

JUNE 2026

5 + 2

**FIVE AND TWO
DEVOTIONAL AND SABBATH**



6
JUN

Hello!

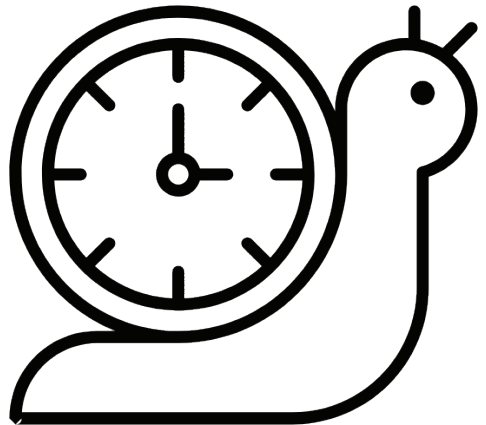
Everyone Takes A Step

Hi there! We're so grateful you're here as we step into a new month together. As we venture into a new month, let this booklet be more than just a booklet. The 5+2 Devotion is an invitation to grow into a more intimate relationship with God through scripture, fellowship, stillness, and prayer.

As you read, let the Holy Spirit encourage you, strengthen you, and guide you—so you can also be a blessing to those who may be walking through their own challenges.

The Bible is not hurried, and it's not rushed. So take your time with each passage.

Read slowly. Listen carefully. Look for what the Spirit might be whispering to your heart that day. When we sit in stillness, we invite the Holy Spirit into our hearts to speak to us, influence us, and transform us.



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 40.

Sabbath Twice A Month

Pause from work to rest in God. *Deepen your understanding of the sabbath on page 42.*

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.

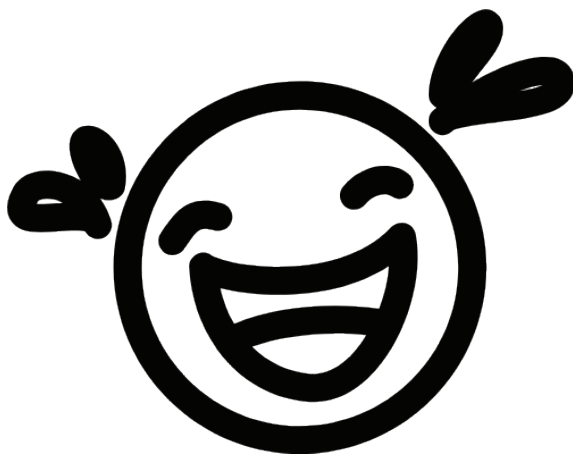
Play and Laugh

Do something fun this week. It could be to play a game, bake, dance, or enjoy a hobby. Let laughter remind you that joy is part of God's holiness.

Mercy in Motion

Reach out to someone in need. Offer prayer, company, or a small act of kindness. As you serve, let compassion become your way of resting in God's heart.

Deepen your understanding of the sabbath on page 42.



1 Jun

1 Samuel 25:2-8

² And there was a man in Maon whose business was in Carmel. The man was very rich; he had three thousand sheep and a thousand goats. He was shearing his sheep in Carmel. ³ Now the name of the man was Nabal, and the name of his wife Abigail. The woman was discerning and beautiful, but the man was harsh and badly behaved; he was a Calebite. ⁴ David heard in the wilderness that Nabal was shearing his sheep. ⁵ So David sent ten young men. And David said to the young men, "Go up to Carmel, and go to Nabal and greet him in my name. ⁶ And thus you shall greet him: 'Peace be to you, and peace be to your house, and peace be to all that you have.' ⁷ I hear that you have shearers. Now your shepherds have been with us, and we did them no harm, and they missed nothing all the time they were in Carmel. ⁸ Ask your young men, and they will tell you. Therefore let my young men find favor in your eyes, for we come on a feast day. Please give whatever you have at hand to your servants and to your son 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 replying to a difficult message today, pause and pray. Ask: "*Spirit, help me respond from Your peace, not my pride.*"

2 Jun

1 Samuel 25:23-26

²³ When Abigail saw David, she hurried and got down from the donkey and fell before David on her face and bowed to the ground. ²⁴ She fell at his feet and said, "On me alone, my lord, be the guilt. Please let your servant speak in your ears, and hear the words of your servant. ²⁵ Let not my lord regard this worthless fellow, Nabal, for as his name is, so is he. Nabal is his name, and folly is with him. But I your servant did not see the young men of my lord, whom you sent. ²⁶ Now then, my lord, as the Lord lives, and as your soul lives, because the Lord has restrained you from bloodguilt and from saving with your own hand, now then let your enemies and those who seek to do evil to my lord be as Nabal.

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 a time someone's words kept you from making a wrong choice. Thank God for people who speak truth in love.

⁷ So David and Abishai went to the army by night. And there lay Saul sleeping within the encampment, with his spear stuck in the ground at his head, and Abner and the army lay around him. ⁸ Then Abishai said to David, "God has given your enemy into your hand this day. Now please let me pin him to the earth with one stroke of the spear, and I will not strike him twice." ⁹ But David said to Abishai, "Do not destroy him, for who can put out his hand against the Lord's anointed and be guiltless?" ¹⁰ And David said, "As the Lord lives, the Lord will strike him, or his day will come to die, or he will go down into battle and perish. ¹¹ The Lord forbid that I should put out my hand against the Lord's anointed. But take now the spear that is at his head and the jar of water, and let us go."

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 prove yourself, pause and ask: *"Spirit, what honours You most right now?"*

Wait for peace before you proceed.

4 Jun

1 Samuel 27:1-4

¹ Then David said in his heart, "Now I shall perish one day by the hand of Saul. There is nothing better for me than that I should escape to the land of the Philistines. Then Saul will despair of seeking me any longer within the borders of Israel, and I shall escape out of his hand." ² So David arose and went over, he and the six hundred men who were with him, to Achish the son of Maoch, king of Gath. ³ And David lived with Achish at Gath, he and his men, every man with his household, and David with his two wives, Ahinoam of Jezreel, and Abigail of Carmel, Nabal's widow. ⁴ And when it was told Saul that David had fled to Gath, he no longer sought 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. Tell God how you honestly feel about a current situation. Pray: "*Spirit, meet me even in my weakness.*"

1 Samuel 30:3-8

³ And when David and his men came to the city, they found it burned with fire, and their wives and sons and daughters taken captive. ⁴ Then David and the people who were with him raised their voices and wept until they had no more strength to weep.

⁵ David's two wives also had been taken captive, Ahinoam of Jezreel and Abigail the widow of Nabal of Carmel. ⁶ And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened himself in the Lord his God.

⁷ And David said to Abiathar the priest, the son of Ahimelech, "Bring me the ephod." So Abiathar brought the ephod to David. ⁸ And David inquired of the Lord, "Shall I pursue after this band? Shall I overtake them?" He answered him, "Pursue, for you shall surely overtake and shall surely rescue."

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. In a difficult situation, pause and pray: *"Spirit, renew my strength in You."*

Wait for His reassurance before taking action.

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

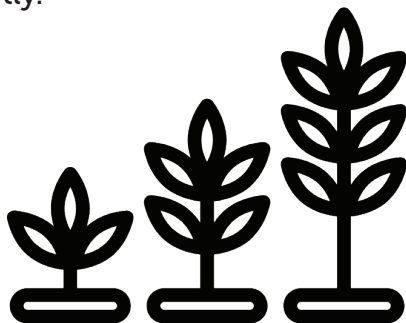
Where were you stuck, tempted, or tired?

Next Step

Name one small, specific step for the coming week.

End

Pray for each other, silently.



6 Jun

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 40.



7 Jun

Sunday: Arrive Ready

Hebrews 10:24-25

²⁴ And let us consider how to stir up one another to love and good works, ²⁵ not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

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.



8 Jun

Acts 9:1-9

¹ But Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest ² and asked him for letters to the synagogues at Damascus, so that if he found any belonging to the Way, men or women, he might bring them bound to Jerusalem. ³ Now as he went on his way, he approached Damascus, and suddenly a light from heaven shone around him. ⁴ And falling to the ground, he heard a voice saying to him, "Saul, Saul, why are you persecuting me?" ⁵ And he said, "Who are you, Lord?" And he said, "I am Jesus, whom you are persecuting. ⁶ But rise and enter the city, and you will be told what you are to do." ⁷ The men who were traveling with him stood speechless, hearing the voice but seeing no one. ⁸ Saul rose from the ground, and although his eyes were opened, he saw nothing. So they led him by the hand and brought him into Damascus. ⁹ And for three days he was without sight, and neither ate nor drank.

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 where God may be interrupting your plans. Pray: "*Lord, open my eyes to see You clearly.*"

¹⁰ Now there was a disciple at Damascus named Ananias. The Lord said to him in a vision, "Ananias." And he said, "Here I am, Lord." ¹¹ And the Lord said to him, "Rise and go to the street called Straight, and at the house of Judas look for a man of Tarsus named Saul, for behold, he is praying, ¹² and he has seen in a vision a man named Ananias come in and lay his hands on him so that he might regain his sight." ¹³ But Ananias answered, "Lord, I have heard from many about this man, how much evil he has done to your saints at Jerusalem. ¹⁴ And here he has authority from the chief priests to bind all who call on your name." ¹⁵ But the Lord said to him, "Go, for he is a chosen instrument of mine to carry my name before the Gentiles and kings and the children of Israel. ¹⁶ For I will show him how much he must suffer for the sake of my name." ¹⁷ So Ananias departed and entered the house. And laying his hands on him he said, "Brother Saul, the Lord Jesus who appeared to you on the road by which you came has sent me so that you may regain your sight and be filled with the Holy Spirit." ¹⁸ And immediately something like scales fell from his eyes, and he regained his sight. Then he rose and was baptized; ¹⁹ and taking food, he was strengthened.

For some days he was with the disciples at Damascus.

9

Jun

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 give you a willing heart to obey even in fear. Pray for someone who seems far from faith.

10 Jun

Acts 10:9-16

⁹ The next day, as they were on their journey and approaching the city, Peter went up on the housetop about the sixth hour to pray. ¹⁰ And he became hungry and wanted something to eat, but while they were preparing it, he fell into a trance ¹¹ and saw the heavens opened and something like a great sheet descending, being let down by its four corners upon the earth. ¹² In it were all kinds of animals and reptiles and birds of the air. ¹³ And there came a voice to him: "Rise, Peter; kill and eat." ¹⁴ But Peter said, "By no means, Lord; for I have never eaten anything that is common or unclean." ¹⁵ And the voice came to him again a second time, "What God has made clean, do not call common." ¹⁶ This happened three times, and the thing was taken up at once to heaven.

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 reveal any prejudice or resistance in your heart. Pray: "*Spirit, help me see others as You see them.*"

11 Jun

Acts 10:44-48

⁴⁴ While Peter was still saying these things, the Holy Spirit fell on all who heard the word. ⁴⁵ And the believers from among the circumcised who had come with Peter were amazed, because the gift of the Holy Spirit was poured out even on the Gentiles. ⁴⁶ For they were hearing them speaking in tongues and extolling God. Then Peter declared, ⁴⁷ "Can anyone withhold water for baptizing these people, who have received the Holy Spirit just as we have?" ⁴⁸ And he commanded them to be baptized in the name of Jesus Christ. Then they asked him to remain for some days.

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 someone who has shown you unexpected grace. Pray: *"Spirit, pour Yourself out beyond my expectations."*

¹⁹ Now those who were scattered because of the persecution that arose over Stephen traveled as far as Phoenicia and Cyprus and Antioch, speaking the word to no one except Jews. ²⁰ But there were some of them, men of Cyprus and Cyrene, who on coming to Antioch spoke to the Hellenists also, preaching the Lord Jesus. ²¹ And the hand of the Lord was with them, and a great number who believed turned to the Lord. ²² The report of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch. ²³ When he came and saw the grace of God, he was glad, and he exhorted them all to remain faithful to the Lord with steadfast purpose, ²⁴ for he was a good man, full of the Holy Spirit and of faith. And a great many people were added to the Lord. ²⁵ So Barnabas went to Tarsus to look for Saul, ²⁶ and when he had found him, he brought him to Antioch. For a whole year they met with the church and taught a great many people. And in Antioch the disciples were first called Christians.

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: "Spirit, how can I witness where I am today?" Look for one opportunity to encourage or pray for someone.

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

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Obedience

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

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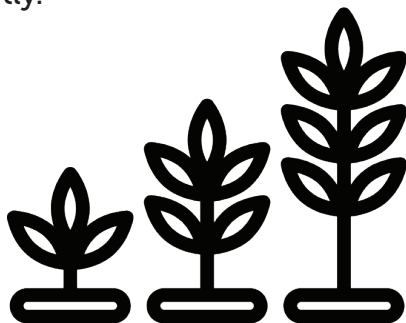
Where were you stuck, tempted, or tired?

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 40.



14 Jun

Sunday: Arrive Ready

Colossians 3:23-24

²³ Whatever you do, work heartily, as for the Lord and not for men, ²⁴ knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

Pray

Jesus, thank You for the privilege of serving You. Purify our motives. Let every task we do — big or small — be done as worship to You. Amen.

Posture

Whisper as you serve: *"This is for You, Lord."* Serve joyfully even if no one sees or says thank you.



¹ Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. ² While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ³ Then after fasting and praying they laid their hands on them and sent them off.

⁴ So, being sent out by the Holy Spirit, they went down to Seleucia, and from there they sailed to Cyprus. ⁵ When they arrived at Salamis, they proclaimed the word of God in the synagogues of the Jews. And they had John to assist them.

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 with someone this week for clarity about what God is doing in your lives.

Ask the Spirit to make your team, group, or family more attentive to His direction.

⁴⁴ The next Sabbath almost the whole city gathered to hear the word of the Lord. ⁴⁵ But when the Jews saw the crowds, they were filled with jealousy and began to contradict what was spoken by Paul, reviling him. ⁴⁶ And Paul and Barnabas spoke out boldly, saying, "It was necessary that the word of God be spoken first to you. Since you thrust it aside and judge yourselves unworthy of eternal life, behold, we are turning to the Gentiles. ⁴⁷ For so the Lord has commanded us, saying,

"I have made you a light for the Gentiles,
that you may bring salvation to the ends of the earth."

⁴⁸ And when the Gentiles heard this, they began rejoicing and glorifying the word of the Lord, and as many as were appointed to eternal life believed. ⁴⁹ And the word of the Lord was spreading throughout the whole region. ⁵⁰ But the Jews incited the devout women of high standing and the leading men of the city, stirred up persecution against Paul and Barnabas, and drove them out of their district. ⁵¹ But they shook off the dust from their feet against them and went to Iconium. ⁵² And the disciples were filled with joy and with the Holy Spirit.

16

Jun

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 your team or LifeGroup today. Remind them of what God has called you to. Pray: *“Spirit, keep our hearts united in joy, not frustration.”*

¹ But some men came down from Judea and were teaching the brothers, "Unless you are circumcised according to the custom of Moses, you cannot be saved." ² And after Paul and Barnabas had no small dissension and debate with them, Paul and Barnabas and some of the others were appointed to go up to Jerusalem to the apostles and the elders about this question. ³ So, being sent on their way by the church, they passed through both Phoenicia and Samaria, describing in detail the conversion of the Gentiles, and brought great joy to all the brothers. ⁴ When they came to Jerusalem, they were welcomed by the church and the apostles and the elders, and they declared all that God had done with them. ⁵ But some believers who belonged to the party of the Pharisees rose up and said, "It is necessary to circumcise them and to order them to keep the law of Moses."

⁶ The apostles and the elders were gathered together to consider this matter.

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. Think of a disagreement you're in. Pray: "Spirit, show me how to approach this with humility."

Choose curiosity over defensiveness in your next conversation.

18 Jun

Acts 15:7-11

⁷ And after there had been much debate, Peter stood up and said to them, “Brothers, you know that in the early days God made a choice among you, that by my mouth the Gentiles should hear the word of the gospel and believe. ⁸ And God, who knows the heart, bore witness to them, by giving them the Holy Spirit just as he did to us, ⁹ and he made no distinction between us and them, having cleansed their hearts by faith. ¹⁰ Now, therefore, why are you putting God to the test by placing a yoke on the neck of the disciples that neither our fathers nor we have been able to bear? ¹¹ But we believe that we will be saved through the grace of the Lord Jesus, just as they will.”

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 a past moment when you saw God at work unexpectedly. Thank Him for the reminder that His grace reaches wider than we imagine.

19 Jun

Acts 15:28-29

²⁸ For it has seemed good to the Holy Spirit and to us to lay on you no greater burden than these requirements: ²⁹ that you abstain from what has been sacrificed to idols, and from blood, and from what has been strangled, and from sexual immorality. If you keep yourselves from these, you will do well. Farewell."

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 faced with a team decision, pause and pray: *"Spirit, what seems good to You and to us?"*

Look for peace as confirmation. Often, being pressured into something may not be indicative of the Spirit's direction.

Weekly Check-in

Buddy/LifeGroup Check-In

Purpose

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Flow

Gratitude

Where did you notice the Spirit this week?

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Barrier

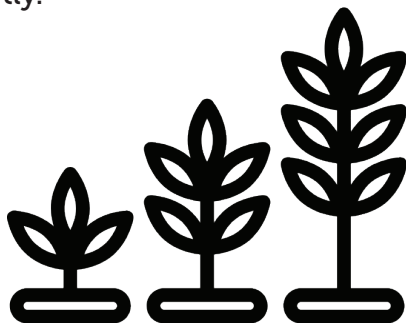
Where were you stuck, tempted, or tired?

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 40.



Sunday: Arrive Ready

Psalm 42:1-2

¹ As a deer pants for flowing streams,
so pants my soul for you, O God.

² My soul thirsts for God,
for the living God.

When shall I come and appear before God?

Pray

Lord, awaken holy thirst in us. We don't want to go through the motions — we want to meet with You. Fill the thirsty. Satisfy our souls with Your presence. Amen.

Posture

Pray on the way to church: *"Lord, I'm thirsty for You."*

During worship, pause and simply breathe — *"I long for You, God."*



⁶ And they went through the region of Phrygia and Galatia, having been forbidden by the Holy Spirit to speak the word in Asia. ⁷ And when they had come up to Mysia, they attempted to go into Bithynia, but the Spirit of Jesus did not allow them. ⁸ So, passing by Mysia, they went down to Troas. ⁹ And a vision appeared to Paul in the night: a man of Macedonia was standing there, urging him and saying, "Come over to Macedonia and help us." ¹⁰ And when Paul had seen the vision, immediately we sought to go on into Macedonia, concluding that God had called us to preach the gospel to them.

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 a recent closed-door. Ask: *"Spirit, what are You redirecting me toward?"*

¹³ And on the Sabbath day we went outside the gate to the riverside, where we supposed there was a place of prayer, and we sat down and spoke to the women who had come together. ¹⁴ One who heard us was a woman named Lydia, from the city of Thyatira, a seller of purple goods, who was a worshiper of God. The Lord opened her heart to pay attention to what was said by Paul. ¹⁵ And after she was baptized, and her household as well, she urged us, saying, "If you have judged me to be faithful to the Lord, come to my house and stay." And she prevailed upon us.

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 attentive to divine appointments today. Pray for one person you can gently speak encouragement or faith to.

²⁵ About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, ²⁶ and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone's bonds were unfastened. ²⁷ When the jailer woke and saw that the prison doors were open, he drew his sword and was about to kill himself, supposing that the prisoners had escaped. ²⁸ But Paul cried with a loud voice, "Do not harm yourself, for we are all here." ²⁹ And the jailer called for lights and rushed in, and trembling with fear he fell down before Paul and Silas. ³⁰ Then he brought them out and said, "Sirs, what must I do to be 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. Turn one complaint into a prayer today. Whisper: *"Even here, You are worthy."*

25
Jun

Acts 18:9-11

⁹ And the Lord said to Paul one night in a vision, “Do not be afraid, but go on speaking and do not be silent, ¹⁰ for I am with you, and no one will attack you to harm you, for I have many in this city who are my people.” ¹¹ And he stayed a year and six months, teaching the word of God among them.

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 tired, pause and breathe: “*You are with me.*” Encourage someone who is persevering quietly in faith.

²⁴ Now a Jew named Apollos, a native of Alexandria, came to Ephesus. He was an eloquent man, competent in the Scriptures. ²⁵ He had been instructed in the way of the Lord. And being fervent in spirit, he spoke and taught accurately the things concerning Jesus, though he knew only the baptism of John. ²⁶ He began to speak boldly in the synagogue, but when Priscilla and Aquila heard him, they took him aside and explained to him the way of God more accurately. ²⁷ And when he wished to cross to Achaia, the brothers encouraged him and wrote to the disciples to welcome him. When he arrived, he greatly helped those who through grace had believed, ²⁸ for he powerfully refuted the Jews in public, showing by the Scriptures that the Christ was Jesus.

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: Are you more eager to teach or to learn this week? Pray: *“Spirit, make me teachable 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.

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

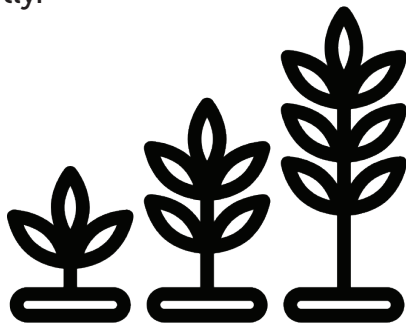
Where were you stuck, tempted, or tired?

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 40.



28 Jun

Sunday: Arrive Ready

1 Peter 5:5-6

⁵ Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble."

⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,

Pray

Lord, clothe us in humility. Strip away pride, comparison, and self-importance. We bow low so that You alone may be lifted high. Amen.

Posture

Pray: *"Jesus, this is Your church. Use me however You want."*

Honour someone else's role or contribution today.



⁸ And he entered the synagogue and for three months spoke boldly, reasoning and persuading them about the kingdom of God. ⁹ But when some became stubborn and continued in unbelief, speaking evil of the Way before the congregation, he withdrew from them and took the disciples with him, reasoning daily in the hall of Tyrannus. ¹⁰ This continued for two years, so that all the residents of Asia heard the word of the Lord, both Jews and Greeks.

¹¹ And God was doing extraordinary miracles by the hands of Paul, ¹² so that even handkerchiefs or aprons that had touched his skin were carried away to the sick, and their diseases left them and the evil spirits came out of them.

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: *“Spirit, use me as Your vessel today.”* Offer a simple act of kindness or prayer for someone in need.

30 Jun

Acts 19:13-17

¹³ Then some of the itinerant Jewish exorcists undertook to invoke the name of the Lord Jesus over those who had evil spirits, saying, "I adjure you by the Jesus whom Paul proclaims." ¹⁴ Seven sons of a Jewish high priest named Sceva were doing this. ¹⁵ But the evil spirit answered them, "Jesus I know, and Paul I recognize, but who are you?" ¹⁶ And the man in whom was the evil spirit leaped on them, mastered all of them and overpowered them, so that they fled out of that house naked and wounded. ¹⁷ And this became known to all the residents of Ephesus, both Jews and Greeks. And fear fell upon them all, and the name of the Lord Jesus was extolled.

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 a few moments to worship Jesus quietly by name. Thank Him that your strength comes from a relationship, not reputation.

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 Jun 2026