

Saturday, September 5, 2026

Romans 8:5-11 (NIV) -

⁵ Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God.

⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. ¹⁰ But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

Look inward - what is governing your mind right now? Things of the flesh, or the things of God?

Look upward - The Spirit of God living in you gives you the life you truly want.

Look outward - who can you tell about the Life God has available for the world?

Looking forward - remember there is a day coming with sin and death and flesh will be no more. Let that fill you with hope and power to live by the Spirit now.

WEEK 9



Estuary, by Rev. Andrew Nelson

"when the water flows into
the sea the water
will become
fresh"

The river that flows forever
from the altar and throne
first, salty, flowed down
the shaft of a Roman soldier's
spear.

This deathwater
feeds the trees
whose leaves
heal the nations

—its salt sweetens—
even the Dead Sea
will swarm
with life.

Instructions: this could be a simple format for your prayer time:

1. Begin with a prayer of approach, asking God to reveal himself to you and to take you deeper into relationship with him.
2. Come with an attitude of humility, submission, and learning, so that you're ready to obey what God says.
3. Pray the Scripture for that day. Read it slowly. What stands out to you? What strikes you? Read it a second time slowly.
4. Keep note throughout the day how you notice or experience abiding with Jesus. Be thinking about what you could share with someone else regarding the goodness and love of God.

Friday, September 4, 2026

John 15:1-5 (NIV) -

¹"I am the true vine, and my Father is the gardener. ²He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.

³You are already clean because of the word I have spoken to you.

⁴Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

⁵"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

1. Invite the Holy Spirit (who is merciful and gentle) to search your life - what kind of fruit is being borne in your life at the moment? What kind of fruit would you like God to bring about in your life?

2. What is one way you can "remain" in Jesus today? What does that look like practically for you?

Thursday, September 3, 2026

John 14:27-31 (NIV) -

²⁷Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

²⁸"You heard me say, 'I am going away and I am coming back to you.' If you loved me, you would be glad that I am going to the Father, for the Father is greater than I. ²⁹I have told you now before it happens, so that when it does happen you will believe.

³⁰I will not say much more to you, for the prince of this world is coming. He has no hold over me, ³¹but he comes so that the world may learn that I love the Father and do exactly what my Father has commanded me.

1. Who is the "prince of this world?" And what does Jesus say about his power?

2. What does Jesus say is the reason for the "prince of this world" to come? What we can we learn from the example of Jesus here?

3. What is one way you can live out this teaching from Jesus today? (not tomorrow, just today)

Monday, August 31, 2026

Psalms 1:1-3 (NIV)

¹ Blessed is the one

*who does not walk in step with the wicked
or stand in the way that sinners take*

or sit in the company of mockers,

² but whose delight is in the law of the Lord,

and who meditates on his law day and night.

*³ That person is like a tree planted by streams of water,
which yields its fruit in season*

and whose leaf does not wither—

whatever they do prospers.

Take note of what's burdening your heart in this moment. Name it or if it's a person, name them.

Then take a moment to imagine yourself as this tree here in Psalm 1. See in your mind the "roots" of your heart and life reaching deep down in the soil to find nourishment, peace, and joy. It is the soil of God's love, God's mercy, his character, his power, giving you what you need to make it through.

What fruit of the Spirit would you like the Holy Spirit to increase in your life?

Tuesday, September 1, 2026

John 14:15-21 (NIV) -

¹⁵ "If you love me, keep my commands. ¹⁶ And I will ask the Father, and he will give you another advocate to help you and be with you forever—¹⁷ the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. ¹⁸ I will not leave you as orphans; I will come to you. ¹⁹ Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. ²⁰ On that day you will realize that I am in my Father, and you are in me, and I am in you. ²¹ Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them."

1. This first consideration is do you really love Jesus? Do you want to love him more? If no, can you say why? If yes, what impact does Jesus' words here have on you?

2. Is there a particular command that Jesus is inviting you to keep today? Ask him which command he wants to you live into today.

Wednesday, September 2, 2026

John 14:23-27 (NIV) -

²³ Jesus replied, "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. ²⁴ Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me.

²⁵ "All this I have spoken while still with you. ²⁶ But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. ²⁷ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

1. What impact does having the Holy Spirit as your advocate have on you?

2. What troubles your heart at the moment? Simply name it - you don't have to fix anything about it right now.

3. Invite Jesus in to what is troubling you. Simply imagine yourself handing those troubles to him, and ask him, "What do you want me to know about this?" Write down the first thing that pops in your mind. Then take what you wrote and see what Jesus says about that.