello!

## Everyone Takes A Step

This **5+2** Devotional isn't just another booklet; it's an invitation to journey with the whole church into deeper life with God. We believe that through this **5+2** devotional, everybody will grow spiritually and live out our lives as fully devoted followers of Christ.

*What happens in public begins in private.*

Our serving, giving, living and loving others all flow from time spent alone with the Lord, listening to His Word, being shaped by His Spirit, and responding to His heart.

*Take a few moments each day to slow down.*

Open your Bible. Quiet your soul. Let God speak. When we bring Him our five loaves and two fish, He multiplies them beyond what we could ever imagine.

Welcome to the journey! We're so glad you're part of it! Together, let's walk deeper with the Spirit!

## How to use this guide

### **Daily Devotion**

To get started, you can follow this format.

**Be still (1 min):** Become aware of God's presence.

**Read (5-6 min):** The day's passage. Read aloud if possible.

**Listen (3-4 min):** What is the Spirit highlighting?

**Micro-practice (whole day):** Apply what God has spoken to you.

### **Saturday Review**

Use the Examen prompts to reflect on your week.

*Learn more about the practice of the Examen on page 39.*

### **Sabbath Twice A Month**

Pause from work to rest in God. *Deepen your understanding of the sabbath on page 41.*

### **Weekly Check-in**

Find a buddy/LifeGroup and connect weekly via text or in-person. You can use the given prompts and pray brief blessings for each other.

### **Practice Discernment**

Test impressions by Scripture, Christ-likeness, Community, and Fruit (Gal 5:22-23). When guidance is directional or sensitive (finance, relationships, major decisions), loop in an FGA leader.

Choose love over spectacle; humility over hype.

# Sabbath

## Sabbath Practice

Pick 2 days this month where you will stop, rest, delight and practice love. If a whole day isn't possible, carve out some consecutive hours.

### Candle and call to rest

Light a candle to mark a threshold from work to worship.

Pray aloud: *"I cease from striving; You are God."*

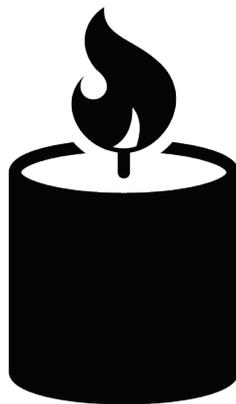
Leave the candle where you'll see it, reminding you to return to rest when you drift.

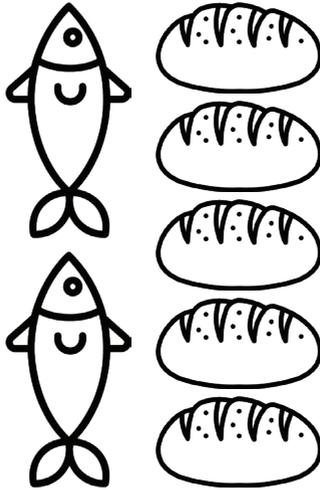
### Tech sabbath

Place phones/devices in a basket or drawer for a set window (e.g., 6pm-6pm).

Use paper Bibles, a real camera, and a kitchen timer if needed. Tell family/friends in advance so expectations are clear.

*Deepen your understanding of the sabbath on page 41.*





THE LITTLE WE HAVE  
BECOMES MULTIPLIED WHEN  
CHEERFULLY PLACED IN  
THE HANDS OF GOD

## Genesis 12:1-4

The Lord had said to Abram, "Go from your country, your people and your father's household to the land I will show you. <sup>2</sup> "I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing. <sup>3</sup> I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you." <sup>4</sup> So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he set out from Harran.

**Be still.** Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Place your hand over your heart. Pray slowly: *"Holy Spirit, give me a new heart today. Soften what is hard. Make me responsive to You."*

Notice through the day where you feel resistance? Where is your heart tender? Offer both to Him.

<sup>15</sup> "If you love me, keep my commands. <sup>16</sup> And I will ask the Father, and he will give you another advocate to help you and be with you forever— <sup>17</sup> the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. <sup>18</sup> I will not leave you as orphans; I will come to you.

<sup>26</sup> But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

**Be still.** Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Pause three times today (morning, midday, night). You could set an alarm on your phone to remind you. Each time, breathe slowly and whisper, *"You are here, Holy Spirit."*

Thank Him for one way you've recently sensed His nearness.

Therefore, there is now no condemnation for those who are in Christ Jesus, <sup>2</sup> because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. <sup>3</sup> For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, <sup>4</sup> in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

**Be still.** Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** When you notice self-criticism today, pause and say aloud: *"There is now no condemnation for me because I am in Christ Jesus."*

Journal one area where you want to live more freely in the Spirit's power.

# 5 Feb

## Psalm 23:1-3

<sup>1</sup> The Lord is my shepherd, I lack nothing.  
<sup>2</sup> He makes me lie down in green pastures,  
he leads me beside quiet waters,  
<sup>3</sup> he refreshes my soul.  
He guides me along the right paths  
for his name's sake.

**Be still.** Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Step outside or to a window. Take three slow breaths and say, *"The Lord is my Shepherd; I lack nothing."*

If you can, take a short walk without your phone and let your thoughts settle in His presence.

# 6 Feb

## Ezekiel 36:26-27

<sup>26</sup> I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. <sup>27</sup> And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

**Be still.** Breathe. *“Come, Holy Spirit.”* Become aware of God’s Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Place your hand over your heart. Pray slowly: *“Holy Spirit, give me a new heart today. Soften what is hard. Make me responsive to You.”*

Notice through the day when you feel resistance? Where is your heart tender? Offer both to Him.

# Weekly Check-in

## Buddy/LifeGroup Check-In

### Purpose

End the week by noticing God, naming reality, and taking one clear next step. You can do this over text or in-person.

### Flow

#### *Gratitude*

Where did you notice the Spirit this week?

#### *Word*

What verse/insight stayed with you?

#### *Obedience*

What step did you take? What fruit did you see?

#### *Barrier*

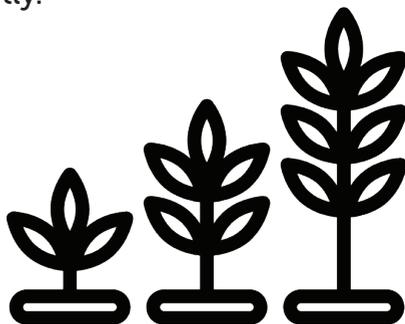
Where were you stuck, tempted, or tired?

#### *Next Step*

Name one small, specific step for the coming week.

### End

Pray for each other, silently.



## Examen: Saturday Review

### Presence

Become aware of God's presence and ask the Spirit to bring clarity to your week.

### Review

Review your week with gratitude, noticing God's gifts in people, work, and small pleasures.

### Emotions

Pay attention to your emotions to discern God's movements, confess shortcomings, and consider His invitations.

### Pray

Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

### Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.

*Learn more about the practice of the Examen on page 39.*



# 8 Feb

## Sunday: Arrive Ready

### Hebrews 10:24-25

Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another — and all the more as you see the Day approaching.

### Pray

Jesus, prepare our hearts to love and encourage one another. Teach us not to come as spectators, but as servants and family. Help us to notice, to care, and to welcome with Your love. Amen.

### Posture

Pray for one person God might want you to encourage.

*Be fully present — phone away, heart open.*



## 1 Samuel 3:1-10

The boy Samuel ministered before the Lord under Eli. In those days the word of the Lord was rare; there were not many visions.

<sup>2</sup> One night Eli, whose eyes were becoming so weak that he could barely see, was lying down in his usual place. <sup>3</sup> The lamp of God had not yet gone out, and Samuel was lying down in the house of the Lord, where the ark of God was. <sup>4</sup> Then the Lord called Samuel.

Samuel answered, "Here I am." <sup>5</sup> And he ran to Eli and said, "Here I am; you called me."

But Eli said, "I did not call; go back and lie down." So he went and lay down.

<sup>6</sup> Again the Lord called, "Samuel!" And Samuel got up and went to Eli and said, "Here I am; you called me."

"My son," Eli said, "I did not call; go back and lie down."

<sup>7</sup> Now Samuel did not yet know the Lord: The word of the Lord had not yet been revealed to him.

<sup>8</sup> A third time the Lord called, "Samuel!" And Samuel got up and went to Eli and said, "Here I am; you called me."

## 1 Samuel 3:1-10

Then Eli realised that the Lord was calling the boy.<sup>9</sup> So Eli told Samuel, "Go and lie down, and if he calls you, say, 'Speak, Lord, for your servant is listening.'" So Samuel went and lay down in his place.

<sup>10</sup> The Lord came and stood there, calling as at the other times, "Samuel! Samuel!" Then Samuel said, "Speak, for your servant is listening."

**Be still.** Breathe. "*Come, Holy Spirit.*" Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Take five quiet minutes today. Pray simply: "*Speak, Lord, for Your servant is listening.*"

Write one line in a journal: "*What I sense the Spirit whispering today is ...*"

# 10 Feb

## Isaiah 55:2-3

<sup>2</sup> Why spend money on what is not bread,  
and your labor on what does not satisfy?  
Listen, listen to me, and eat what is good,  
and you will delight in the richest of fare.

<sup>3</sup> Give ear and come to me;  
listen, that you may live.

I will make an everlasting covenant with you,  
my faithful love promised to David.

**Be still.** Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Before meals today, pause for 10 seconds and pray: *"Lord, I choose to listen to You before I feed on anything else."*

Let your physical hunger remind you of spiritual hunger.

# 11 Feb

## Isaiah 30:19-21

<sup>19</sup> People of Zion, who live in Jerusalem, you will weep no more. How gracious he will be when you cry for help! As soon as he hears, he will answer you. <sup>20</sup> Although the Lord gives you the bread of adversity and the water of affliction, your teachers will be hidden no more; with your own eyes you will see them. <sup>21</sup> Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

**Be still.** Breathe. "*Come, Holy Spirit.*" Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Spend five minutes in silence before bed tonight. Ask God to make you attentive to His voice.

Tomorrow morning, record any impression or phrase that lingers.

<sup>26</sup> Now an angel of the Lord said to Philip, “Go south to the road—the desert road—that goes down from Jerusalem to Gaza.” <sup>27</sup> So he started out, and on his way he met an Ethiopian eunuch, an important official in charge of all the treasury of the Kandake (which means “queen of the Ethiopians”). This man had gone to Jerusalem to worship, <sup>28</sup> and on his way home was sitting in his chariot reading the Book of Isaiah the prophet. <sup>29</sup> The Spirit told Philip, “Go to that chariot and stay near it.”

<sup>30</sup> Then Philip ran up to the chariot and heard the man reading Isaiah the prophet. “Do you understand what you are reading?” Philip asked.

**Be still.** Breathe. “*Come, Holy Spirit.*” Become aware of God’s Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Ask the Spirit to make you alert to a prompting to speak, encourage, or pray for someone today. When it comes, respond without delay or overthinking.

<sup>22</sup> Do not merely listen to the word, and so deceive yourselves. Do what it says. <sup>23</sup> Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror <sup>24</sup> and, after looking at himself, goes away and immediately forgets what he looks like. <sup>25</sup> But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

**Be still.** Breathe. *“Come, Holy Spirit.”* Become aware of God’s Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Recall one thing the Spirit spoke to you this week. Ask: *“Have I obeyed this?”*

If not, take one practical step today to live it out.

# Weekly Check-in

## Buddy/LifeGroup Check-In

### Purpose

End the week by noticing God, naming reality, and taking one clear next step. You can do this over text or in-person.

### Flow

#### *Gratitude*

Where did you notice the Spirit this week?

#### *Word*

What verse/insight stayed with you?

#### *Obedience*

What step did you take? What fruit did you see?

#### *Barrier*

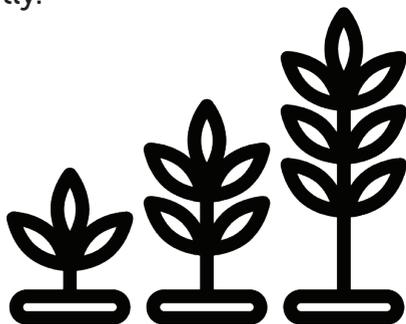
Where were you stuck, tempted, or tired?

#### *Next Step*

Name one small, specific step for the coming week.

### End

Pray for each other, silently.



## Examen: Saturday Review

### Presence

Become aware of God's presence and ask the Spirit to bring clarity to your week.

### Review

Review your week with gratitude, noticing God's gifts in people, work, and small pleasures.

### Emotions

Pay attention to your emotions to discern God's movements, confess shortcomings, and consider His invitations.

### Pray

Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

### Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.

*Learn more about the practice of the Examen on page 39.*



**15**  
**Feb**

**Sunday: Arrive Ready**

**Psalm 24:3-4**

Who may ascend the mountain of the Lord? Who may stand in his holy place? The one who has clean hands and a pure heart...

**Pray**

Search us, O God. Cleanse our hands from anything that displeases You. Purify our motives. Jesus, wash us again so we may worship You with freedom and truth. Amen.

**Posture**

Take time to confess and receive God's forgiveness before coming.

Serve with humility, not performance.



# 16 Feb

## Ephesians 3:14-19

<sup>14</sup> For this reason I kneel before the Father, <sup>15</sup> from whom every family in heaven and on earth derives its name. <sup>16</sup> I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup> may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, <sup>19</sup> and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

**Be still.** Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Pray Paul's words aloud as your own:  
*"Strengthen me with power through Your Spirit in my inner being."*

When you feel tired or stretched, pause to imagine God's love surrounding you.

# Chinese New Year

## From My Heart To Yours

Chinese New Year in Singapore can be a season of gratitude, honour, and renewal.

Scripture affirms feasting as thanksgiving to the Creator (Gen 1; Deu 16) and family reunion as honouring parents (Eph 6:2). The reunion dinner can mirror the Eucharist—remembering God’s provision, reconciling relationships, and sharing abundance with the lonely (Luke 14:12-14).

Common customs can be re-framed: spring-cleaning as repentance (Psa 51), oranges as prayers for shalom, and ang bao as cheerful generosity (2 Cor 9:7). Christians also practice discernment (Rom 14; 1 Cor 10:31): avoiding superstitions and worship of other gods (Exo 20:3-5), yet showing respect and love to elders with a clear conscience before God (1 Pet 3:15-16).

Finally, CNY is a missional moment. Through hospitality and blessing, we can share Christ’s hope, praying in His name, mending relationships, and seeking the welfare of our city (Jer 29:7). Let our homes and celebrations point beyond fortune to the faithful God who makes all things new.



<sup>28</sup> Do you not know?  
Have you not heard?  
The Lord is the everlasting God,  
the Creator of the ends of the earth.  
He will not grow tired or weary,  
and his understanding no one can fathom.  
<sup>29</sup> He gives strength to the weary  
and increases the power of the weak.  
<sup>30</sup> Even youths grow tired and weary,  
and young men stumble and fall;  
<sup>31</sup> but those who hope in the Lord  
will renew their strength.  
They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint.

**Be still.** Breathe. *“Come, Holy Spirit.”* Become aware of God’s Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** When you feel weary, pause and pray: *“Holy Spirit, exchange my strength for Yours.”*

Rest your body for a few minutes. As you breathe, imagine His life renewing you.

Today is Ash Wednesday, the day that marks the beginning of Lent. In some Christian traditions, ash is used to mark believers' foreheads as a sign. Ash Wednesday begins the gentle road to Easter. It reminds us we're dust yet dearly loved. The ash-cross says, "I'm fragile, I've wandered, and I'm coming home to Jesus." This day isn't about looking gloomy; it's about getting honest so grace can go to work.

The Bible's thread is simple: we are mortal (Gen 3), we turn back with humble hearts (Joel 2), and we seek the Father in secret (Matt 6). Ashes aren't a trophy; they're a whisper of surrender. Because they're shaped like a cross, our repentance leans on Christ, not on our effort.

Keep it simple today. Sit with Psalm 51 or Matthew 6 and let a line become your prayer: "Create in me a clean heart." Name one sin of thought, one of word, one of deed and one habit to unlearn this Lent. Attend the upcoming Deeper Wells Experience (21 Feb). Choose a small fast (a meal, your favourite CNY goodies or sweets, or screens after dinner) and turn the saved time or money into kindness for someone in need. Set one gentle rule for Lent: ten quiet minutes with Jesus each morning, a short Gospel reading with one act of obedience, or one deliberate kindness a day.

May this Ash Wednesday mark a fresh beginning, light on your shoulders, hope in your bones, and the Spirit leading you step by step.

<sup>7</sup> or because of these surpassingly great revelations. Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. <sup>8</sup> Three times I pleaded with the Lord to take it away from me. <sup>9</sup> But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. <sup>10</sup> That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

**Be still.** Breathe. "*Come, Holy Spirit.*" Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Name one area where you feel weak today. Invite the Spirit to rest His power there.

Replace self-reliance with this prayer: "*Your grace is enough for me.*"

<sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do all this through him who gives me strength.

**Be still.** Breathe. *“Come, Holy Spirit.”* Become aware of God’s Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Whisper through your day: *“Christ, You are my strength and my contentment.”*

Name one circumstance that drains your peace. Surrender it into His hands.

<sup>9</sup> Then Nehemiah the governor, Ezra the priest and teacher of the Law, and the Levites who were instructing the people said to them all, "This day is holy to the Lord your God. Do not mourn or weep." For all the people had been weeping as they listened to the words of the Law.

<sup>10</sup> Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength."

**Be still.** Breathe. "*Come, Holy Spirit.*" Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Smile and thank God for one specific blessing today.

Do one small act of kindness that shares joy with another.

# Weekly Check-in

## Buddy/LifeGroup Check-In

### **Purpose**

End the week by noticing God, naming reality, and taking one clear next step. You can do this over text or in-person.

### **Flow**

#### *Gratitude*

Where did you notice the Spirit this week?

#### *Word*

What verse/insight stayed with you?

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What step did you take? What fruit did you see?

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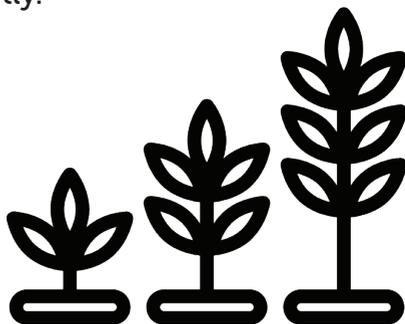
Where were you stuck, tempted, or tired?

#### *Next Step*

Name one small, specific step for the coming week.

### **End**

Pray for each other, silently.



## Examen: Saturday Review

### Presence

Become aware of God's presence and ask the Spirit to bring clarity to your week.

### Review

Review your week with gratitude, noticing God's gifts in people, work, and small pleasures.

### Emotions

Pay attention to your emotions to discern God's movements, confess shortcomings, and consider His invitations.

### Pray

Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

### Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.

*Learn more about the practice of the Examen on page 39.*



**22**  
**Feb**

**Sunday: Arrive Ready**

**Matthew 5:6**

Blessed are those who hunger and thirst for righteousness, for they will be filled.

**Pray**

Lord, give us holy hunger. Stir our hearts where they are numb or distracted. We want You. Help us to seek You, to long for You, and to find our satisfaction in You alone. Amen.

**Posture**

Spend 5 minutes in prayer before leaving home:  
*"Lord, I hunger for You."*

During worship, sing not just the lyrics — but your longing.



23  
Feb

**Galatians 5:25-26**

<sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit. <sup>26</sup> Let us not become conceited, provoking and envying each other.

**Be still.** Breathe. *“Come, Holy Spirit.”* Become aware of God’s Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** When tempted to compare yourself with someone, pray: *“Holy Spirit, keep me in step with You.”*

Affirm one person today for their faithfulness or growth.

24  
Feb

## Philippians 2:1-4

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, <sup>2</sup> then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. <sup>3</sup> Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup> not looking to your own interests but each of you to the interests of the others.

**Be still.** Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Look for one person you can serve today in a quiet, practical way.

Before speaking, pause to ask, "Will this build unity or division?"

<sup>4</sup> For just as each of us has one body with many members, and these members do not all have the same function, <sup>5</sup> so in Christ we, though many, form one body, and each member belongs to all the others. <sup>6</sup> We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; <sup>7</sup> if it is serving, then serve; if it is teaching, then teach; <sup>8</sup> if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

**Be still.** Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Thank God for the different gifts you see in your community.

Use one of your gifts today to bless or serve someone.

# 26

## Feb

### Colossians 3:12-15

<sup>12</sup> Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup> Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. <sup>14</sup> And over all these virtues put on love, which binds them all together in perfect unity.

<sup>15</sup> Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

**Be still.** Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Pray for someone you find difficult to love. Ask the Spirit to fill your heart with compassion for them.

Speak one word of encouragement or appreciation to someone today.

<sup>42</sup> They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. <sup>43</sup> Everyone was filled with awe at the many wonders and signs performed by the apostles. <sup>44</sup> All the believers were together and had everything in common. <sup>45</sup> They sold property and possessions to give to anyone who had need. <sup>46</sup> Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, <sup>47</sup> praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.

**Be still.** Breathe. "*Come, Holy Spirit.*" Become aware of God's Spirit with you.

**Read.** Read the passage slowly.

**Listen.** What word/phrase stands out? What invitation is the Spirit highlighting?

**Micro-practice.** Share a meal, a prayer, or a word of encouragement with someone this week.

Thank God for your church community by name.

# Weekly Check-in

## Buddy/LifeGroup Check-In

### Purpose

End the week by noticing God, naming reality, and taking one clear next step. You can do this over text or in-person.

### Flow

#### *Gratitude*

Where did you notice the Spirit this week?

#### *Word*

What verse/insight stayed with you?

#### *Obedience*

What step did you take? What fruit did you see?

#### *Barrier*

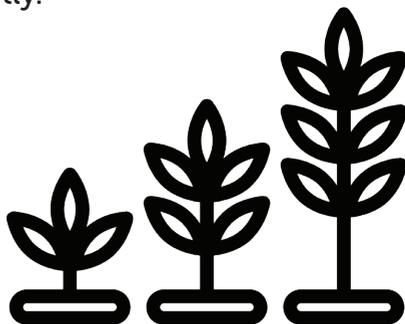
Where were you stuck, tempted, or tired?

#### *Next Step*

Name one small, specific step for the coming week.

### End

Pray for each other, silently.



### Presence

Become aware of God's presence and ask the Spirit to bring clarity to your week.

### Review

Review your week with gratitude, noticing God's gifts in people, work, and small pleasures.

### Emotions

Pay attention to your emotions to discern God's movements, confess shortcomings, and consider His invitations.

### Pray

Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

### Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.

*Learn more about the practice of the Examen on page 39.*



# The Examen

## Key Aspects of The Examen

**1. Become aware of God's presence.** Look back on the events of the week in the company of the Holy Spirit. The week may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

**2. Review the week with gratitude.** Gratitude is the foundation of our relationship with God. Walk through your week in the presence of God and note its joys and delights. Focus on the week's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you eat, the sights you see, and other seemingly small pleasures. God is in the details.

**3. Pay attention to your emotions.** We detect the presence of the Spirit of God also in the movements of our emotions. Reflect on the feelings you experienced during the week. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her.

# The Examen

## Key Aspects of The Examen

**4. Choose one feature of the week and pray from it.** Ask the Holy Spirit to direct you to something during the week that God thinks is particularly important. It may involve a feeling, positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

**5. Look toward tomorrow.** Ask God to give you light for the challenges of the coming week. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.

Talk to Jesus like a friend. End the Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, adorned with gifts from God.

(Modified from [ignatianspirituality.com](http://ignatianspirituality.com))

# Sabbath

## Theology of Rest, Freedom, and Foretaste

**1. Sabbath begins in creation.** Before there was Israel, the Temple, or Torah, there was Sabbath. God “finished his work... and rested” and then blessed the seventh day and made it holy (Gen 2:2-3). The first holy thing in Scripture is time—not a shrine humans build for God, but a day God sets apart for humans. Sabbath is therefore not a tribal custom but a creational gift: a weekly reminder that the world runs on God’s sufficiency, not our ceaseless effort.

**Blessing:** We receive time as a gift, not an enemy; we live by grace before we work by grit.

**2. Sabbath forms a people liberated from Pharaoh.** At Sinai, the fourth command roots Sabbath in creation (Exo 20:8-11): we mirror God’s rhythm—work that is good, rest that is holy. In Deuteronomy, the command is grounded in redemption (Deu 5:12-15): “remember that you were slaves in Egypt.” Sabbath is freedom enacted—no one may be worked to the bone again: not sons or daughters, servants or migrants, even animals and land (Exo 23:12; Lev 25).

**Blessing:** Rest becomes justice. Sabbath protects the small, slows exploitation, and trains our hearts to resist new Pharaohs—hurry, productivity idolatry, and consumerism.

**3. Sabbath is delight, not deprivation.** The prophets call Sabbath a delight (Isa 58:13-14)—a day to turn from “your own way” so that you might feast on God’s goodness. Psalm 92, labelled “A Psalm for

# Sabbath

## Theology of Rest, Freedom, and Foretaste

the Sabbath,” overflows with gratitude. Sabbath is not merely “not working”; it is enjoying God, creation, and one another without squeezing the world for output.

**Blessing:** Joy is rehabilitated. We practice gratitude, play, singing, and generous meals as acts of faith.

**4. Jesus fulfils and re-teaches the Sabbath.** Jesus does not scrap the Sabbath; he clarifies its purpose. “The Sabbath was made for man, not man for the Sabbath... the Son of Man is Lord of the Sabbath” (Mark 2:27-28). He heals on the Sabbath (Luke 13:10-17; John 5), showing that the Sabbath aims at life made whole. His invitation, “Come to me... and I will give you rest” (Matt 11:28-30), flows straight into Sabbath controversies (Matt 12:1-13). In Christ, Sabbath is not a legal burden but a messianic blessing—a sign that God’s new creation has begun.

**Blessing:** We rest in a Person. Sabbath becomes a weekly apprenticeship to Jesus’ unhurried yoke.

**5. The church lives between “already” and “not yet”.** The New Testament honours the day while guarding the gospel from legalism. Paul refuses to make days a test of belonging (Rom 14:5-6; Col 2:16-17), because the substance is Christ—and yet Hebrews insists that “a Sabbath rest remains for the people of God” (Heb 4:9-11). We taste the future rest now, by ceasing and by trusting. The early church gathered on the “Lord’s Day” to celebrate resurrection (Rev 1:10), and Christians through the centuries have received a weekly rhythm of worship

# Sabbath

## Theology of Rest, Freedom, and Foretaste

and rest as a wise, life-giving practice.

**Blessing:** Sabbath is eschatology in miniature—a weekly foretaste of the Kingdom that strengthens hope.

### 6. What Sabbath practices do in us (and through us).

- **Re-centering worship:** We interrupt the liturgies of productivity with word, table, prayer, and song. We remember Whose we are before what we do (Exo 20; Psa 92).
- **Training trust:** By ceasing, we declare, “God provides when I do not produce” (cf. manna patterns in Exo 16). Rest is faith with a timetable.
- **Rehumanizing community:** Everyone rests—household, employees, migrants, even livestock (Deu 5:14). Sabbath democratizes dignity and refreshes relationships.
- **Mercy and healing:** If Sabbath aims at restoration, then doing good on Sabbath is most fitting (Matt 12:12). Hospitality, encouragement, and reconciliation belong to the day.
- **Creation care:** The land and animals share in rest (Exo 23:12; Lev 25). Sabbath forms ecological patience; we live as stewards, not extractors.

# Sabbath

## Theology of Rest, Freedom, and Foretaste

- **Witness:** In a culture that baptises busyness, a peaceful people is apologetics. Sabbath says, “Our God is not a taskmaster; He is a Father.”

### 7. Common questions, biblical guidance.

- **Isn't Sabbath legalistic?**

Legalism weaponises gifts. Scripture answers not with abolition, but with orientation: “made for man,” “Lord of the Sabbath,” “delight.” Practice Sabbath to receive Christ, not to earn Christ (Mark 2:27; Isa 58:13-14).

- **Which day?**

The moral core is a 1-in-7 holy rhythm from creation. Many Christians keep Sunday in light of the resurrection; others choose another day due to vocation. Paul grants freedom of conscience while calling all to gratitude and honour toward the Lord (Rom 14:5-6).

- **What counts as work?**

Scripture's centre is ceasing from toil for gain in order to turn toward worship, joy, mercy, and rest. Jesus' healings show that love is never out of bounds. Ask: “Does this activity help me receive God's rest and extend it to others?”

We'd love to hear about your journey this month. **Could you take a moment to share your progress?**



5+2 February 2026