



June 8 – Practice! Practice!

Have you practiced? It's a question we often heard as children and say as adults, right? Even as adults we know if we want to get better at something or gain a deeper understanding we have to put in effort. Like in our world, in our faith journey we have to keep practicing, keep trying, keep putting in effort...right? Or does faith just happen? Join us this weekend as we take a closer look at our Cross+Fit journey!

Scripture:

Romans 12:9-21 NLT Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. ¹⁰ Love each other with genuine affection, and take delight in honoring each other. ¹¹ Never be lazy, but work hard and serve the Lord enthusiastically. ¹² Rejoice in our confident hope. Be patient in trouble, and keep on praying. ¹³ When God's people are in need, be ready to help them. Always be eager to practice hospitality. ¹⁴ Bless those who persecute you. Don't curse them; pray that God will bless them. ¹⁵ Be happy with those who are happy, and weep with those who weep. ¹⁶ Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all! ¹⁷ Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. ¹⁸ Do all that you can to live in peace with everyone. ¹⁹ Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD. ²⁰ Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads." ²¹ Don't let evil conquer you, but conquer evil by doing good.

Luke 9:1-6 NLT One day Jesus called together his twelve disciples and gave them power and authority to cast out all demons and to heal all diseases. ² Then he sent them out to tell everyone about the Kingdom of God and to heal the sick. ³ "Take nothing for your journey," he instructed them. "Don't take a walking stick, a traveler's bag, food, money, or even a change of clothes. ⁴ Wherever you go, stay in the same house until you leave town. ⁵ And if a town refuses to welcome you, shake its dust from your feet as you leave to show that you have abandoned those people to their fate." ⁶ So they began their circuit of the villages, preaching the Good News and healing the sick.

Questions:

- What have you or do you practice these days? Is it intentional or do you just do things?
- In your faith journey – do you practice? Do you intentionally engage in things that will grow your depth of faith in Jesus? If so, what do you do? If not, what keeps you from doing so?
- This week, begin to set aside 5 minutes to do something that will help you deepen your relationships with Jesus. Next week – add 1 minute and so on. See what happens. Be intentional!

Reading for the Week:

- **Monday:** 2 Corinthians 5:7
- **Tuesday:** Philippians 4:9
- **Wednesday:** Romans 10:17
- **Thursday:** Ephesians 2:8-9
- **Friday:** 2 Timothy 4:7