

# Personal Liturgy

## Homelink

March 4, 2018

### Series Memory Verse:

*"I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing."*

John 15:5 (NIV)

### One Big Thing:

God helps us focus on Jesus throughout the day.

### Review:

This week, we read John 15:5 and talked about what it looks like to focus on Jesus throughout the day. We said that Jesus makes His home inside of believers and wants them to make their home inside of Him, too. Because of this, we know that He is with them throughout the day wherever they go. We said that in order to stay focused on God all day we can remember to talk to Him in our minds as if we are talking to ourselves.

### Challenge:

Spend time journaling each day and practicing the prayer prompts.

On the back are some journaling prompts designed to cultivate a heart and mind that is focused on Jesus throughout the day.

## **Day 1:**

Draw yourself eating breakfast in the morning. Tomorrow when you're eating breakfast thank God for the food He's given you and ask Him to prepare you for everything coming that day.

## **Day 2:**

Draw yourself sitting at your desk at school. Next time you're there, thank God for the opportunity to go to school and ask Him to help you learn a lot that day.

## **Day 3:**

Draw yourself at the playground or park. Next time you're there, thank God that He is with you and ask Him to help you notice if someone is left out.

## **Day 4:**

Draw something you see out the window while your parents are driving. Next time you get in the car, thank God for your family's car and ask God for safety.

## **Day 5:**

Draw yourself in your favorite pajamas laying down to go to bed. Next time you're there, thank God for the things that you liked about your day, tell Him about the things that didn't go the way you wanted them to, and ask Him for a good night's sleep so you can have energy for all the things He has for you the next day.

Go to <http://midtowncolumbia.com/the-blog> for Parents' Tips & Tricks on journaling.



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