

## **Trail Guide -- Week of March 30, 2020**

With the unexpected comes the opportunity for the extraordinary. We follow an extraordinary Savior who faced the expected and unexpected with singular faith and focus. So must we in these challenging times. The Apostle Paul wrote, "Faith comes by hearing, and hearing comes by/through the word of Christ" (Romans 10:17). Amidst the shifting sands of alarming and at times conflicting news, we have an anchor for our hope and true security in the scriptures. When (not if) anxiety strikes, let the words of scripture and the quieting exercise of prayer bring calm, strength, and hope. The following words and scripture are shared in the hope and prayer that you will find the guidance, grace, and faith to see you through each day with hope and joy.

### The Pillar of Prayer

- I.1 Each morning, read the word and scripture for the day, either alone or with your family.
- I.2 Think about the word throughout the day. You may want to write the word and the scripture passage on a 3x5 card to carry with you.
- I.3 Pray a short prayer inviting Jesus to your day. Ask him for grace to give you eyes to see him with you today.
- I.4 Reflect on the word and the scripture verse throughout the day. Look for examples, illustrations, inspirations, etc., that reflect the daily word. Take a picture that represents the word for you.
- I.5 At the end of the day, think back to recall where you were most aware of Christ with you. Share with family/a friend what you thought of and/or experienced during the day.
- I.6 Thank Jesus for the gift of his companionship and closeness throughout the day.

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| Mon, 3/30  | Ephesians 1:7 – Word for today: "Grace"; # of place settings        |
| Tues, 3/31 | Ephesians 2:8 – Word for today: "Gift"; # of gift bags & wrap       |
| Wed, 4/1   | 1 Corinthians 13:11-13 – Word for today: "Reflection"; # of Mirrors |
| Thurs, 4/2 | Luke 22:18-20 – Word for today: "Remember"; # of photo albums       |
| Fri, 4/3   | Psalms 113:3 – Word for today: "Sun"; # of outdoor chairs           |
| Sat, 4/4   | Psalms 63:7 – Word for today: "Shadow"; # of umbrellas              |

Pray for our worship, fellowship, learning, and serving on Sunday. Invite someone to join you!

### The Pillar of Fasting

The second Pillar is fasting; that is, intentionally going without food or something else in order to spend time with God. One suggested "family fast" is to set aside smart phones, tablets, and computers for an agreed upon time period, once a week or even once a day.

### The Pillar of Almsgiving (see daily items above)

Each day, count how many of various items you have in your home and set aside a token (representing 10c, 25c, 1 dollar, etc.), or a coin/dollar bill for each as your Lent/Easter offering for our missionaries.