

POWER DOWN

JULY 1-31

WHY POWER DOWN?

It seems we're constantly "on"—on the go, on call, on technology—leaving little time for rest and reflection. Our constant state of being "on" often causes us to be cut off from spiritual, relational, and emotional growth. Let us take time to "Power Down" during our Sabbath Month so we will be able to—

Follow Christ's example: Jesus often drew away from the crowds and other distractions to spend time in prayer and meditation. **Mark 1:35 and Matthew 14:23**

Experience deeper connection with God: True communion with God comes through quiet, and consistent unhurried time. **Galatians 5:25 and Psalm 131:2-3**

Worship God: We can show reverence by waiting in silence with Him. **Habakkuk 2:20**

Gain physical and spiritual restoration: Take time to connect with our ultimate source of life, Christ. **Psalm 62:5 and Mark 6:31**

Grow spiritually: We can increase our faith, build perseverance, and learn to embrace His perfect will. **Job 6:24 and Isaiah 30:15**

HOW WILL WE POWER DOWN?

Use the 5:30 model: 30 minutes of prayer and silence, 5 times a week

Share: Spend ten minutes once a week sharing with your spouse, accountability partner, life group member or friend about what came out of your "Power Down" time.

WHAT DO YOU DO WHEN POWERING DOWN?

1. Find a quiet space alone
2. Power down your technology
3. Take time to pray. Use the PAPA model:
 - a. **PRESENT** yourself to God without pretense
 - b. **ATTEND** to how you're thinking about God
 - c. **PURGE** yourself of anything blocking your relationship with God
 - d. **APPROACH** God as the first thing in your life
4. Spend time in silence.
 - a. Sit quietly
 - b. Journal, draw, or paint
 - c. Meditate on daily scriptures

EACH WEEK, WE WILL FOCUS ON A DIFFERENT TOPIC

July 1-5: Enduring Trials

God allows us to face trials to build character, endurance and perseverance in us. More importantly, our difficulties help to prune our hearts so that we can be better representatives of Christ's love.

Read James 1

Prayer: God help me learn to be grateful for the struggles I endure, knowing that anything you allow is for Your perfect purpose and the good of those who love You.

Reflection: How can I honor God with how I respond to trials?

Application: Choose to have a grateful and trusting heart toward God during a difficult situation.

July 6-12: Dealing with Prejudice

Whether it's due to age, skin color, or gender, prejudice is all around us. Prejudice does not honor Christ or reflect His love. Let us choose to see all others as God does: as someone who Christ died for.

Read James 2

Prayer: Lord, I ask for Your perfect wisdom as I interact with others each day. Please examine my heart for prejudice, and remove it so that You will be glorified.

Reflection: In what ways am I prejudice toward others?

Application: Do an act of kindness for someone.

July 13-19: Using NEEDED Speech

When you speak, is it Necessary, Edifying, Encouraging and Dignifying? Our tongues are powerful. We can choose to use them to tear down others, or to build them up.

Read James 3

Prayer: Dear God, thank you for the power to speak and express myself! Help me to use this gift as a tool to honor You and show love to others.

Reflection: How can I speak in a way that is NEEDED?

Application: This week, spend time encouraging someone or giving them a compliment.

July 20-26: Handling Conflict Well

At some point, we all experience conflict. What's important is that we handle it in a way that seeks the interests of others above our own and brings glory to God.

Read James 4

Prayer: Lord, when conflicts arise in my life, help me to handle it as you desire me to. I pray that I would be humble, and allow love, not pride to steer how I approach my conflicts.

Reflection: What can I do to ensure I'm handling conflict God's way?

Application: Take time to learn God's model for conflict resolution (Matthew 18:15-17).

July 27-31: Financial Stewardship

Anything that we have does not truly belong to us. It is a gift of God. We have been allowed to be managers of His resources. Let us choose to steward them well.

Read James 5

Prayer: Father, thank You for the financial gifts you have given to me. I pray that I always seek you first for managing my finances in the way that you desire.

Reflection: In what ways can I be a better steward of my finances?

Application: This week, think through ways you can manage your finances in a way that honors God.

