

Crossroads Daily Guide
Week of August 7, 2016
Finding Hope in the Darkness...
A 21 Day Spiritual Experience



Week One: Finding Hope in the Darkness: a 21-day spiritual experience.

Our day to day lives are inundated with so much negative news that we need a way to focus on the positive hope of our faith in Jesus. This 21-day experience will help us to find the light of God's love in us which in turn will open our eyes and ears to seeing and hearing God's love more clearly all around us. And when that happens we find that we are more hopeful.

Every day there are three practices. Gratitude, Service and Reflection. In worship we distributed small journals to help you record your experiences. If you didn't receive one, then find a simple notebook to record your experiences. It is truly helpful to write them down.

We are also sending out daily text reminders to all who choose to participate. If you would like to receive the daily reminders for 21 days, then text the word Crossroads to 41411.

In addition, we will continue sending a daily scripture passage that will also help us to find the hope of our faith. One way to let the scripture sink in most deeply is to read the passage slowly and then close your eyes for 60 seconds, taking in three deep breaths, releasing them slowly and then reading the passage once again. Believe it or not it also helps to read the scripture with a smile.

If you were not able to be in worship this past week then it would be helpful to go online:

<http://www.everydaylifewithgod.org> click the audio message tab to listen or go to iTunes and subscribe to Crossroads Ashburn Podcast to receive weekly messages.

May these daily practices of gratitude, service and reflection, coupled with a short scripture of hope help us to find a renewed hope of God's love that is stronger than hate within us and around us.

Sunday, August 7, 2016

Romans 12:2 Don't be conformed to the patterns of this world, but be transformed by the renewing of your minds so that you can figure out what God's will is—what is good and pleasing and mature.

Remember to name three things for which you grateful, look for opportunities to serve or how others are serving and then end the day with a time of reflection on how you found hope in your day. Love is stronger than hate.

Monday, August 8, 2016

John 1:3-5 Everything came into being through the Word (Christ), and without the Word (Christ) nothing came into being. What came into being through the Word (Christ) was life, and the life was the light for all people. The light shines in the darkness, and the darkness doesn't extinguish the light.

Remember to name three things for which you grateful, look for opportunities to serve or how others are serving and then end the day with a time of reflection on how you found hope in your day. Love is stronger than hate.

Tuesday, August 9, 2016

Philippians 4:8-9 From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise. Practice these things: whatever you learned, received, heard, or saw in us. The God of peace will be with you.

Remember to name three things for which you grateful, look for opportunities to serve or how others are serving and then end the day with a time of reflection on how you found hope in your day. Love is stronger than hate.

Wednesday, August 10, 2016

Hebrews 11:1 Now faith is the substance of things hoped for, the evidence of things not seen.

Remember to name three things for which you grateful, look for opportunities to serve or how others are serving and then end the day with a time of reflection on how you found hope in your day. Love is stronger than hate.

Thursday, August 11, 2016

Romans 12:10-13 Love each other like the members of your family. Be the best at showing honor to each other. Don't hesitate to be enthusiastic—be on fire in the Spirit as you serve the Lord! Be happy in your hope, stand your ground when you're in trouble, and devote yourselves to prayer. Contribute to the needs of God's people, and welcome strangers into your home.

Remember to name three things for which you grateful, look for opportunities to serve or how others are serving and then end the day with a time of reflection on how you found hope in your day. Love is stronger than hate.

Friday, August 12, 2016

Romans 15:13 May the God of hope fill you with all joy and peace in faith so that you overflow with hope by the power of the Holy Spirit.

Remember to name three things for which you grateful, look for opportunities to serve or how others are serving and then end the day with a time of reflection on how you found hope in your day. Love is stronger than hate.

Saturday, August 13, 2016

Romans 5:3-5 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

Remember to name three things for which you grateful, look for opportunities to serve or how others are serving and then end the day with a time of reflection on how you found hope in your day. Love is stronger than hate.