

JULY 2026

5 + 2

**FIVE AND TWO
DEVOTIONAL AND SABBATH**



Hello!

Everyone Takes A Step

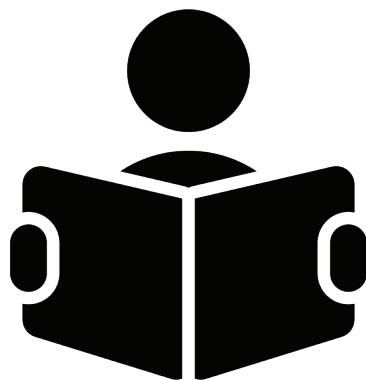
Hey there!

Great job on being here! As we go on with our extremely busy lives, may we never forget to make time for god. Therefore, we can use this booklet as a tool to continue growing in our faith and increasing our spiritual wisdom!

As we read god's word, let us engage with the holy spirit and let god's word speak to us in our own special way. From there, God may even reveal to us spiritual truths we have yet to discover.

Let us also remember to take our time to reflect on God's word; the Bible is not to be read hurriedly, and neither should we.

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 44.

Sabbath Twice A Month

Pause from work to rest in God. *Deepen your understanding of the sabbath on page 46.*

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.

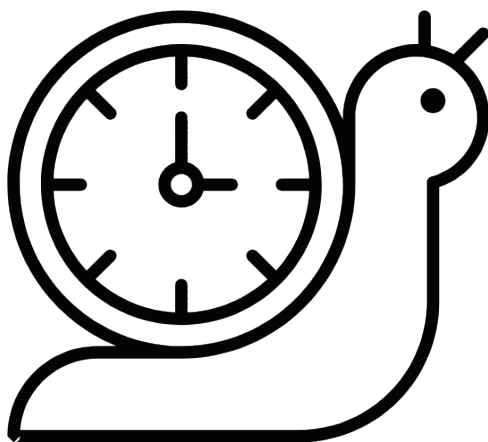
Remember Your Story

Journal one memory where you saw God's faithfulness. Thank Him for that story. Share it with a friend or family member this week.

Unhurried Conversation

Invite someone for coffee or a simple meal. Ask how they really are. Listen without interrupting. Let presence become your gift. Be a blessing to someone.

Deepen your understanding of the sabbath on page 46.



1 Jul

Acts 19:18-20

¹⁸ Also many of those who were now believers came, confessing and divulging their practices. ¹⁹ And a number of those who had practiced magic arts brought their books together and burned them in the sight of all. And they counted the value of them and found it came to fifty thousand pieces of silver. ²⁰ So the word of the Lord continued to increase and prevail mightily.

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, what do I need to surrender so that You can reign?"* Write it down and pray a prayer of release.

²³ About that time there arose no little disturbance concerning the Way. ²⁴ For a man named Demetrius, a silversmith, who made silver shrines of Artemis, brought no little business to the craftsmen. ²⁵

These he gathered together, with the workmen in similar trades, and said, "Men, you know that from this business we have our wealth. ²⁶ And you see and hear that not only in Ephesus but in almost all of Asia this Paul has persuaded and turned away a great many people, saying that gods made with hands are not gods. ²⁷ And there is danger not only that this trade of ours may come into disrepute but also that the temple of the great goddess Artemis may be counted as nothing, and that she may even be deposed from her magnificence, she whom all Asia and the world worship."

³⁰ But when Paul wished to go in among the crowd, the disciples would not let him. ³¹ And even some of the Asiarchs, who were friends of his, sent to him and were urging him not to venture into the theater.

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, help me stand firm in truth without fear."* Reflect on how God has protected or restrained you for your good.

²² And now, behold, I am going to Jerusalem, constrained by the Spirit, not knowing what will happen to me there, ²³ except that the Holy Spirit testifies to me in every city that imprisonment and afflictions await me. ²⁴ But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify to the gospel of the grace of God.

³⁶ And when he had said these things, he knelt down and prayed with them all. ³⁷ And there was much weeping on the part of all; they embraced Paul and kissed him, ³⁸ being sorrowful most of all because of the word he had spoken, that they would not see his face again. And they accompanied him to the ship.

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 someone who has walked faithfully through trials. Pray for them. Whisper: *"Spirit, help me finish the race You've given me."*

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

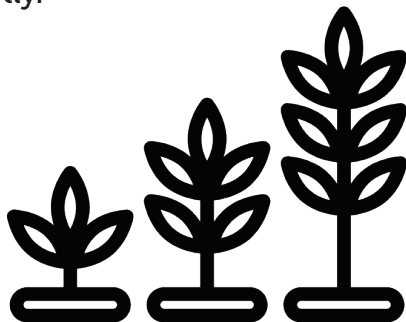
Where were you stuck, tempted, or tired?

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.



Sunday: Arrive Ready

Matthew 5:23-24

²³ So if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴ leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

Pray

Lord, search our hearts for any offence we hold or have caused. Give us humility to seek forgiveness and courage to restore peace. Make our worship pure before You. Amen.

Posture

If unresolved conflict exists, choose to send a message, speak, or pray about it before serving.

During worship, bless someone you've struggled with — in prayer.



1 Kings 17:1-6

¹ Now Elijah the Tishbite, from Tishbe in Gilead, said to Ahab, "As the Lord, the God of Israel, lives, whom I serve, there will be neither dew nor rain in the next few years except at my word."

² Then the word of the Lord came to Elijah: ³ "Leave here, turn eastward and hide in the Kerith Ravine, east of the Jordan. ⁴ You will drink from the brook, and I have directed the ravens to supply you with food there."

⁵ So he did what the Lord had told him. He went to the Kerith Ravine, east of the Jordan, and stayed there. ⁶ The ravens brought him bread and meat in the morning and bread and meat in the evening, and he drank from the brook.

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

Read. Read the passage slowly.

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

Micro-practice. Take five quiet minutes to thank God for specific ways He has sustained you recently. Pray: *"Spirit, help me trust Your hidden provision."*

1 Kings 17:8-16

⁸ Then the word of the Lord came to him: ⁹ "Go at once to Zarephath in the region of Sidon and stay there. I have directed a widow there to supply you with food." ¹⁰ So he went to Zarephath. When he came to the town gate, a widow was there gathering sticks. He called to her and asked, "Would you bring me a little water in a jar so I may have a drink?" ¹¹ As she was going to get it, he called, "And bring me, please, a piece of bread."

¹² "As surely as the Lord your God lives," she replied, "I don't have any bread—only a handful of flour in a jar and a little olive oil in a jug. I am gathering a few sticks to take home and make a meal for myself and my son, that we may eat it—and die."

¹³ Elijah said to her, "Don't be afraid. Go home and do as you have said. But first make a small loaf of bread for me from what you have and bring it to me, and then make something for yourself and your son. ¹⁴ For this is what the Lord, the God of Israel, says: 'The jar of flour will not be used up and the jug of oil will not run dry until the day the Lord sends rain on the land.'"

¹⁵ She went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family. ¹⁶ For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the Lord spoken by Elijah.

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Jul



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. Offer one act of generosity today. It could be time, encouragement, or help. Whisper a prayer: *"Your jar never runs dry."*

³⁶ At the time of sacrifice, the prophet Elijah stepped forward and prayed: "Lord, the God of Abraham, Isaac and Israel, let it be known today that you are God in Israel and that I am your servant and have done all these things at your command. ³⁷ Answer me, Lord, answer me, so these people will know that you, Lord, are God, and that you are turning their hearts back again."

³⁸ Then the fire of the Lord fell and burned up the sacrifice, the wood, the stones and the soil, and also licked up the water in the trench.

³⁹ When all the people saw this, they fell prostrate and cried, "The Lord—he is God! The Lord—he is God!"

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Read. Read the passage slowly.

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

Micro-practice. Pray: *"Lord, turn hearts back to You, beginning with mine."* Recall one answered prayer that revealed God's reality to you.

1 Kings 19:1-4

¹ Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

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. Rest for a few moments today without doing anything. Pray: *"Spirit, meet me in my weariness."*

1 Kings 19:9-13

⁹ There he went into a cave and spent the night.

And the word of the Lord came to him: "What are you doing here, Elijah?"

¹⁰ He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

¹¹ The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by."

Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. ¹² After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. ¹³ When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Then a voice said to him, "What are you doing here, Elijah?"

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

Read. Read the passage slowly.

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

Micro-practice. Spend five silent minutes with no words, only breathe and listen. Pray: "*Speak, Lord. Your servant is listening.*"

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

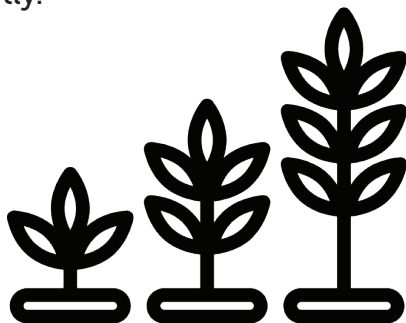
Where were you stuck, tempted, or tired?

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.



Sunday: Arrive Ready

Psalm 150:1-6

¹ Praise the Lord.

Praise God in his sanctuary;
praise him in his mighty heavens.

² Praise him for his acts of power;
praise him for his surpassing greatness.

³ Praise him with the sounding of the trumpet,
praise him with the harp and lyre,

⁴ praise him with timbrel and dancing,
praise him with the strings and pipe,

⁵ praise him with the clash of cymbals,
praise him with resounding cymbals.

⁶ Let everything that has breath praise the Lord.
Praise the Lord.

Pray

Lord, all our breath belongs to You. Let everything within us praise You today — in song, service, and surrender. Amen.

Posture

No matter your role, take part in worship — sing, speak, or pray. Remind yourself: “I am not here to watch worship, I am here to worship.”

Jonah 1:1-6

¹ The word of the Lord came to Jonah son of Amittai: ² "Go to the great city of Nineveh and preach against it, because its wickedness has come up before me."

³ But Jonah ran away from the Lord and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the Lord.

⁴ Then the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up. ⁵ All the sailors were afraid and each cried out to his own god. And they threw the cargo into the sea to lighten the ship.

But Jonah had gone below deck, where he lay down and fell into a deep sleep. ⁶ The captain went to him and said, "How can you sleep? Get up and call on your god! Maybe he will take notice of us so that we will not perish."

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: *"Lord, is there something I've been avoiding obeying?"* Write down one small step of obedience you can take this week.

- ⁷ Then the sailors said to each other, "Come, let us cast lots to find out who is responsible for this calamity." They cast lots and the lot fell on Jonah.
- ⁸ So they asked him, "Tell us, who is responsible for making all this trouble for us? What kind of work do you do? Where do you come from? What is your country? From what people are you?"
- ⁹ He answered, "I am a Hebrew and I worship the Lord, the God of heaven, who made the sea and the dry land."
- ¹⁰ This terrified them and they asked, "What have you done?" (They knew he was running away from the Lord, because he had already told them so.)
- ¹¹ The sea was getting rougher and rougher. So they asked him, "What should we do to you to make the sea calm down for us?"
- ¹² "Pick me up and throw me into the sea," he replied, "and it will become calm. I know that it is my fault that this great storm has come upon you."
- ¹³ Instead, the men did their best to row back to land. But they could not, for the sea grew even wilder than before. ¹⁴ Then they cried out to the Lord, "Please, Lord, do not let us die for taking this man's life. Do not hold us accountable for killing an innocent man, for you, Lord, have done as you pleased." ¹⁵ Then they took Jonah and threw him overboard, and the raging sea grew calm. ¹⁶ At this the men greatly feared the Lord, and they offered a sacrifice to the Lord and made vows to him.

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Jul

Jonah 1:7-17

¹⁷ Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

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 God used a storm to draw you closer to Him. Whisper: *"Even here, You are merciful."*

¹ From inside the fish Jonah prayed to the Lord his God. ² He said:

"In my distress I called to the Lord,
and he answered me.

From deep in the realm of the dead I called for help,
and you listened to my cry.

³ You hurled me into the depths,
into the very heart of the seas,
and the currents swirled about me;
all your waves and breakers
swept over me.

⁴ I said, 'I have been banished
from your sight;
yet I will look again
toward your holy temple.'

⁵ The engulfing waters threatened me,
the deep surrounded me;
seaweed was wrapped around my head.

⁶ To the roots of the mountains I sank down;
the earth beneath barred me in forever.

But you, Lord my God,
brought my life up from the pit.

⁷ "When my life was ebbing away,
I remembered you, Lord,
and my prayer rose to you,
to your holy temple.

⁸ "Those who cling to worthless idols
turn away from God's love for them.

⁹ But I, with shouts of grateful praise,
will sacrifice to you.

What I have vowed I will make good.

I will say, 'Salvation comes from the Lord.'"

¹⁰ And the Lord commanded the fish, and it vomited
Jonah onto dry land.

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Jul



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

Read. Read the passage slowly.

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

Micro-practice. Spend a few moments today naming where you feel "stuck." Pray: *"Spirit, lift my life up from the pit."*

¹ Then the word of the Lord came to Jonah a second time: ² "Go to the great city of Nineveh and proclaim to it the message I give you."

³ Jonah obeyed the word of the Lord and went to Nineveh. Now Nineveh was a very large city; it took three days to go through it. ⁴ Jonah began by going a day's journey into the city, proclaiming, "Forty more days and Nineveh will be overthrown." ⁵ The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth.

¹⁰ When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.

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Read. Read the passage slowly.

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

Micro-practice. Thank God for the second chance He has given you. Ask: *"Spirit, give me courage to obey now."*

¹ But to Jonah this seemed very wrong, and he became angry. ² He prayed to the Lord, "Isn't this what I said, Lord, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. ³ Now, Lord, take away my life, for it is better for me to die than to live."

⁴ But the Lord replied, "Is it right for you to be angry?"

¹⁰ But the Lord said, "You have been concerned about this plant, though you did not tend it or make it grow. It sprang up overnight and died overnight.

¹¹ And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left—and also many animals?"

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 someone you find hard to forgive. Pray: *"Spirit, give me Your compassion for them."*

Weekly Check-in

Buddy/LifeGroup Check-In

Purpose

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Flow

Gratitude

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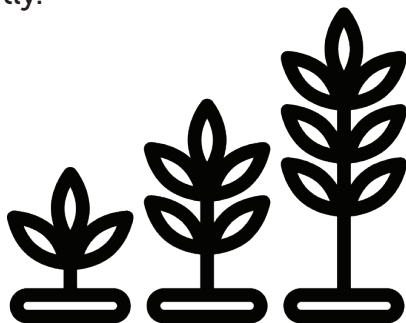
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Next Step

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End

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Examen: Saturday Review

Presence

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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.



Sunday: Arrive Ready

Genesis 28:16-17

¹⁶ When Jacob awoke from his sleep, he thought, 'Surely the Lord is in this place, and I was not aware of it.' ¹⁷ He was afraid and said, 'How awesome is this place! This is none other than the house of God; this is the gate of heaven.'

Pray

Lord, awaken us. Don't let us walk into Your house unaware. Give us holy awareness — that You are here, moving, speaking, loving. Amen.

Posture

Whisper as you walk into church: *"Surely the Lord is in this place."* Look for signs of His presence — peace, conviction, joy, unity.



¹ Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

³ The devil said to him, "If you are the Son of God, tell this stone to become bread."

⁴ Jesus answered, "It is written: 'Man shall not live on bread alone.'"

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. Read a short passage of Scripture aloud and pause to let it nourish you. Whisper: *"Your Word is my bread."*

¹⁴ Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. ¹⁵ He was teaching in their synagogues, and everyone praised him.

¹⁶ He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read, ¹⁷ and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written:

¹⁸ "The Spirit of the Lord is on me,
because he has anointed me
to proclaim good news to the poor.
He has sent me to proclaim freedom for the prisoners

and recovery of sight for the blind,
to set the oppressed free,

¹⁹ to proclaim the year of the Lord's favor."

²⁰ Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. ²¹ He began by saying to them, "Today this scripture is fulfilled in your hearing."

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, anoint me today to bring good news through my words and actions."* Offer encouragement or help to someone in need.

¹⁵ Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶ But Jesus often withdrew to lonely places and prayed.

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Read. Read the passage slowly.

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Micro-practice. Set aside five quiet minutes today to simply breathe and say, *"Here I am, Lord."* Resist the urge to fill silence with noise.

²⁷ After this, Jesus went out and saw a tax collector by the name of Levi sitting at his tax booth. "Follow me," Jesus said to him, ²⁸ and Levi got up, left everything and followed him.

²⁹ Then Levi held a great banquet for Jesus at his house, and a large crowd of tax collectors and others were eating with them. ³⁰ But the Pharisees and the teachers of the law who belonged to their sect complained to his disciples, "Why do you eat and drink with tax collectors and sinners?"

³¹ Jesus answered them, "It is not the healthy who need a doctor, but the sick. ³² I have not come to call the righteous, but sinners to repentance."

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Micro-practice. Ask God to help you notice someone overlooked or excluded today. Pray: *"Spirit, give me eyes of mercy."*

²⁷ "But to you who are listening I say: Love your enemies, do good to those who hate you, ²⁸ bless those who curse you, pray for those who mistreat you. ²⁹ If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. ³⁰ Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. ³¹ Do to others as you would have them do to you.

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

Read. Read the passage slowly.

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

Micro-practice. Pray a blessing over someone difficult to love. Ask God to give you empathy instead of resentment.

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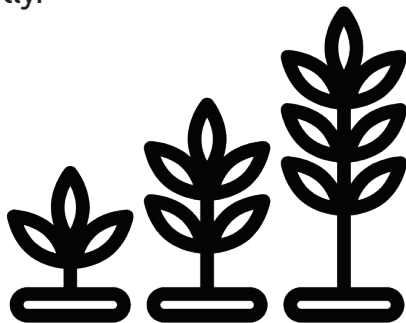
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Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

Ahead

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



Ephesians 4:2-3

² Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace.

Pray

Holy Spirit, help us guard the unity You've given us. Make us patient, gentle, humble, and full of love. Let peace reign in our teams and church today. Amen.

Posture

Pause before reacting — choose patience and gentleness. Pray over your serving team or congregation: *"Lord, make us one."*



¹ When Jesus had finished saying all this to the people who were listening, he entered Capernaum. ² There a centurion's servant, whom his master valued highly, was sick and about to die. ³ The centurion heard of Jesus and sent some elders of the Jews to him, asking him to come and heal his servant. ⁴ When they came to Jesus, they pleaded earnestly with him, "This man deserves to have you do this, ⁵ because he loves our nation and has built our synagogue." ⁶ So Jesus went with them.

He was not far from the house when the centurion sent friends to say to him: "Lord, don't trouble yourself, for I do not deserve to have you come under my roof. ⁷ That is why I did not even consider myself worthy to come to you. But say the word, and my servant will be healed. ⁸ For I myself am a man under authority, with soldiers under me. I tell this one, 'Go,' and he goes; and that one, 'Come,' and he comes. I say to my servant, 'Do this,' and he does it."

⁹ When Jesus heard this, he was amazed at him, and turning to the crowd following him, he said, "I tell you, I have not found such great faith even in Israel." ¹⁰ Then the men who had been sent returned to the house and found the servant well.

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. Bring one situation to God in prayer and simply say, "*Speak Your word of healing.*" Whisper: "*Your word is enough.*"

¹¹ Soon afterward, Jesus went to a town called Nain, and his disciples and a large crowd went along with him. ¹² As he approached the town gate, a dead person was being carried out—the only son of his mother, and she was a widow. And a large crowd from the town was with her. ¹³ When the Lord saw her, his heart went out to her and he said, “Don’t cry.”

¹⁴ Then he went up and touched the bier they were carrying him on, and the bearers stood still. He said, “Young man, I say to you, get up!” ¹⁵ The dead man sat up and began to talk, and Jesus gave him back to his mother.

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 help you see someone’s need today instead of walking past. Pray: “*Spirit, make my heart tender like Yours.*”

³⁶ When one of the Pharisees invited Jesus to have dinner with him, he went to the Pharisee's house and reclined at the table. ³⁷ A woman in that town who lived a sinful life learned that Jesus was eating at the Pharisee's house, so she came there with an alabaster jar of perfume. ³⁸ As she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.

³⁹ When the Pharisee who had invited him saw this, he said to himself, "If this man were a prophet, he would know who is touching him and what kind of woman she is—that she is a sinner."

⁴⁷ Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little."

⁴⁸ Then Jesus said to her, "Your sins are forgiven."

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. Write down three things you're grateful God has forgiven. Pray: "*Spirit, keep me amazed by grace.*"

²² One day Jesus said to his disciples, "Let us go over to the other side of the lake." So they got into a boat and set out. ²³ As they sailed, he fell asleep. A squall came down on the lake, so that the boat was being swamped, and they were in great danger.

²⁴ The disciples went and woke him, saying, "Master, Master, we're going to drown!"

He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. ²⁵ "Where is your faith?" he asked his disciples.

In fear and amazement they asked one another, "Who is this? He commands even the winds and the water, and they obey 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. When you feel anxious today, pause and breathe slowly: "*Jesus, You are here.*" Picture Him calming the waves around you.

⁴³ And a woman was there who had been subject to bleeding for twelve years, but no one could heal her. ⁴⁴ She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped.

⁴⁵ "Who touched me?" Jesus asked.

When they all denied it, Peter said, "Master, the people are crowding and pressing against you."

⁴⁶ But Jesus said, "Someone touched me; I know that power has gone out from me."

⁴⁷ Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. ⁴⁸ Then he said to her, "Daughter, your faith has healed you. Go in peace."

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. Bring one area of long-term struggle before God. Pray: "*Spirit, give me faith to reach again.*"

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

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.

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 Jul 2026