

Daily Questions to Reflect on...

Our days and evenings look different than they did two months ago. How have you changed? What are you learning? Here is a list of 12 questions we should be asking ourselves daily. I won't lie, I struggle with some of them some days. Carve out some time this week to go through the Bible references and these questions. If you don't already journal, try journaling to track your responses and to see in a tangible way how God is working! If you don't have a paper copy of the Bible you can use www.biblegateway.com or the app YouVersion. Both are free. Also, please let the church office know and ask to speak to Heather Vahl if you don't have a paper Bible at home.

- 1) What am I grateful for today? (Psalms 103:2 1 Thessalonians 5:16-18)
- 2) Who am I checking in on or connecting with today? (Ecclesiastes 4:9-12, John 15:12-15, Galatians 6:2)
- 3) What expectations of 'normal' am I letting go today? (Proverbs 4:25-27, Matthew 11: 28:30, Colossians 3:2)
- 4) How am I getting outside today? (Job 12: 7-10, Psalm 96:11:12)
- 5) How am I moving my body today? (Romans 12:1)
- 6) What beauty am I creating or working on today? (1 Timothy 4:14-15)
- 7) How am I engaging in God's Word today? (Joshua 1:8, Job 23:12, 2 Timothy 3:16-17)
- 8) How am I worshiping God today? (Psalm 100:2)
- 9) Who am I praying for today? (Romans 8:26, Ephesians 6:18)
- 10) What am I doing for someone else today? (Philippians 2:1-7)
- 11) Who do I need to forgive today? (Colossians 3:13)
- 12) How do I see myself today? How does God see me? (Zephaniah 3:17, Ephesians 2:10)

Close in prayer: Dear Heavenly Father, we thank you that your mercies are new each and every day. During this time when our world has been turned upside down, you have stayed the same. We praise and thank you for never changing. Please forgive us for the times we focus on ourselves and not on You or your people. Help us to change our attitudes and ask ourselves these questions daily. Help us to see You working each and every day. In Your Holy and Precious name, AMEN.