



THURSDAY 06.10.10

Psalm 40:1-5

In yesterday's reflection, we said that we live in a world that is always moving. In a world defined by constant movement, the greatest offense is having to wait for anything. Patience may have at one time been described as a virtue. In our world today, it is often impossible to find.

- Psalm 40 not only reminds us that we sometimes do have to "wait" on God, but also identifies for us the attitude that should describe our waiting. Which do you find more difficult — to simply wait or to wait with an attitude of patience?
- We do not know what occasion in his own life inspired David to write Psalm 40, but he indicates that it took some time for God to "lift him out of the mud." Is there something that God is "in the process of doing" in your life? What might that be?



FRIDAY 06.11.10

Psalm 23

The image of the shepherd is used throughout the scriptures to illustrate God's presence and care for God's children. Jesus identifies himself directly in this role in John 10 saying, "I am the good shepherd. The good shepherd lays down his life for his sheep."

- Psalm 23 is one of the most well known portions of scripture that is often shared beside hospital beds and gravesides. What is it about this Psalm that speaks to us in our moments of greatest need? How does this Psalm inspire hope in you?
- These words of David identify the shepherd as the one who leads us to "quiet waters" where our souls are restored. They also remind us that sometimes sheep choose not to follow the shepherd. How well do you follow the shepherd to the place where your soul is restored? How might you be a more obedient sheep?



GROW • PRAY • STUDY

A RESOURCE FOR DISCIPLES SEEKING TO LOVE GOD, LOVE OTHERS & SERVE THE WORLD ...

Series: *Making Mondays Matter!*

Sermon: *Quenching Our Real Thirst*

Scripture: Acts 20: 31-36

"Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve." (Colossians 3:23-24)

1. A bad attitude kills Mondays.
2. Neglecting a Sabbath kills Mondays.
3. Wrong expectations kill Mondays.

"He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need." (Ephesians 4:28)

4. Don't live to work, but learn to work to live!
5. God cares about the need we have to make a living!
6. The effort we put into daily work is a gift to God!

If we look for work to satisfy, give significance and fulfill us, it becomes idolatry, idol worship that frustrates us and frustrates the people in our lives, idolatry that can separate us from God and this living relationship that does satisfy!

If we see our work as a gift, a sacrifice to God, a way to open the door to personal generosity for others and to God, we transform our lives. We find Mondays consumed by gratitude rather than ingratitude. We give God room to bless as He wills.



Introduction

Sometimes our lives become so hurried that we forget the purpose of our pursuit. Life begins to move at such a fast pace that we begin to believe we might never catch up, and in that process, the question becomes . . . “Does the work of my life really matter?” At regular intervals the Bible calls us to experience a time of rest where our hearts can be refreshed. Sabbath was designed to point us back to what was always meant to be at the center of our life — a God who has breathed into us the gift of life and calls us to be the “salt and light” of the world.

During this final week of the *Making Mondays Matter* series, we will turn to the book of Psalms. The Psalms are works of poetry used by the Hebrew people in those times of rest when their devotion to God was rekindled in worship. These works express the range of emotions and experiences that we all endure in our lives and continually call us back to what really matters — our identity as children of God.

As you pause each day this week for your own time of refreshment, may this prayer guide you.

God, I know that you are the number one need in my life. I confess that I sometimes do not make you the number one priority. Lead me, Lord, to slow down, to rest my sometimes weary soul and be refreshed by your presence and grace in my life. Help me to grow in my love for you, my faithfulness to your call on my life and my desire to live in the fullness of the Christian life every day. AMEN



TUESDAY 06.08.10

Psalm 128

The origin of the Israelite people can be traced to a man named Abram who receives a call from God in Genesis 12. God says to Abram, “I will bless those who bless you and whoever curses you I will curse; and all peoples on earth will be blessed through you.” Central to the life lived in relationship with God is the responsibility to be a blessing to “all peoples on earth.”

- Psalm 128:5 begins with five of the most powerful words we can ever share with another person, “May the Lord bless you.” Can you think of a time in your life when someone offered similar words to you? What kind of impact did that make in your life?
- Today each of us will probably pass by and interact with a very large number of people. How might God use you to be a blessing today?



MONDAY 06.07.10

Psalm 1

What is your picture of the “blessed” life? Almost all of us would say that we want God to bless our lives. We pray for good health. We hope for some level of material success. We want the work of our lives to make a difference. But what kind of life does God bless? What practices and principles lead to God’s blessing?

- Verse 3 says that the “blessed” person “delights in the law of the Lord.” What do you think the Psalmist means by that phrase?
- “A tree that is planted by streams of water” is the second image the writer gives for the life that God blesses. Would you describe your life as being planted in fertile soil? What would you say are three essential ingredients you need to preserve or add to the soil where your life is planted?



WEDNESDAY 06.09.10

Psalm 84

If we were going to try to describe our culture, the word “restless” might be an adequate description. We live in a world of perpetual motion, a world where it seems to be getting increasingly harder to simply be still.

- Would “restless” be an adequate word to describe the pace of your life? Is finding a few minutes to simply be still in God’s presence a difficult task for you? Why or why not?
- Psalm 84 describes the “dwelling place” of God as the place where our heart and life are renewed. Within this sacred space, we are finally home. As an act of devotion, try to spend 5-10 minutes to simply be silent, be still and listen for God’s voice. Afterwards, consider what changes might you need to make to allow being still a consistent practice in your life?
