

DIGGING DEEPER

(for the week of May 10-16, 2009)

Sunday

Causes of depression

Read and reflect on: I Kings 19:1-4; Psalm 51; Romans 8:28-39

Monday

God offers rest and refreshment.

Read and reflect on: I Kings 19:5-6; Psalm 55; Matthew 11:28-30; Mark 6:30-31

Tuesday

God offers His reassuring Word.

Read and reflect on: I Kings 19:7-18; Psalm 107:19-20; John 17:13-19

Wednesday

God gives us others to counteract loneliness.

Read and reflect on: I Kings 19:19-21; John 13:34-35; Romans 12:9-12

Thursday

Take relational risks.

Read and reflect on: Proverbs 18:24; Romans 15:7; Ephesians 4:1-6; Colossians 3:12-17

Friday

Learn to be hospitable.

Read and reflect on: I Peter 4:9; Romans 12:13-18; Galatians 5:13-15

Saturday

Join a small group.

Read and reflect on: Ecclesiastes 12:8-14; Acts 2:42-47; Hebrews 10:25