

ReFocus Guide: Living as God's People Every Day

Focus:

Following Jesus is not limited to moments of worship. It is lived out in everyday choices, relationships, and rhythms. This week invites us to notice how God's renewing grace meets us in ordinary life, shaping us day by day into people who reflect God's love.

Day 1: Offering Our Lives To God

Scripture: Romans 12:1-2

Reflection:

Paul invites us to offer our lives to God as a living sacrifice. This is not a call to perfection, but to availability. God is not asking for a polished version of ourselves, but our real, everyday lives. As we open ourselves to God, transformation begins, not all at once, but through faithful daily surrender.

Questions:

Where do you notice God present in your everyday routines? What part of your life feels hardest to offer to God right now? What would it look like to offer that part to God as an act of worship?

Prayer:

God, I offer my life to You just as it is. Shape my thoughts, choices, and actions so they reflect Your grace. Help me live faithfully today. Amen.

Day 2: God's Mercy Is New Each Day

Scripture: Lamentations 3:22-24

Reflection:

Renewal begins with God's mercy, not our effort. Even in the midst of hardship, God's faithful love remains. Each day is met with fresh mercy, reminding us that yesterday's failures do not define today's possibilities. We do not start again because we are strong, but because God is faithful.

Questions:

Where do you need to remember that God's mercy is new today? What might change if you lived into God's faithful love? What is one small practical step you can take to live into that change?

Prayer:

Faithful God, thank You for Your mercy that meets me each morning. Help me trust Your love and rest in Your faithfulness today. Amen.

Day 3: Living Renewal in Everyday Relationships

Scripture: Colossians 3:12–17

Reflection:

A renewed life shows up in how we treat others. Compassion, patience, forgiveness, and gratitude are not abstract ideas. They are lived out in daily interactions. God shapes us through ordinary moments with ordinary people. As we choose love in small ways, God's grace becomes visible through us.

Questions:

Which quality do you find yourself needing most right now, compassion, patience, forgiveness, or gratitude? Where might God be giving you the opportunity to use that quality? How might you express gratitude today?

Prayer:

God, clothe me with compassion, kindness, and patience. Shape how I speak and act so my life reflects Your love and renews my relationships with others. Amen.

Day 4: Trusting God's Ongoing Work

Scripture: Philippians 1:6

Reflection:

Transformation takes time. God's work in us is not rushed or abandoned. Even when progress feels slow, God remains faithful. We are invited to trust that God is always working beneath the surface, shaping us in ways we may not yet see.

Questions:

Where do you feel discouraged about your spiritual growth? How does it help to know that God is not finished with you? What does trusting God's process look like for you right now?

Prayer:

God, thank You for staying with me. Help me trust that You are always working in my life, even when I cannot see it clearly. Amen.

Day 5: A Prayer for Inner Renewal

Scripture: Psalm 51:10–12

Reflection:

We end the week not with resolve, but with prayer. Renewal is God's work within us. As we ask God to create a clean heart and renew a willing spirit, we open ourselves again to grace. God delights in shaping hearts that are honest, humble, and open.

Questions:

What feels heavy or unsettled in your heart right now? What would it mean to ask God for renewal rather than trying harder? How might a willing spirit shape the days ahead?

Prayer:

God, create in me a clean heart. Renew my spirit and restore my joy. Help me walk faithfully with You. Amen.

Closing Prayer:

God of grace, thank You for meeting me in the ordinary moments of my life. Continue to renew my heart, shape my thinking, and guide my steps. When I grow weary, remind me of Your mercy. When I feel uncertain, help me trust that You are always at work. May my life reflect Your love each day. In Christ's holy name, Amen.