



2021!

*Rejoice in our confident hope. Be patient in trouble, and keep on **praying**. When God's people are in need, be ready to **help** them. Always be eager to practice **hospitality**. — Romans 12:12*

January 3, 2021

1. Spend 2 minutes in silence every day.

Be still in the presence of the Lord, and wait patiently for him to act. — Psalm 37:7

Jesus often withdrew to the wilderness for prayer. — Luke 5:16

The Holy Spirit prays for us with groanings that cannot be expressed in words. — Romans 8:26

Listening to God is the necessary prelude to intercession. — Richard Foster

- a. Silence is **prayer** without **words**.
- b. Silence with Jesus resets our **brain** from all the **stress**.
- c. Silence is inviting Jesus to **transform** us from the **inside out**.

2. Connect with others every day.

Then the Lord God said, "It is not good for the man to be alone." — Genesis 2:18

Then he pointed to his disciples and said, "Look, these are my mother and brothers. Anyone who does the will of my Father in heaven is my brother and sister and mother!" — Matthew 12:49-50

And let us not neglect our meeting together, [...] but encourage one another. — Hebrews 10:25

Your love for one another will prove to the world that you are my disciples. — John 13:35

- a. We were designed for **community**, but we are also prone to **division**.
- b. Jesus teaches that we are a **family**.
- c. We **build up** and **strengthen** one another.

3. Be generous every day.

Give generously to the poor, not grudgingly, for the Lord your God will bless you in everything you do. There will always be some in the land who are poor. That is why I am commanding you to share freely with the poor and with other Israelites in need. — Leviticus 15:10-11

If someone has enough money to live well and sees a brother or sister in need but shows no compassion—how can God's love be in that person? Dear children, let's not merely say that we love each other; let us show the truth by our actions. — 1 John 3:17-18

Remember the words of the Lord Jesus: "It is more blessed to give than to receive." — Acts 20:33

- a. Generosity is how we fulfill God's **command** to care for the **poor**.
- b. Generosity improves **mental health**, reduces **stress**, and helps us **live longer**.
- c. We can be generous with our **time**, our **resources**, and our **money**.