

HESED

Day 1: **Romans 8:38-39** Nothing can separate us from God's love.

How does knowing nothing can separate you from God's love affect your joy?

What, if anything, in your life hinders you from being secure in God's love?

Day 2: **John 15:9** Jesus loves us in the same way God loves him.

How has the Father loved Jesus?

What does it mean to remain in Jesus' love?

Day 3: **John 15:12** Jesus commands us to love others as he loves us.

Does Jesus love me when I disappoint him?

Do you love others when they disappoint you?

Day 4: **1 John 3:1** God loves us lavishly and calls us his children.

What stories or verses in the bible describe God's lavish love for us?

Do you believe God loves you minimally, or do you understand how lavish God's love for you is?

Day 5: **John 14:23-24** Our love, relationship with God and obedience to God are all connected.

Can you say you love God if you don't follow and obey Jesus's words?

How does God respond when we do follow and obey?

Day 6: **2 Corinthians 6:11-12** Paul opened his heart to the Corinthians, but they held affection back.

Does anything in your heart cause you to withhold affection towards others?

Do you feel that someone is holding back affection from you?

Day 7: **1 Peter 4:8** Love covers over a multitude of sins.

Have you experienced love despite your sins and failings?

Does your love cover your brother or sister's faults, or do you withhold love if they do not meet your standards?

JOY

Day 1: **Numbers 6:24-26** Imagine God as your loving Father whose face shines on you with immense love, joy, and peace.

Do you picture God looking at you with disappointment, or do you picture him looking at you with gracious love?

Consider journaling your thoughts and feelings as you meditate on this verse.

Day 2: **1 Peter 1:8-9** We have joy now, even though we don't yet see him physically.

What does this verse say is the outcome of our faith?

How does knowing the outcome of our faith bring joy?

Day 3: **James 1:2-4** As Christians, we have joy even in the middle of trials.

Can you recall people in the Bible who remained joyful even during difficulty?

Does God's joy sustain you in trials, or does fear grip you?

Day 4: **1 John 1:3-4** Our joy becomes complete in our fellowship with God and with each other.

Why are joy and fellowship linked together?

What are the distractions that keep you from this joyful fellowship?

Day 5: **Psalms 84:1-7** There is joy in dwelling in God's house and in praising him.

Why do David's heart and flesh sing for joy?

In Psalm 84, how does the desolate valley metaphorically become a place of life?

Day 6: **John 16:24** Prayer yields answers that complete our joy.

How do you feel when you see a prayer answered?

Is your prayer life consistent enough to receive answers from God?

Day 7: **2 John 1:12** There is joy in seeing people face-to-face.

Who are the people who brighten your heart when you see them in person?

Whose hearts do you brighten with your presence?

IDENTITY

Day 1:

Gal 4:4-7 You are a Son of God with all the rights and responsibilities.

What are some of the rights you receive as a Son of God compared to a slave?

What are your responsibilities to God and to the household as a Son of God?

Day 2:

Ephesians 2:19 You are not a foreigner but a citizen with God's people.

What does it mean to be a foreigner in a country?

What are your privileges and responsibilities to God and to the household as a citizen?

Day 3:

Matthew 5:13-16 You are salt and light to the world.

How can my life show that I am salt?

How can my life show that I am light?

Day 4:

Gal 3:26-29 We are God's people from all nations.

Which is more important in God's kingdom, unity or diversity?

How do I promote unity and diversity in God's kingdom?

Day 5:

1 Peter 4:12-14 We are a people of suffering

How do I react to suffering in my life? How did Jesus react to suffering?

Do I consider suffering a part of my identity as a christian?

Day 6:

1 Peter 2:9-10 We are a Royal Priesthood

Do I see myself as a priest?

If I am a priest, how does that affect how I live my life?

Day 7:

1 Corinthians 3:16-17 We/I am the Temple of God

What am I filling my spiritual temple with?

How should I treat my physical body if I am God's temple?

MATURITY

¹¹ So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹² to equip his people for works of service, so that the body of Christ may be built up ¹³ until we all reach **unity in the faith** and in the **knowledge** of the Son of God and become mature, attaining to the whole measure of the **fullness of Christ**.

¹⁴ Then we will no longer be infants, **tossed back and forth by the waves, and blown here and there by every wind of teaching** and by the cunning and craftiness of people in their deceitful scheming. ¹⁵ Instead, **speaking the truth in love**, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, **joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work**. **Ephesians 4:11-16**

Day 1: We are being matured in unity of the faith and in Christlikeness.

What unifies me with my brothers and sisters?

What challenges my unity?

Day 2: We need unity in our knowledge of Jesus.

Am I growing in my knowledge of God and the scripture?

What can I do to grow in my knowledge?

Day 3: We are growing toward the fullness of Christ.

How am I like Jesus now?

What can I change to be more like Jesus?

Day 4: Spiritual infants are tossed back and forth by every wind of teaching.

What about my convictions tends to change a lot?

How can I make my convictions stronger and more stable?

Day 5: Speaking the truth in love to each other helps us mature.

Am I willing to speak to a brother or sister when they are tossed back and forth?

How can I make someone feel love when I talk to them?

Day 6: We are joined together by Christ into one spiritual body.

Do I feel like my connections through the whole church are strong or weak?

How do I apply love to making more connections?

Day 7: Each part of the body does its work.

What are my skills that I can apply to helping the church function?

Am I doing my part of the work?