

MAY 2026

5 + 2

FIVE AND TWO
DEVOTIONAL AND SABBATH



MAY

5

Hello!

Everyone Takes A Step

Hi there! We're so thankful you're joining us again. This 5+2 Devotional is more than pages and readings; it's a shared journey of drawing closer to God as a church family. We believe that as each of us leans in, God will continue to deepen our faith and shape us into fully devoted followers of Christ.

Everything we do publicly, our serving, giving, compassion, and character, all start in the quiet places with Him. It's in those unhurried moments alone with the Lord that His Word anchors us, His Spirit transforms us, and His heart becomes ours.

So take time each day to pause. Open your Bible. Still your thoughts. Let God speak afresh. Because when we offer Him our simple "five loaves and two fish," He takes it, blesses it, and multiplies it far beyond what we could ever imagine. We're glad you're on this journey. Let's keep walking deeper with the Spirit together.



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 51.

Sabbath Twice A Month

Pause from work to rest in God. *Deepen your understanding of the sabbath on page 53.*

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

NEW

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.

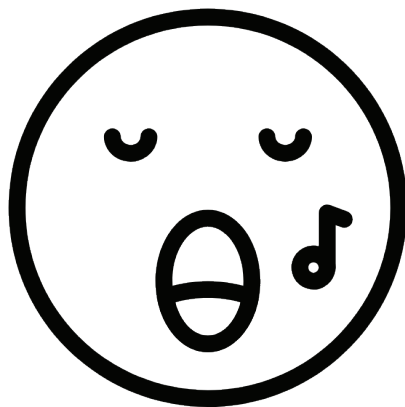
Worship through song

Choose a worship song or hymn that draws your soul near to God. Or create a playlist of songs or music that fills your heart with worship and awe. Sing it aloud or let it play as you rest. Allow praise to fill your home with peace. Be unhurried. Let your heart be open to the Spirit.

Walking with the word

Take a slow walk while repeating a verse that has spoken to you. Let its words move through your steps. Notice what phrase lingers and what peace follows.

Deepen your understanding of the sabbath on page 53.



1 May

1 Samuel 3:1-10

¹ The boy Samuel ministered before the Lord under Eli. In those days the word of the Lord was rare; there were not many visions.

² One night Eli, whose eyes were becoming so weak that he could barely see, was lying down in his usual place. ³ 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. ⁴ Then the Lord called Samuel.

Samuel answered, "Here I am." ⁵ 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.

⁶ 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."

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

⁸ A third time the Lord called, "Samuel!" And Samuel got up and went to Eli and said, "Here I am; you called me." Then Eli realized that the Lord was calling the boy. ⁹ 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.

1 May

1 Samuel 3:1-10

¹⁰ The Lord came and stood there, calling as at the other times, "Samuel! Samuel!"

Then Samuel said, "Speak, for your servant is listening."

Reflect: Hearing God begins with availability. Samuel did not yet recognise the Lord's voice, but he responded with readiness. It often takes time and community to learn discernment. Even the call of God can sound like something familiar at first. When we respond, "Speak, Lord, for Your servant is listening," we position our hearts to receive revelation. The Spirit is still calling, often softly, to those willing to listen.

Celebratory Activity: Find a quiet space today and repeat, "*Speak, Lord, I am listening.*"

Wait in silence for a few minutes without trying to fill the space.

Prayer: Lord, we remember. You led us, provided for us, and carried us, from living rooms to nations, from a handful of people to generations worshipping together. Forgive us when we forget Your faithfulness. Today, we look back with gratitude and ahead with trust. Continue to write Your story through us. Amen.

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

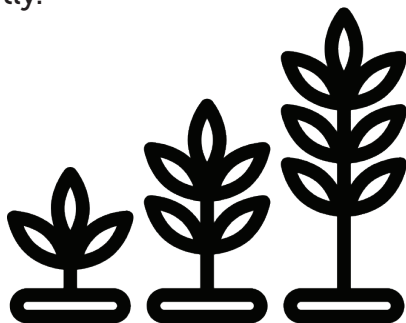
Where were you stuck, tempted, or tired?

Next Step

Name one small, specific step for the coming week.

End

Pray for each other, silently.



2 May

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 51.



3 May

Sunday: Arrive Ready

Romans 12:1

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship.

Pray

Lord, we offer ourselves to You — our minds, our hands, our voices, our service. Take our lives as living sacrifices. Let our worship be more than songs; let it be surrender. Amen.

Posture

Before serving or worshipping, pray: *"God, I give You myself today."*

Do one act of service unseen and unrecognised — as an offering to God.



¹ And the word of Samuel came to all Israel.

Now Israel went out to battle against the Philistines. They encamped at Ebenezer, and the Philistines encamped at Aphek. ² The Philistines drew up in line against Israel, and when the battle spread, Israel was defeated before the Philistines, who killed about four thousand men on the field of battle. ³ And when the people came to the camp, the elders of Israel said, "Why has the Lord defeated us today before the Philistines? Let us bring the ark of the covenant of the Lord here from Shiloh, that it may come among us and save us from the power of our enemies." ⁴ So the people sent to Shiloh and brought from there the ark of the covenant of the Lord of hosts, who is enthroned on the cherubim. And the two sons of Eli, Hophni and Phinehas, were there with the ark of the covenant of God.

⁵ As soon as the ark of the covenant of the Lord came into the camp, all Israel gave a mighty shout, so that the earth resounded. ⁶ And when the Philistines heard the noise of the shouting, they said, "What does this great shouting in the camp of the Hebrews mean?" And when they learned that the ark of the Lord had come to the camp, ⁷ the Philistines were afraid, for they said, "A god has come into the camp." And they said, "Woe to us! For nothing like this has happened before. ⁸ Woe to us! Who can deliver us from the power of these mighty gods? These are the gods who struck the Egyptians with every sort of plague in the wilderness. ⁹ Take courage, and be men, O Philistines, lest you become slaves to the Hebrews as they have been to you; be men and fight."

4 May

1 Samuel 4:1-11

¹⁰ So the Philistines fought, and Israel was defeated, and they fled, every man to his home. And there was a very great slaughter, for thirty thousand foot soldiers of Israel fell. ¹¹ And the ark of God was captured, and the two sons of Eli, Hophni and Phinehas, died.

Reflect: Israel didn't lose because God was absent. They lost because they had reduced God to a symbol. God was something to carry into battle rather than Someone to walk with in daily life. It is easy, even in a church that loves God, for faith to become ritual and relationship to become religion. As we celebrate 40 years, this passage is a loving warning: don't lose the presence in pursuit of the form.

Celebratory Activity: Reflect on one area of your faith that may have become more routine than a relationship. Bring it honestly before God today. Then thank Him for the times in FGA's story when His presence was undeniably real and ask Him to make it so again.

Prayer: Lord, forgive us when we carry Your name without carrying Your heart. We don't want the symbol, we want You. Be present with us, not just in our gatherings, but in our daily surrender. Amen.

5 May

1 Samuel 5:1-4

¹ When the Philistines captured the ark of God, they brought it from Ebenezer to Ashdod. ² Then the Philistines took the ark of God and brought it into the house of Dagon and set it up beside Dagon. ³ And when the people of Ashdod rose early the next day, behold, Dagon had fallen face downward on the ground before the ark of the Lord. So they took Dagon and put him back in his place. ⁴ But when they rose early on the next morning, behold, Dagon had fallen face downward on the ground before the ark of the Lord, and the head of Dagon and both his hands were lying cut off on the threshold. Only the trunk of Dagon was left to him.

Reflect: The Philistines thought they had captured God's glory. But overnight, their greatest idol fell before the ark, twice. No one pushed it. No one planned it. The Lord simply made His presence known. FGA has seen this too: moments when God moved, and no one could take the credit, when the atmosphere shifted in worship, when what seemed impossible quietly became a testimony. God's glory cannot be contained or controlled. It can only be welcomed.

Celebratory Activity: Find and listen to a worship song that has marked your faith journey or this church's story. Share it with one person today and tell them briefly why it matters to you.

Prayer: Lord, You are supreme over every false thing that competes for first place in our lives. May Your presence be so real among us that every idol falls, not by our effort, but by Your glory. Amen.

6 May

1 Samuel 6:12-15

¹² And the cows went straight in the direction of Beth-shemesh along one highway, lowing as they went. They turned neither to the right nor to the left, and the lords of the Philistines went after them as far as the border of Beth-shemesh. ¹³ Now the people of Beth-shemesh were reaping their wheat harvest in the valley. And when they lifted up their eyes and saw the ark, they rejoiced to see it. ¹⁴ The cart came into the field of Joshua of Beth-shemesh and stopped there. A great stone was there. And they split up the wood of the cart and offered the cows as a burnt offering to the Lord. ¹⁵ And the Levites took down the ark of the Lord and the box that was beside it, in which were the golden figures, and set them upon the great stone. And the men of Beth-shemesh offered burnt offerings and sacrificed sacrifices on that day to the Lord.

Reflect: When the ark came home, the people of Beth-shemesh stopped their harvest and broke into spontaneous worship. They didn't plan it. They just saw what God had done, and they responded. Some of the most sacred moments in FGA's 40 years have been exactly like this: unrehearsed, unhurried, and unmistakably God. The return of presence always calls for celebration.

Celebratory Activity: Prepare or share a simple meal with someone (a neighbour, a friend, a fellow church partner) as a small feast of thanksgiving. As you eat, share one story of what God has done. Let the table become an altar.

Prayer: God of returning glory, thank You for every moment You came back to us, after dry seasons, after hard years, after times we wandered. You always found your way back to your people. We celebrate You today. Amen.

7 May

1 Samuel 7:3-6

³ And Samuel said to all the house of Israel, "If you are returning to the Lord with all your heart, then put away the foreign gods and the Ashtaroath from among you and direct your heart to the Lord and serve him only, and he will deliver you out of the hand of the Philistines." ⁴ So the people of Israel put away the Baals and the Ashtaroath, and they served the Lord only.

⁵ Then Samuel said, "Gather all Israel at Mizpah, and I will pray to the Lord for you." ⁶ So they gathered at Mizpah and drew water and poured it out before the Lord and fasted on that day and said there, "We have sinned against the Lord." And Samuel judged the people of Israel at Mizpah.

Reflect: Before the victory came the return. Samuel called Israel not to fight, but to first deal with what had quietly taken God's place in their hearts. There is something deeply honest about this passage: renewal always begins with laying something down. As FGA marks 40 years, this is not just a time to celebrate what has been. It is a threshold to something new. And new things begin with cleared ground.

Celebratory Activity: Ask the Spirit to show you one thing (a habit, an attitude, a distraction) that has quietly taken first place. Write it down. Surrender it to God today as an act of preparation for what is ahead.

Prayer: Lord, we return to You with our whole hearts. Forgive us for the things we have let crowd You out. Clear the ground in us. We want to enter the next season clean, surrendered, and ready for what You desire to do. Amen.

8 May

1 Samuel 7:10-12

¹⁰ As Samuel was offering up the burnt offering, the Philistines drew near to attack Israel. But the Lord thundered with a mighty sound that day against the Philistines and threw them into confusion, and they were defeated before Israel. ¹¹ And the men of Israel went out from Mizpah and pursued the Philistines and struck them, as far as below Beth-car.

¹² Then Samuel took a stone and set it up between Mizpah and Shen and called its name Ebenezer; for he said, "Till now the Lord has helped us."

Reflect: Samuel set up a stone and named it Ebenezer, meaning "Thus far the Lord has helped us." It was a physical, public act of memory. The stone said: *we were here, God moved, and we will not forget.* Every church that has walked with God through 40 years has its Ebenezers — moments so unmistakably His that forgetting them would be unfaithfulness. Today, we raise our own stone.

Celebratory Activity: Write down 3-5 specific ways God has helped you or this church over the years. If you can, share one of your Ebenezer stories with a younger believer this week. Prayerfully ask God for someone who needs to know that God has always been faithful here, and share with them a story of God's faithfulness.

Prayer: Lord of every Ebenezer, thank You for every moment of breakthrough, provision, healing, and rescue. We set up our stone today and say: thus far, You have helped us. And we trust You for all that is still ahead. Amen.

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.

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Gratitude

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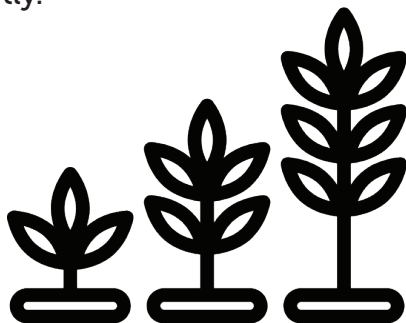
Where were you stuck, tempted, or tired?

Next Step

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End

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9 May

Examen: Saturday Review

Presence

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Emotions

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Pray

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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 51.



10 May

Sunday: Arrive Ready

Malachi 1:6

A son honors his father, and a servant his master. If then I am a father, where is my honor? And if I am a master, where is my fear? says the Lord of hosts to you, O priests, who despise my name. But you say, 'How have we despised your name?'

Pray

Father, forgive us when we offer You leftovers. You are worthy of honour. Help us bring You our best — our focus, our worship, our service, our hearts. Amen.

Posture

Prepare before arriving — spiritually and practically. Offer God your best focus, effort, and attention in worship and service.



11 May

1 Samuel 9:15-21

¹⁵ Now the day before Saul came, the Lord had revealed to Samuel: ¹⁶ "Tomorrow about this time I will send to you a man from the land of Benjamin, and you shall anoint him to be prince over my people Israel. He shall save my people from the hand of the Philistines. For I have seen my people, because their cry has come to me." ¹⁷ When Samuel saw Saul, the Lord told him, "Here is the man of whom I spoke to you! He it is who shall restrain my people." ¹⁸ Then Saul approached Samuel in the gate and said, "Tell me where is the house of the seer?" ¹⁹ Samuel answered Saul, "I am the seer. Go up before me to the high place, for today you shall eat with me, and in the morning I will let you go and will tell you all that is on your mind." ²⁰ As for your donkeys that were lost three days ago, do not set your mind on them, for they have been found. And for whom is all that is desirable in Israel? Is it not for you and for all your father's house?" ²¹ Saul answered, "Am I not a Benjaminite, from the least of the tribes of Israel? And is not my clan the humblest of all the clans of the tribe of Benjamin? Why then have you spoken to me in this way?"

11

May

Reflect: God had been preparing Samuel for this moment before Saul even arrived. The call came quietly, ahead of schedule, through an ordinary encounter. FGA has been shaped by moments exactly like this. God whispering a name into a leader's heart before anyone else knew, raising up the unlikely and the overlooked. Every person in this church is here by invitation, not accident.

Celebratory Activity: Reach out to someone in FGA who has quietly and faithfully served (a volunteer, a greeter, a LifeGroup leader, a cleaner) and tell them specifically what their service has meant to you. Name it. Make it personal.

Prayer: Lord, You saw Saul before Samuel did. You see every person in this church. You notice their gifts, their callings, their potential. Thank you for placing us here on purpose. Help us see one another the way You do. Amen.

⁶ Then the Spirit of the Lord will rush upon you, and you will prophesy with them and be turned into another man. ⁷ Now when these signs meet you, do what your hand finds to do, for God is with you.

⁸ Then go down before me to Gilgal. And behold, I am coming down to you to offer burnt offerings and to sacrifice peace offerings. Seven days you shall wait, until I come to you and show you what you shall do.”

⁹ When he turned his back to leave Samuel, God gave him another heart. And all these signs came to pass that day.

Reflect: The most remarkable thing God did for Saul was not the anointing or the prophecy. It was the gift of a new heart. Before Saul could lead, he had to be changed. This is still how God works. FGA has been shaped not by the strength of its people, but by the Spirit’s quiet work of transformation, turning ordinary people into those who carry His presence. As we step into a new chapter, this is the prayer: *do it again, Lord.*

Celebratory Activity: Ask God to renew your heart for the church’s next chapter. Then write a one-sentence prayer for FGA’s future and share it with one other church partner today, by text, in person, or in your LifeGroup.

Prayer: Spirit of God, You gave Saul another heart for a new calling. Give us new hearts, too. Let our hearts be softened, surrendered, and ready for whatever You are about to do. We do not want to go forward in our own strength. We want Yours. Amen.

13 May

1 Samuel 13:8-14

⁸ He waited seven days, the time appointed by Samuel. But Samuel did not come to Gilgal, and the people were scattering from him. ⁹ So Saul said, "Bring the burnt offering here to me, and the peace offerings." And he offered the burnt offering. ¹⁰ As soon as he had finished offering the burnt offering, behold, Samuel came. And Saul went out to meet him and greet him. ¹¹ Samuel said, "What have you done?" And Saul said, "When I saw that the people were scattering from me, and that you did not come within the days appointed, and that the Philistines had mustered at Michmash, ¹² I said, 'Now the Philistines will come down against me at Gilgal, and I have not sought the favor of the Lord.' So I forced myself, and offered the burnt offering." ¹³ And Samuel said to Saul, "You have done foolishly. You have not kept the command of the Lord your God, with which he commanded you. For then the Lord would have established your kingdom over Israel forever. ¹⁴ But now your kingdom shall not continue. The Lord has sought out a man after his own heart, and the Lord has commanded him to be prince over his people, because you have not kept what the Lord commanded you."

13

May

Reflect: Saul acted out of fear, not faith. He did what seemed logical, and it cost him everything. FGA has had its own moments of pressure: seasons when the temptation was to move faster than God's pace. The invitation of this passage is not to judge Saul, but to examine ourselves. God's timing is not always comfortable. But it is always right.

Celebratory Activity: Reflect on one area (personally or as a church) where the temptation is to move ahead of God's pace. Surrender it in prayer today. Choose to wait well. Then thank God for a specific time in FGA's story when His delay turned out to be His wisdom.

Prayer: Lord, forgive us when we take matters into our own hands because waiting feels like losing. Help us trust Your timing more than our own urgency. Amen.

Ascension

From My Heart To Yours

The Ascension is one of the most underappreciated moments in the entire Christian story. We celebrate Christmas with carols and Easter with full churches, but Ascension slips past most of us quietly, almost unnoticed.

Yet the disciples who watched Jesus rise into the cloud on the Mount of Olives understood that something world-altering had just happened. This was not a departure. This was a coronation.

As the disciples watched, two heavenly messengers assured them that He would one day return in the very same way (Acts 1:9-11), but in that moment, the one who had been crucified outside the city walls was being enthroned above every power and authority in heaven and on earth. By ascending to sit at God's right hand, Jesus completed both His redemptive work and His earthly ministry in human form,¹ and He now reigns with the titles "Lord" and "Messiah," worthy of worship alongside the Father.² Heaven and earth were never the same again.

But the Ascension is also the reason we are not alone. Before Jesus ascended, He promised that the Holy Spirit would come. The Spirit could not be poured out in this new way until Jesus had gone, not because God's presence was limited, but because the Ascension opened something new. Through the Spirit, the exalted Christ exercises His rule and reign, empowering believers to extend God's kingdom to the ends of the earth,² without geographical boundaries, without limits of culture, language, or generation.

Ascension

And Jesus is not absent simply because He is no longer physically visible. From heaven, He can appear and act on earth, as He did when He appeared to Saul on the Damascus road. He orchestrates events among His people. He is not far. He is closer than breath, present through His Spirit in ways He could not be while walking the roads of Galilee. His going was not a loss. It was the condition of His universal nearness.

And the Ascension carries one more gift: it gives us a future. Because Jesus is in heaven, He welcomes His people there, having received universal jurisdiction as the Son of Man and fulfilled the vision of Daniel 7:13.² When He returns, cosmic renewal, restoration, and judgment will follow.² The angels at the Mount of Olives said it plainly: “This same Jesus will come back in the same way you have seen him go” (Acts 1:11). This means history is not drifting. It is moving toward a moment.

The Ascension anchors our hope not in optimism about human progress, but in the certainty that the one who reigns has promised to return and make all things new. For a church marking 40 years, this is the deepest foundation of all. We do not celebrate merely what God has done. We celebrate what He is still doing and what He has promised to complete. The King is on the throne, His Spirit is among us, and the best is still to come.

¹ Paul E. Engle, *When God Draws Near: Exploring Worship from Seven Summits* (Phillipsburg, NJ: P&R Publishing, 2019), 177–178.

² S. Walton, “Ascension of Jesus,” in *Dictionary of Jesus and the Gospels*, Second Edition, ed. Joel B. Green, Jeannine K. Brown, and Nicholas Perrin (Downers Grove, IL: IVP Academic, 2013), 60–61

³⁶ Then Saul said, "Let us go down after the Philistines by night and plunder them until the morning light; let us not leave a man of them." And they said, "Do whatever seems good to you." But the priest said, "Let us draw near to God here."³⁷ And Saul inquired of God, "Shall I go down after the Philistines? Will you give them into the hand of Israel?" But he did not answer him that day.³⁸ And Saul said, "Come here, all you leaders of the people, and know and see how this sin has arisen today."³⁹ For as the Lord lives who saves Israel, though it be in Jonathan my son, he shall surely die." But there was not a man among all the people who answered him.⁴⁰ Then he said to all Israel, "You shall be on one side, and I and Jonathan my son will be on the other side." And the people said to Saul, "Do what seems good to you."⁴¹ Therefore Saul said, "O Lord God of Israel, why have you not answered your servant this day? If this guilt is in me or in Jonathan my son, O Lord, God of Israel, give Urim. But if this guilt is in your people Israel, give Thummim." And Jonathan and Saul were taken, but the people escaped.⁴² Then Saul said, "Cast the lot between me and my son Jonathan." And Jonathan was taken.

⁴³ Then Saul said to Jonathan, "Tell me what you have done." And Jonathan told him, "I tasted a little honey with the tip of the staff that was in my hand. Here I am; I will die."⁴⁴ And Saul said, "God do so to me and more also; you shall surely die, Jonathan."

⁴⁵ Then the people said to Saul, "Shall Jonathan die, who has worked this great salvation in Israel? Far from it! As the Lord lives, there shall not one hair of his head fall to the ground, for he has worked with

14 May

1 Samuel 14:36-45

God this day." So the people ransomed Jonathan, so that he did not die.

Reflect: On the day Jesus ascended, He did not leave His disciples without direction. He reminded them of the promise, commissioned them to wait, and then rose, not abandoning them, but positioning them for what was next. Forty years ago, a small group waited on God with nothing but hunger and faith. Today, on Ascension Day, we mark 40 years of answered prayer, and we look up again, believing the same Spirit who started this story is not finished writing it.

Celebratory Activity: Today marks the end of our 40-day Celebration. Gather with at least one or two others from FGA today, or this week (over a meal, coffee, or a video call, even). Each person shares one testimony of God's faithfulness, one prayer for the church's future, and one thing they are believing God for in the next season. Close by raising a glass together and saying together, something similar to this: *"To God be the glory for these 40 years and may God be glorified in these years ahead!"*

Prayer: Lord Jesus, You ascended not to be distant but to fill all things. Fill us again. Fill this church. As we celebrate 40 years, we lift our eyes to You, the Author, the Finisher, the one who began this good work and will carry it through. To You be all glory. Amen.

15 May

1 Samuel 15:22-23

²² "Has the Lord as great delight in burnt offerings and sacrifices,

as in obeying the voice of the Lord?
Behold, to obey is better than sacrifice,
and to listen than the fat of rams.

²³ For rebellion is as the sin of divination,
and presumption is as iniquity and idolatry.
Because you have rejected the word of the Lord,
he has also rejected you from being king."

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 God to show you one area where obedience has been delayed.

Take one concrete step to align with His word today.

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.

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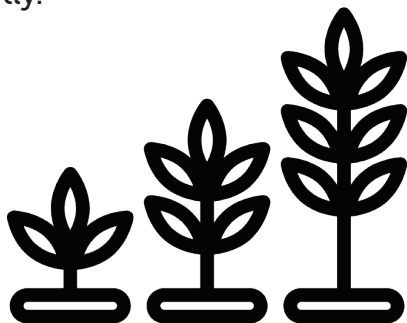
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16 May

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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 51.



17
May

Sunday: Arrive Ready

Psalm 24:3-4

- ³ Who shall ascend the hill of the Lord?
And who shall stand in his holy place?
⁴ He who has clean hands and a pure heart,
who does not lift up his soul to what is false
and does not swear deceitfully.

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.



¹ The Lord said to Samuel, "How long will you grieve over Saul, since I have rejected him from being king over Israel? Fill your horn with oil, and go. I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." ² And Samuel said, "How can I go? If Saul hears it, he will kill me." And the Lord said, "Take a heifer with you and say, 'I have come to sacrifice to the Lord.'" ³ And invite Jesse to the sacrifice, and I will show you what you shall do. And you shall anoint for me him whom I declare to you." ⁴ Samuel did what the Lord commanded and came to Bethlehem. The elders of the city came to meet him trembling and said, "Do you come peaceably?" ⁵ And he said, "Peaceably; I have come to sacrifice to the Lord. Consecrate yourselves, and come with me to the sacrifice." And he consecrated Jesse and his sons and invited them to the sacrifice.

⁶ When they came, he looked on Eliab and thought, "Surely the Lord's anointed is before him." ⁷ But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart." ⁸ Then Jesse called Abinadab and made him pass before Samuel. And he said, "Neither has the Lord chosen this one." ⁹ Then Jesse made Shammah pass by. And he said, "Neither has the Lord chosen this one." ¹⁰ And Jesse made seven of his sons pass before Samuel. And Samuel said to Jesse, "The Lord has not chosen these."

18 May

1 Samuel 16:1-13

¹¹ Then Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but behold, he is keeping the sheep." And Samuel said to Jesse, "Send and get him, for we will not sit down till he comes here." ¹² And he sent and brought him in. Now he was ruddy and had beautiful eyes and was handsome. And the Lord said, "Arise, anoint him, for this is he." ¹³ Then Samuel took the horn of oil and anointed him in the midst of his brothers. And the Spirit of the Lord rushed upon David from that day forward. And Samuel rose up and went to Ramah.

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. Reflect on one area where God may be beginning something new. Pray: "*Spirit, help me see what You see.*"

19 May

1 Samuel 16:14-23

¹⁴ Now the Spirit of the Lord departed from Saul, and a harmful spirit from the Lord tormented him. ¹⁵ And Saul's servants said to him, "Behold now, a harmful spirit from God is tormenting you." ¹⁶ Let our lord now command your servants who are before you to seek out a man who is skillful in playing the lyre, and when the harmful spirit from God is upon you, he will play it, and you will be well." ¹⁷ So Saul said to his servants, "Provide for me a man who can play well and bring him to me." ¹⁸ One of the young men answered, "Behold, I have seen a son of Jesse the Bethlehemite, who is skillful in playing, a man of valor, a man of war, prudent in speech, and a man of good presence, and the Lord is with him." ¹⁹ Therefore Saul sent messengers to Jesse and said, "Send me David your son, who is with the sheep." ²⁰ And Jesse took a donkey laden with bread and a skin of wine and a young goat and sent them by David his son to Saul. ²¹ And David came to Saul and entered his service. And Saul loved him greatly, and he became his armor-bearer. ²² And Saul sent to Jesse, saying, "Let David remain in my service, for he has found favor in my sight." ²³ And whenever the harmful spirit from God was upon Saul, David took the lyre and played it with his hand. So Saul was refreshed and was well, and the harmful spirit departed from him.

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. Serve someone today in a small, unnoticed way. Offer it as worship to God.

⁴⁵ Then David said to the Philistine, "You come to me with a sword and with a spear and with a javelin, but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. ⁴⁶ This day the Lord will deliver you into my hand, and I will strike you down and cut off your head. And I will give the dead bodies of the host of the Philistines this day to the birds of the air and to the wild beasts of the earth, that all the earth may know that there is a God in Israel, ⁴⁷ and that all this assembly may know that the Lord saves not with sword and spear. For the battle is the Lord's, and he will give you into our hand."

⁴⁸ When the Philistine arose and came and drew near to meet David, David ran quickly toward the battle line to meet the Philistine. ⁴⁹ And David put his hand in his bag and took out a stone and slung it and struck the Philistine on his forehead. The stone sank into his forehead, and he fell on his face to the ground.

⁵⁰ So David prevailed over the Philistine with a sling and with a stone, and struck the Philistine and killed him. There was no sword in the hand of 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. Face one small fear today with prayer instead of panic. Say aloud: "*The battle belongs to the Lord.*"

21

May

1 Samuel 18:1-4

¹ As soon as he had finished speaking to Saul, the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul. ² And Saul took him that day and would not let him return to his father's house. ³ Then Jonathan made a covenant with David, because he loved him as his own soul. ⁴ And Jonathan stripped himself of the robe that was on him and gave it to David, and his armor, and even his sword and his bow and his belt.

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 a friend who strengthens your walk with Him. Reach out to encourage that person today.

22 May

1 Samuel 19:9-12

⁹ Then a harmful spirit from the Lord came upon Saul, as he sat in his house with his spear in his hand. And David was playing the lyre. ¹⁰ And Saul sought to pin David to the wall with the spear, but he eluded Saul, so that he struck the spear into the wall. And David fled and escaped that night.

¹¹ Saul sent messengers to David's house to watch him, that he might kill him in the morning. But Michal, David's wife, told him, "If you do not escape with your life tonight, tomorrow you will be killed."

¹² So Michal let David down through the window, and he fled away and escaped.

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?"*

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

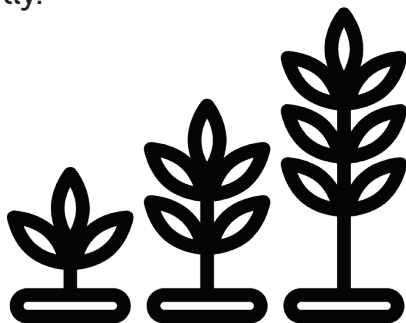
Where were you stuck, tempted, or tired?

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 51.



Pentecost Sunday

From My Heart To Yours

Pentecost Sunday falls fifty days after Easter, and in the Jewish calendar, it was already a significant feast. It was a celebration of the wheat harvest and, by the first century, a commemoration of the giving of the Law at Sinai.

But on one particular Pentecost, something happened that changed the meaning of the day forever. One hundred and twenty disciples were gathered in Jerusalem, waiting as Jesus had instructed, when suddenly the room filled with the sound of a rushing wind, tongues of fire rested on each of them, and they began to speak in languages they had never learned (Acts 2:1-4).

This was the fulfilment of Jesus' promise that His followers would receive power when the Holy Spirit came upon them, to serve as His witnesses to the ends of the earth (Acts 1:4-8).

Critically, the Spirit did not descend on isolated individuals but on the gathered community as a whole, emphasising corporate blessing and empowerment over private experience.¹ The city heard it. Crowds gathered. And Peter, the man who had denied Jesus three times just weeks earlier, stood up and preached with a clarity and courage that could only be explained by one thing: the Holy Spirit had come.

What happened at Pentecost was not simply an emotional outpouring. It was the birth of the church and the inauguration of a new era in God's relationship with humanity. The Spirit's first tangible sign was language.

Pentecost Sunday

The disciples proclaimed the mighty works of God in the native tongues of Jewish visitors from across the diaspora (Acts 2:5-11).² This was deliberate. The Spirit's purpose was never centred on the speakers themselves but on their witness to the world.¹

From its very first moment, the Spirit-filled church was oriented outward, toward the other, toward the stranger who needed to hear good news in a language they could understand. And this outpouring was the direct fruit of the Ascension.

The exalted Jesus, now seated at the Father's right hand, had received the promised Holy Spirit and poured Him out on His people (Acts 2:33), fulfilling what the prophet Joel had declared centuries before (Joel 2:28-29). Pentecost is therefore not separate from the Ascension. It is its overflow.

For believers today, Pentecost establishes several enduring realities. The event democratized the Spirit's presence, making it available to all believers rather than only select individuals as in the Old Testament.² Those who possess God's Spirit belong to Christ, their lives animated by His presence (Romans 8:9-11).

Believers are sealed by the promised Holy Spirit, who guarantees their inheritance (Ephesians 1:13-14). And to the extent that believers manifest the Spirit's grace through their words and actions, they become visible expressions of an encounter with God himself.²

Pentecost Sunday

The same Spirit who inspired the biblical text continues to illuminate its meaning for readers today, enabling us to bridge cultural and historical distance through shared experience with the living God.³

Pentecost is not a past event to be remembered at a distance. It is a present reality to be received, again and again, by all who ask.

We are resurrection people living in a Good Friday world. The church was born in fire. And the fire is still burning today!

¹ Richard P. Thompson, *Acts: A Commentary in the Wesleyan Tradition*, ed. Alex Varughese, Roger Hahn, and George Lyons, *New Beacon Bible Commentary* (Kansas City: Beacon Hill Press of Kansas City, 2015), 76–77.

² Mbanyane Mhango, *Manifesting the Spirit: Believers as Sacraments* (Eugene, Oregon: Resource Publications, 2021).

³ French L. Arrington, *Christian Doctrine: A Pentecostal Perspective, Volume One*, *Christian Doctrine: A Pentecostal Perspective* (Pathway Press, 1992), 76–77.

24 May

Sunday: Arrive Ready

Matthew 5:6

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

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.



¹ Then David came to Nob, to Ahimelech the priest. And Ahimelech came to meet David, trembling, and said to him, "Why are you alone, and no one with you?" ² And David said to Ahimelech the priest, "The king has charged me with a matter and said to me, 'Let no one know anything of the matter about which I send you, and with which I have charged you.' I have made an appointment with the young men for such and such a place." ³ Now then, what do you have on hand? Give me five loaves of bread, or whatever is here." ⁴ And the priest answered David, "I have no common bread on hand, but there is holy bread—if the young men have kept themselves from women." ⁵ And David answered the priest, "Truly women have been kept from us as always when I go on an expedition. The vessels of the young men are holy even when it is an ordinary journey. How much more today will their vessels be holy?" ⁶ So the priest gave him the holy bread, for there was no bread there but the bread of the Presence, which is removed from before the Lord, to be replaced by hot bread on the day it is taken away.

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 feed your soul today through Scripture or silence. Thank Him for small provisions that remind you He is near.

26

May

1 Samuel 22:1-2

¹ David departed from there and escaped to the cave of Adullam. And when his brothers and all his father's house heard it, they went down there to him. ² And everyone who was in distress, and everyone who was in debt, and everyone who was bitter in soul, gathered to him. And he became commander over them. And there were with him about four hundred men.

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. Reflect on someone who has walked with you through hardship. Pray: *"Spirit, make me a friend to the weary and the waiting."*

¹ Now they told David, "Behold, the Philistines are fighting against Keilah and are robbing the threshing floors." ² Therefore David inquired of the Lord, "Shall I go and attack these Philistines?" And the Lord said to David, "Go and attack the Philistines and save Keilah." ³ But David's men said to him, "Behold, we are afraid here in Judah; how much more then if we go to Keilah against the armies of the Philistines?" ⁴ Then David inquired of the Lord again. And the Lord answered him, "Arise, go down to Keilah, for I will give the Philistines into your hand."

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 about one decision you're facing today. Write what you sense, then wait for confirmation in Scripture or peace.

28

May

1 Samuel 23:15-18

¹⁵ David saw that Saul had come out to seek his life. David was in the wilderness of Ziph at Horesh. ¹⁶ And Jonathan, Saul's son, rose and went to David at Horesh, and strengthened his hand in God. ¹⁷ And he said to him, "Do not fear, for the hand of Saul my father shall not find you. You shall be king over Israel, and I shall be next to you. Saul my father also knows this." ¹⁸ And the two of them made a covenant before the Lord. David remained at Horesh, and Jonathan went home.

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. Encourage someone today with a word that strengthens their faith. Pray: "*Spirit, make me a voice of courage for another.*"

29 May

1 Samuel 24:4-6

⁴ And the men of David said to him, "Here is the day of which the Lord said to you, 'Behold, I will give your enemy into your hand, and you shall do to him as it shall seem good to you.'" Then David arose and stealthily cut off a corner of Saul's robe. ⁵ And afterward David's heart struck him, because he had cut off a corner of Saul's robe. ⁶ He said to his men, "The Lord forbid that I should do this thing to my lord, the Lord's anointed, to put out my hand against him, seeing he is the Lord's anointed."

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 acting on an opportunity, pause and pray: "*Spirit, is this Your timing?*" Wait for His peace, not pressure, before moving forward.

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

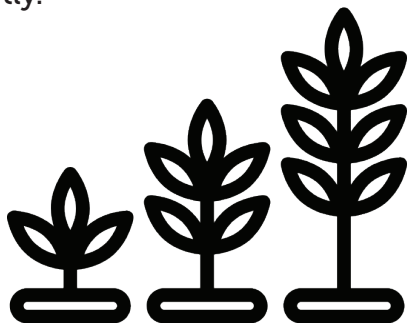
Where were you stuck, tempted, or tired?

Next Step

Name one small, specific step for the coming week.

End

Pray for each other, silently.



30 May

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 51.



31 May

Sunday: Arrive Ready

Psalm 100:4-5

- ⁴ Enter his gates with thanksgiving,
and his courts with praise!
Give thanks to him; bless his name!
- ⁵ For the Lord is good;
his steadfast love endures forever,
and his faithfulness to all generations.

Pray

Lord, thank You for Your goodness and faithfulness. As we come to Your house, fill our hearts with gratitude. Teach us to serve and worship with joy. Amen.

Posture

List three things you are thankful to God for before you step into church.

Thank someone who serves — by name, sincerely.

thankful
→ & →
grateful

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)

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 May 2026