

FIVE
MINUTES
WITH GOD

EASTERTIDE EDITION

FROM ST. ANDREW'S EPISCOPAL CHURCH

Christ is Risen – Now What?

We usually think of Easter as a single day of celebration, but our Church calendar tells a different story. The Easter season stretches from the day of resurrection to Pentecost, 50 days later. It's a blessed in-between time of wonder and gratitude that Jesus' victory over sin and death opens the door for us also to rise into new life. That's certainly true about the later, heavenly chapters of our story, *and* it's true about the new life God gives us here and now, in moments of awe and in day-by-day blessings.

To help you notice all these facets of resurrection in your own life, we've selected daily excerpts from the four readings appointed for each coming Sunday. Along with the readings, we offer a rich question or two each day, something to help you apply the readings to where you've been and to where you're going in the day that lies ahead.

If what you can spare is literally five minutes, then read the daily Scripture and take the questions quickly into your heart and mind, holding them to see how they might bubble up later in the day. If you have a little more time, consider responding to the questions—maybe jotting a few notes, writing a journal entry, or sketching an image. If you're part of a Companion Group, we encourage you to consider where the daily readings and questions take you over a few weeks and then share those thoughts as you check in and reflect with your group.

There is no “right” way to use this guide. The point is simply to engage with God's word, and your own experience, in whatever way works best for you.

Alleluia! Christ is risen—and so are we!

Fr. John, Mtr. Jean, and Mtr. Rita

Monday, April 6

Peter, standing with the eleven, raised his voice and addressed the crowd, “You that are Israelites, listen to what I have to say: Jesus of Nazareth, a man attested to you by God with deeds of power, wonders, and signs that God did through him among you, as you yourselves know—this man, handed over to you according to the definite plan and foreknowledge of God, you crucified and killed by the hands of those outside the law. But God raised him up, having freed him from death, because it was impossible for him to be held in its power. – Acts 2:14a,22-24

Like the crowd, have I ever completely misjudged something really important? What happened next?

Tuesday, April 7

Protect me, O God, for I take refuge in you; I have said to the Lord, “You are my Lord, my good above all other.” All my delight is upon the godly that are in the land, upon those who are noble among the people. But those who run after other gods shall have their troubles multiplied. – Psalm 16:1-3

What other gods are most tempting for me to follow?

Wednesday, April 8

I have set the Lord always before me; because he is at my right hand, I shall not fall. My heart, therefore, is glad, and my spirit rejoices; my body also shall rest in hope. For you will not abandon me to the grave, nor let your holy one see the Pit. You will show me the path of life; in your presence there is fullness of joy, and in your right hand are pleasures for evermore. – Psalm 16:8-11

Can I rest in the hope of eternal life?

Thursday, April 9

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who are

being protected by the power of God through faith for a salvation ready to be revealed in the last time. In this, you rejoice, even if now for a little while you have had to suffer various trials, so that the genuineness of your faith—being more precious than gold that, though perishable, is tested by fire—may be found to result in praise and glory and honor when Jesus Christ is revealed. – 1 Peter 1:3-7

When has my faith in the “living hope” of resurrection been “tested by fire”?

Friday, April 10

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, “Peace be with you.” After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” When he had said this, he breathed on them and said to them, “Receive the Holy Spirit.” – John 20:19-22

When have I felt the Holy Spirit empowering me for something important despite my fear?

Saturday, April 11

Thomas (who was called the Twin), one of the twelve, was not with [the other disciples] when Jesus came. So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.” – John 20:24-25

When something seems too good to be true, how do I discern whether it might really be true?

Second Sunday of Easter, April 12

A week later, Jesus’ disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, “Peace be with you.” Then he said to Thomas, “Put your

finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.” Thomas answered him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.” – John 20:26-29

When have I found that something seemingly too good to be true actually was true? What persuaded me to believe it?

Weekly Wrap-Up

- *Noticing*: Looking back over this week, what image, word, or moment stayed with me?
- *Reflecting*: Which reading or question felt closest to my life this week, and which felt hardest to sit with?
- *God-awareness*: Where did I notice God’s presence, or my longing for God, this week?

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Monday, April 13

Peter, standing with the eleven, raised his voice and addressed the crowd, “Let the entire house of Israel know with certainty that God has made him both Lord and Messiah, this Jesus whom you crucified.” Now when they heard this, they were cut to the heart and said to Peter and to the other apostles, “Brothers, what should we do?” Peter said to them, “Repent, and be baptized, every one of you, in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit. For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.” – Acts 2:14a,36-39

In what ways has my decision to follow Jesus affected those who are closest to me?

Tuesday, April 14

The cords of death entangled me; the grip of the grave took hold of me; I came to grief and sorrow. Then I called upon the Name of the Lord: “O Lord, I pray you, save my life.” How shall I repay the Lord for all the good things he has done for me? I will lift up the cup of salvation and call upon the Name of the Lord. I will fulfill my vows to the Lord in the presence of all his people. – Psalm 116:2-3,10-12

What in my life has changed as a result of my decision to “call upon the name of the Lord”?

Wednesday, April 15

You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, but with the precious blood of Christ, like that of a lamb without defect or blemish. He was destined before the foundation of the world but was revealed at the end of the ages for your sake. Through him, you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God. – 1 Peter 1:18-21

Setting my faith and hope on God—how has this increased my trust in God?

Thursday, April 16

[On the day of the resurrection, two of Jesus' disciples] were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, "What are you discussing with each other while you walk along?" They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, "Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?" He asked them, "What things?" They replied, "The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel." – Luke 24:13-21a

When was a time that Jesus showed up in my life, but at first I didn't recognize his movement in my life?

Friday, April 17

[On the road to Emmaus, two of the disciples were walking with the risen Jesus, but they did not recognize him. One said,] "Some women of our group astounded us. They were at the tomb early this morning, and when they did not find Jesus' body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him." Then Jesus said to them, "Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?" Then, beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures. – Luke 24:22-27

If I am honest with myself, how often do I find the truth of Scripture difficult to believe? How has the voice of God shown up in my life and pointed me toward the truth?

Saturday, April 18

[On the road to Emmaus, two of the disciples were walking with the risen Jesus, but they did not recognize him.] As they came near the village to which they were going, Jesus walked ahead as if he were going on. But they urged him strongly, saying, “Stay with us, because it is almost evening and the day is now nearly over.” So, he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. – Luke 24:28-31

On what occasions have my eyes been opened to the truth of who Jesus is?

Third Sunday of Easter, April 19

[In Emmaus, the risen Jesus appeared to two disciples as he broke bread with them; then he vanished.] They said to each other, “Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?” That same hour, they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, “The Lord has risen indeed, and he has appeared to Simon!” Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread. – Luke 24:32-35

When have I experienced a time when a divine insight was validated by a trusted friend, family member, or colleague?

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Monday, April 20

Those who had been baptized devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. – Acts 2:42-43

What wonders have I experienced by continuing in the apostles' teaching and fellowship, the breaking of bread, and the prayers?

Tuesday, April 21

All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved. – Acts 2:44-47

It's jarring to hear of the early Christians turning away from private ownership of property and holding everything in common. What am I being called to share by practicing extravagant love?

Wednesday, April 22

The Lord is my shepherd; I shall not be in want. He makes me lie down in green pastures and leads me beside still waters. He revives my soul and guides me along right pathways for his Name's sake. – Psalm 23:1-3

If I were following along God's "right pathways," what would I be doing or experiencing?

Thursday, April 23

Though I walk through the valley of the shadow of death, I shall fear no evil; for you are with me; your rod and your staff, they comfort me. You spread a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over. Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever. – Psalm 23:4-6

Can I trust God to lead me through the challenges I'm facing—and can I ask for that help?

Friday, April 24

When Jesus was abused, he did not return abuse; when he suffered, he did not threaten; but he entrusted himself to the one who judges justly. He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls. – 1 Peter 2:23-25

What would it take for me to trust deeply enough to ask God to heal whatever most separates me from God?

Saturday, April 25

Jesus said, “Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in by another way is a thief and a bandit. The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice. They will not follow a stranger, but they will run from him because they do not know the voice of strangers.” Jesus used this figure of speech with them, but they did not understand what he was saying to them. – John 10:1-6

There are things in Scripture that I find deeply confusing. What if I offered that confusion as a prayer and then listened for God’s response?

Fourth Sunday of Easter, April 26

Again, Jesus said to the disciples, “Very truly, I tell you, I am the gate for the sheep. All who came before me are thieves and bandits; but the sheep did not listen to them. I am the gate. Whoever enters by me will be saved and will come in and go out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.” – John 10:7-10

Where am I experiencing a growing sense of abundance in my life right now?

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Monday, April 27

Filled with the Holy Spirit, Stephen gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. “Look,” he said, “I see the heavens opened and the Son of Man standing at the right hand of God!” But they covered their ears, and with a loud shout all rushed together against him. Then they dragged him out of the city and began to stone him; and the witnesses laid their coats at the feet of a young man named Saul. While they were stoning Stephen, he prayed, “Lord Jesus, receive my spirit.” Then he knelt down and cried out in a loud voice, “Lord, do not hold this sin against them.” When he had said this, he died.
– Acts 7:55-60

When it seems that everything has turned against me, am I able, first, to pray and then to forgive those who have hurt me?

Tuesday, April 28

In you, O Lord, have I taken refuge; let me never be put to shame; deliver me in your righteousness. Incline your ear to me; make haste to deliver me. Be my strong rock, a castle to keep me safe, for you are my crag and my stronghold; for the sake of your Name, lead me and guide me. Take me out of the net that they have secretly set for me, for you are my tower of strength. Into your hands I commend my spirit, for you have redeemed me, O Lord, O God of truth. – Psalm 31:1-5

“Refuge” ... “deliver” ... “stronghold”—these are words about safety. When have I depended on the Lord for protection?

Wednesday, April 29

My times are in your hand; rescue me from the hand of my enemies, and from those who persecute me. Make your face to shine upon your servant, and in your loving-kindness save me. – Psalm 31:15-16

What has it felt like to be the recipient of God’s loving-kindness?

Thursday, April 30

Come to him, a living stone, though rejected by mortals yet chosen and precious in God’s sight, and like living stones, let yourselves be built into

a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ.... You are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light. – 1 Peter 2:4-5,9

***“I am chosen. I am precious in God’s sight. I am acceptable to God.”
When I say these words, am I able to believe that God truly feels this way about me?***

Friday, May 1

Jesus said, “Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house, there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.” – John 14:1-4

When my heart has been troubled, have I experienced comfort knowing that Jesus cares about what happens to me?

Saturday, May 2

Thomas said to Jesus, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.” – John 14:5-7

Can I really say that I know Jesus and Jesus knows me?

Fifth Sunday of Easter, May 3

Philip said to Jesus, “Lord, show us the Father, and we will be satisfied.” Jesus said to him, “Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am

in the Father and the Father is in me; but if you do not, then believe me because of the works themselves.” – John 14:8-11

Phillip asked Jesus to show him God. Do I find myself asking for proof of something in order to believe what Jesus is saying?

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Monday, May 4

Paul stood in front of the Areopagus and said, “Athenians, I see how extremely religious you are in every way. For, as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, ‘To an unknown god.’ What therefore you worship as unknown, this I proclaim to you. The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. From one ancestor, he made all nations to inhabit the whole earth; and he allotted the times of their existence and the boundaries of the places where they would live, so that they would search for God and perhaps grope for him and find him—though indeed he is not far from each one of us. For ‘in him we live and move and have our being.’” – Acts 17:22-28a

If St. Paul walked through the neighborhoods of my city, where would he see a yearning for the God who is Love?

Tuesday, May 5

You, O God, have proved us; you have tried us just as silver is tried. You brought us into the snare; you laid heavy burdens upon our backs. You let enemies ride over our heads; we went through fire and water; but you brought us out into a place of refreshment. I will enter your house with burnt-offerings and will pay you my vows, which I promised with my lips and spoke with my mouth when I was in trouble. – Psalm 66:9-12

I struggle with the idea that the God who is Love would ensnare me, burden me, or give me over to my enemies. How else might I see God being present in times that test me?

Wednesday, May 6

Come and listen, all you who fear God, and I will tell you what he has done for me. I called out to him with my mouth, and his praise was on my tongue. If I had found evil in my heart, the Lord would not have heard me; but in truth God has heard me; he has attended to the voice of my prayer.

Blessed be God, who has not rejected my prayer nor withheld his love from me. – Psalm 66:14-18

Do I have a story about what God has done for me? Whom might I tell?

Thursday, May 7

Always be ready to make your defense to anyone who demands from you an accounting for the hope that is in you; yet do it with gentleness and reverence. Keep your conscience clear so that, when you are maligned, those who abuse you for your good conduct in Christ may be put to shame. For it is better to suffer for doing good, if suffering should be God's will, than to suffer for doing evil. – 1 Peter 3:15b-17

If someone asked me, "Why do you have hope?" ... what would I say?

Friday, May 8

Christ suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him. – 1 Peter 3:18-22

At baptismal services, when we reaffirm the Baptismal Covenant, which of those statements and promises asks the most of me or represents my greatest leap of faith?

Saturday, May 9

Jesus said to the disciples, "If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you forever. This is the Spirit of truth, whom the

world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.” – John 14:15-17

Can I imagine God actually being my advocate, rather than my prosecutor or judge?

Sixth Sunday of Easter, May 10

Jesus said to the disciples, “I will not leave you orphaned; I am coming to you. In a little while, the world will no longer see me, but you will see me; because I live, you also will live. On that day, you will know that I am in my Father, and you in me, and I in you. They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.” – John 14:18-21

When have I experienced love so vividly that I knew it was God being revealed to me?

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Monday, May 11

After his suffering, Jesus presented himself alive to his followers by many convincing proofs, appearing to them during forty days and speaking about the kingdom of God. While staying with them, he ordered them not to leave Jerusalem, but to wait there for the promise of the Father. “This,” he said, “is what you have heard from me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now.” So, when they had come together, they asked him, “Lord, is this the time when you will restore the kingdom to Israel?” – Acts 1:3-6

What would it look like if I were to trust in God’s timing instead of expecting God to follow my timeline?

Tuesday, May 12

The disciples asked Jesus, “Lord, is this the time when you will restore the kingdom to Israel?” He replied, “It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.” – Acts 1:6-11

When have I expected one outcome, but then it became obvious that God had something else in mind? How did I respond?

Wednesday, May 13

God has gone up with a shout, the Lord with the sound of the ram’s-horn. Sing praises to God, sing praises; sing praises to our King, sing praises. For God is King of all the earth; sing praises with all your skill. God reigns over the nations; God sits upon his holy throne. – Psalm 47:5-8

“Sing praises to God, sing praises...” What favorite hymn or praise song comes to mind when I read this Scripture? What if I sang it out loud?

Thursday, May 14

I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. — Ephesians 1:17-19

As I come to know Jesus better, what do I most hope for?

Friday, May 15

God put power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all. — Ephesians 1:20-23

In what ways might Christ be filling my life right now?

Saturday, May 16

Jesus said to his disciples, “These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.” Then he opened their minds to understand the scriptures, and he said to them, “Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high.” — Luke 24:44-49

Where in my life do I long for deeper understanding—like the disciples did?

Sunday, May 17, Celebrating the Ascension

Jesus led the disciples out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven. And they worshiped him and returned to Jerusalem with great joy; and they were continually in the temple blessing God. – Luke 24:50-53

If I chose to live in joy and worship, even during times of uncertainty, what would that look like?

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Monday, May 18

When the day of Pentecost had come, the disciples were all together in one place. And suddenly, from heaven, there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound, the crowd gathered and was bewildered because each one heard them speaking in the native language of each. – Acts 2:1-6

What's the "language" in which I can best hear God reaching out to me?

Tuesday, May 19

[When the disciples began speaking in many languages as the Spirit gave them power,] all were amazed and perplexed, saying to one another, "What does this mean?" But others sneered and said, "They are filled with new wine." Peter, standing with the eleven, raised his voice and addressed them, "Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. No, this is what was spoken through the prophet Joel: 'In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams. Even upon my slaves, both men and women, in those days I will pour out my Spirit; and they shall prophesy.... Then everyone who calls on the name of the Lord shall be saved.'" – Acts 1:12-18,21

When remarkable things happen in my life, what explanations do I embrace other than the loving power of God?

Wednesday, May 20

O Lord, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures. Yonder is the great and wide sea with its living things too many to number, creatures both small and great. There move the ships, and there is that Leviathan, which you have made

for the sport of it. All of them look to you to give them their food in due season. You give it to them; they gather it; you open your hand, and they are filled with good things. You hide your face, and they are terrified; you take away their breath, and they die and return to their dust. You send forth your Spirit, and they are created; and so you renew the face of the earth. – Psalm 104:25-31

What aspects of the natural world reveal God most directly to me? What does it feel like to encounter God that way?

Thursday, May 21

May the glory of the Lord endure forever; may the Lord rejoice in all his works. He looks at the earth, and it trembles; he touches the mountains, and they smoke. I will sing to the Lord as long as I live; I will praise my God while I have my being. May these words of mine please him; I will rejoice in the Lord. Bless the Lord, O my soul. Hallelujah! – Psalm 104:32-37

When the natural world becomes frightening, can I still see God's presence in it? What do those threatening realities say about God's love?

Friday, May 22

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. – 1 Corinthians 12:4-7

When I'm honest about my gifts, where do I see "the manifestation of the Spirit for the common good"? How could I use those gifts more fully?

Saturday, May 23

All gifts are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses. For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into

one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit. — 1 Corinthians 12:11-13

Do I feel like I'm part of a larger body—maybe more than one? What are the bodies to which I belong, and what gifts do I bring to each?

Sunday, May 24, the Day of Pentecost

On the last day of the festival, the great day, while Jesus was standing there, he cried out, “Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, ‘Out of the believer’s heart shall flow rivers of living water.’” Now, he said this about the Spirit, which believers in him were to receive; for as yet there was no Spirit because Jesus was not yet glorified. — John 7:37-39

Whom do I know whose trust in God makes that person’s life an example—“living water”—for me? Are there ways in which I might be that person for others?

Weekly Wrap-Up

- *Noticing:* Looking back over this week, what image, word, or moment stayed with me?
- *Reflecting:* Which reading or question felt closest to my life this week, and which felt hardest to sit with?
- *God-awareness:* Where did I notice God’s presence, or my longing for God, this week?

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