

Crossroads Daily Guide
Week of August 21, 2016
Week 3:
Finding Hope in the Darkness...
A 21 Day Spiritual Experience
Reflection/Reflecting



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

For 21 days we are on a quest to find hope in the darkness. From the outset we have emphasized three daily practices: Gratitude, Service and Reflection. Together these three practices can help us see the light of God's hope for the world in our everyday lives and within us.

The goal is that after these 21 days the practices become habitual. The outcome we are hoping for is that we become more compassionate, forgiving, serving and wise. For therein lies the hope of transformation individually and collectively.

This week we are giving our attention to reflection. To help us with this daily practice we are using some of the most important words Jesus taught in the Sermon on the Mount – Matthew 5. Many times these words are referred to as the Beatitudes. That is not a common word for us. It means blessings. That is helpful because blessings are something we seek in our everyday lives for sure.

One of the ways to see the word "Beatitude" as helpful is to break it apart like this - "Be-attitudes". This week we will check our attitudes for being. We are going to close our 21-day spiritual experience by reflecting each day on one of the Beatitudes. Read the daily Beatitude slowly and reflect on how it might lead you to both seeing and being a light of hope. Remember to also pause, reflect and learn in all your activities throughout the day. Notice your attitude for being.

Sunday, August 21, 2016

*When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. **Arriving at a quiet place, he sat down... and this is what he said: "You're blessed when you're at the end of your rope. With less of you there is more of God and his rule."***

Remember to name three things for which you are grateful as an act of love and worship, look for chances to serve and how you are served then end the day with a time of reflection recognizing God's presence/guidance. Text the word crossroads to 41411 to receive daily reminders.

Monday, August 22, 2016

*When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. **Arriving at a quiet place, he sat down... and this is what he said: "You're blessed when you feel you've lost what is most dear to you. Only then can you be embraced by the One most dear to you."***

Remember to name three things for which you are grateful as an act of love and worship, look for chances to serve and how you are served then end the day with a time of reflection recognizing God's presence/guidance. Text the word crossroads to 41411 to receive daily reminders.

Tuesday, August 23, 2016

When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him,

*the committed, climbed with him. **Arriving at a quiet place, he sat down... and this is what he said: "You're blessed when you're content with just who you are—no more, no less. That's the moment you find yourselves proud owners of everything that can't be bought."***

Remember to name three things for which you are grateful as an act of love and worship, look for chances to serve and how you are served then end the day with a time of reflection recognizing God's presence/guidance. Text the word crossroads to 41411 to receive daily reminders.

Wednesday, August 24, 2016

*When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. **Arriving at a quiet place, he sat down... and this is what he said: "You're blessed when you've worked up a good appetite for God. His food and drink in the best meal you'll ever eat."***

Remember to name three things for which you are grateful as an act of love and worship, look for chances to serve and how you are served then end the day with a time of reflection recognizing God's presence/guidance. Text the word crossroads to 41411 to receive daily reminders.

Thursday, August 25, 2016

*When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. **Arriving at a quiet place, he sat down... and this is what he said: "You're blessed when you care. At the moment of being 'care-full,' you find yourselves cared for."***

Remember to name three things for which you are grateful as an act of love and worship, look for chances to serve and how you are served then end the day with a time of reflection recognizing God's presence/guidance. Text the word crossroads to 41411 to receive daily reminders.

Friday, August 26, 2016

*When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. **Arriving at a quiet place, he sat down... and this is what he said: "You're blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world."***

Remember to name three things for which you are grateful as an act of love and worship, look for chances to serve and how you are served then end the day with a time of reflection recognizing God's presence/guidance. Text the word crossroads to 41411 to receive daily reminders.

Saturday, August 27, 2016

*When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. **Arriving at a quiet place, he sat down... and this is what he said: "You're blessed when you can show people how to cooperate instead of compete or fight. That's when you discover who you really are, and your place in God's family."***

Remember to name three things for which you are grateful as an act of love and worship, look for chances to serve and how you are served then end the day with a time of reflection recognizing God's presence/guidance. Text the word crossroads to 41411 to receive daily reminders.