

Spiritual Engagement Guide



April 19-25

Read 1 Peter 1 every day.

Consider the following questions as you read:

- Some suffering is brought on by our own bad choices. How does this play into your thinking about whether or not God redeems that suffering?
- Does God cause suffering?
- How do you respond when going through hard times?
- How do you handle loss?
- Is there a better way to handle these things?

Read the following prayer aloud each day:

O Jesus, Please be in the hearts and lives of all those who are suffering. Bring healing to those who are enduring pain. Bring value to those who are disregarded. Bring joy to those in great sorrow. Bring hope to those that have nothing to live for.

Spiritual Practice: Lament

- Lament, or “a passionate expression of grief or sorrow,” has a long, rich, and powerful biblical basis. Many of the Psalms are crying out to God in anguish or anger.
- Spent a few minutes arguing, yelling at, or crying out to God in prayer each day this week.

Begin and end each day with the breathe prayer: “Breath of God, Breathe on me.”