

08-03-25 FOR THE JOURNEY THIS WEEK

“Like clothes, the new self is outwardly visible. Renewal in Christ requires real change and even sacrifice on our part. It’s inner experience but outward action, too...Our encounter with Jesus should change us. It should make our hearts long for justice, not our own selfish interests; kindness and patience, not wrath and anger; honesty with ourselves and others, not deception.”

Lilia Ellis



Colossians 3:1-11

Questions for Reflection —

- What does it mean to set your mind on the things that are above rather than on earthly things? What are some of the earthly distractions? What is currently causing you to feel stressed, anxious, fearful, or weary? What would it look like to turn those burdens over to God? What spiritual practices help keep your focus on things above? What role does being part of this community of faith have in helping you set your mind on things above?

- What do your daily activities say about your priorities? What do your actions tell others about your life in Christ? In the course of your spiritual journey how have you experienced cycles of renewal, turning, and returning to God? With what attitudes that are incongruent with Christian discipleship do you struggle? What is preventing your engaging wholeheartedly in the life God calls you to live? In this season of your life what would renewal look like?

- What barriers are creating divisions between people in our world today? What are some of the categories by which people judge and label others? What might unity look like across various ethnic, socioeconomic, and political differences? What does it mean to respond to division and controversy with compassion, kindness, humility, gentleness, and patience? How might you engage such practices more intentionally, especially when dealing with people or situations you find difficult?

Daily Household Prayer

Spirit of hope and renewal, as the dawn nudges us awake, summon us with your presence. Wrap us with the cloak of your wisdom and grace. As your light breaks the horizon this day, help us to see the love revealed in your kingdom. Let us enter this space for worship, celebrating God’s works for humankind. Amen.