



**West Coast Rush 2016
Post-Retreat Quiet Times**

INSTRUCTIONS

The scriptures in this guide correspond to portions of lessons taught at West Coast Rush 2016.

Read over the passages and thoughts corresponding to the day, then think and pray through what God is teaching you. Do you need to change a perspective or attitude about an issue? Is God calling you to do something or change a behavior? Is He calling you to say something or do something for someone else? Think and pray through these questions.

Many people find it helpful to write a reflection paragraph or two about what God is teaching them in a separate journal. Some also find it helpful to write out their prayers.



DAY 1

God is Omnipotent, All-Powerful

[Psalms 115:3](#)

3 Our God is in heaven;
he does whatever pleases him.

[Jeremiah 32:17](#)

17 "Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.

[Matthew 19:26](#)

26 Jesus looked at them and said, "With man this is impossible, but with God all things are possible."

[Mark 14:36](#)

36 "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

[Romans 11:36](#)

36 For from him and through him and for him are all things.
To him be the glory forever! Amen.

[Ephesians 1:11](#)

11 In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will ...

[Hebrews 1:3](#)

3 The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven.

God is all-powerful. He speaks, and whatever He says simply is. He has all authority - nothing and no one can challenge Him. Some misunderstand "all-powerful" to mean that God can do anything, but there are things God can never do precisely because He's all-powerful. For instance, He can't make a mistake, He can't lie, He can't mess up. His actions are limited by the boundaries of perfection. When we find ourselves questioning Him we'd do well to keep in mind He doesn't make mistakes.



DAY 2

God is Omnipresent, All-Present

1 Kings 8:27

27 "But will God really dwell on earth? The heavens, even the highest heaven, cannot contain you. How much less this temple I have built!"

Job 11:7-9

7 "Can you fathom the mysteries of God?
Can you probe the limits of the Almighty?"

Jeremiah 23:23-24

23 "Am I only a God nearby,"
declares the LORD,
"and not a God far away?
24 Who can hide in secret places
so that I cannot see them?"
declares the LORD.
"Do not I fill heaven and earth?"
declares the LORD.

Psalms 90:1-2

1 Lord, you have been our dwelling place
throughout all generations.
2 Before the mountains were born
or you brought forth the whole world,
from everlasting to everlasting you are God.

Psalms 139:7

7 Where can I go from your Spirit?
Where can I flee from your presence?

Acts 17:24-28

24 "The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by human hands. 25 And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else. 26 From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands. 27 God did this so that they would seek him and perhaps reach out for him and find him, though he is not far

from any one of us. 28 'For in him we live and move and have our being.' As some of your own poets have said, 'We are his offspring.'

God is all-present. He is everywhere without being limited by time and space. That means God was and is witness to every detail of everything that has happened in the past, present, and future. God doesn't simply peer into the future either - He can see it because He's already there while simultaneously existing in the past. His omnipresence spans not only space, but also time. He has literally "seen it all" and continues to. God is the only one who can truly see the "big picture" because He's the only one who's everywhere.



DAY 3

God is Omniscient, All-Knowing

[Psalms 147:5](#)

5 Great is our Lord and mighty in power;
his understanding has no limit.

[Ezekiel 11:5](#)

5 Then the Spirit of the LORD came on me, and he told me to say: "This is what the LORD says: That is what you are saying, you leaders in Israel, but I know what is going through your mind.

[Romans 2:16](#)

16 This will take place on the day when God judges people's secrets through Jesus Christ, as my gospel declares.

[Romans 11:33](#)

33 Oh, the depth of the riches of the wisdom and knowledge of God!
How unsearchable his judgments,
and his paths beyond tracing out!

[Hebrews 4:13](#)

13 Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

[1 John 3:20](#)

20 If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.

Not only is God all-powerful and all-present, He's also all-knowing. His "sight" is not limited to the realm of the seen - God also sees what's unseen. Every realm of thought and subconscious is open to and known by God. Every contemplation, every dream, every fantasy, everything is seen by Him. When the Bible says God knows every detail about you, it's not an understatement. God *literally knows everything* about you. He knows you infinitely better than you'll ever know yourself, warts and all, and He still loves you.



DAY 4

God is Self-Sufficient & Self-Existent

Exodus 3:14

14 God said to Moses, "I AM WHO I AM. This is what you are to say to the Israelites: 'I AM has sent me to you.' "

Psalms 90:2

2 Before the mountains were born
or you brought forth the whole world,
from everlasting to everlasting you are God.

John 1:1-5

1 In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was with God in the beginning. 3 Through him all things were made; without him nothing was made that has been made. 4 In him was life, and that life was the light of all mankind. 5 The light shines in the darkness, and the darkness has not overcome it.

John 5:26

26 For as the Father has life in himself, so he has granted the Son also to have life in himself.

Colossians 1:15-17

15 The Son is the image of the invisible God, the firstborn over all creation. 16 For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. 17 He is before all things, and in him all things hold together.

God has no beginning nor end - He simply is. In fact, God is life itself. Outside of God no life exists. He is the source of everything that moves and breathes. All things were literally created by Him and for Him.



DAY 5

God is Holy & Transcendent

Exodus 3:5-6

5 “Do not come any closer,” God said. “Take off your sandals, for the place where you are standing is holy ground.” 6 Then he said, “I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.” At this, Moses hid his face, because he was afraid to look at God.

1 Samuel 2:2

2 “There is no one holy like the LORD;
there is no one besides you;
there is no Rock like our God.

Psalms 99:2-3

2 Great is the LORD in Zion;
he is exalted over all the nations.
3 Let them praise your great and awesome name—
he is holy.

Psalms 113:5-6

5 Who is like the LORD our God,
the One who sits enthroned on high,
6 who stoops down to look
on the heavens and the earth?

Isaiah 6:3

3 And they were calling to one another:
“Holy, holy, holy is the LORD Almighty;
the whole earth is full of his glory.”

Isaiah 55:8-9

8 “For my thoughts are not your thoughts,
neither are your ways my ways,”
declares the LORD.
9 “As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.

Isaiah 57:15

15 For this is what the high and exalted One says—
he who lives forever, whose name is holy:
“I live in a high and holy place,
but also with the one who is contrite and lowly in spirit,
to revive the spirit of the lowly
and to revive the heart of the contrite.

John 8:23

23 But he continued, “You are from below; I am from above. You are of this world; I am not of this world.

Revelation 4:8

8 Each of the four living creatures had six wings and was covered with eyes all around, even under its wings. Day and night they never stop saying:
“ ‘Holy, holy, holy
is the Lord God Almighty,
who was, and is, and is to come.’”

God is "other" and set apart from all else. Sin and imperfection does not exist in His presence nor in Him at all. God is beautiful and one of a kind. There is nothing else, and no one else that compares with Him. There is only One God.

And if all that I've written about Him so far is true, He's intimidating isn't He? He certainly is to me, but luckily there's more to God than His power.



DAY 6

God is Good & the Source of all Good

Exodus 34:6-7a

6 And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, 7 maintaining love to thousands, and forgiving wickedness, rebellion and sin ..."

Psalms 25:8

8 Good and upright is the LORD;
therefore he instructs sinners in his ways.

James 1:17

17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Mark 10:18 (c.f. Luke 18:19)

18 "Why do you call me good?" Jesus answered. "No one is good—except God alone.

John 10:10

10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

1 Corinthians 2:9

9 However, as it is written:
"What no eye has seen,
what no ear has heard,
and what no human mind has conceived"—
the things God has prepared for those who love him ...

Not only is God supremely powerful, He's also wholly good.

God is pleasant, sweet, and the source of true happiness. According to Jesus, no good exists outside of God - He is literally the source of all goodness. That being said, it's impossible to experience the "good life" outside of relationship with God, and the good life is precisely what God wants you to have. When we have a relationship with Him we have the confidence of knowing our future is bright, but also the present!



DAY 7

God is Graceful & Approachable

[Psalm 145:17 \(NASB\)](#)

17 The LORD is righteous in all His ways
And kind in all His deeds.

[Romans 1:5a](#)

5 Through him we received grace ...

[Romans 3:24](#)

24 and all are justified freely by his grace through the redemption that came by Christ Jesus.

[Romans 5:15, 20](#)

15 But the gift is not like the trespass. For if the many died by the trespass of the one man, how much more did God's grace and the gift that came by the grace of the one man, Jesus Christ, overflow to the many!

20 The law was brought in so that the trespass might increase. But where sin increased, grace increased all the more ...

[Ephesians 4:7](#)

7 But to each one of us grace has been given as Christ apportioned it.

[Hebrews 4:16](#)

16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

To say God is graceful toward us simply means that He harbors goodwill for us in a real and deep way. God's deepest desire is for us to truly be whole and fulfilled having every need met. Not only is God good - He's out for our good as well.



DAY 8

God is Consistent & Always Dependable

[1 Samuel 15:29](#)

29 "He who is the Glory of Israel does not lie or change his mind; for he is not a human being, that he should change his mind."

[Malachi 3:6](#)

6 "I the LORD do not change. So you, the descendants of Jacob, are not destroyed.

[Hebrews 13:8](#)

8 Jesus Christ is the same yesterday and today and forever.

[James 1:17](#)

17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Theologians like to say God is immutable - that's just a fancy way of saying God does not change. God is good all the time and that will never change. We don't have to worry about God having a bad day. While we can't always predict His actions, we can certainly predict His character because He does not change. While God feels emotion, He isn't subject to acting on emotion in an uncontrolled manner like you or I may be. He's 100% in control at all times, and we can depend on Him always.



DAY 9

God is Righteous, Just & Completely Fair

Genesis 18:25

25 Far be it from you to do such a thing—to kill the righteous with the wicked, treating the righteous and the wicked alike. Far be it from you! Will not the Judge of all the earth do right?"

Exodus 34:6-7

6 And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, 7 maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation."

Psalms 19:7-9

7 The law of the LORD is perfect,
refreshing the soul.

The statutes of the LORD are trustworthy,
making wise the simple.

8 The precepts of the LORD are right,
giving joy to the heart.

The commands of the LORD are radiant,
giving light to the eyes.

9 The fear of the LORD is pure,
enduring forever.

The decrees of the LORD are firm,
and all of them are righteous.

Psalms 99:4

4 The King is mighty, he loves justice—
you have established equity;
in Jacob you have done
what is just and right.

Psalms 145:17

17 The LORD is righteous in all his ways
and faithful in all he does.

Jeremiah 9:24

24 but let the one who boasts boast about this: that they have the understanding to know me, that I am the LORD, who exercises kindness, justice and righteousness on earth, for in these I delight," declares the LORD.

Nehemiah 9:32-33

32 "Now therefore, our God, the great God, mighty and awesome, who keeps his covenant of love, do not let all this hardship seem trifling in your eyes—the hardship that has come on us, on our kings and leaders, on our priests and prophets, on our ancestors and all your people, from the days of the kings of Assyria until today. 33 In all that has happened to us, you have remained righteous; you have acted faithfully, while we acted wickedly.

Romans 1:32

32 Although they know God's righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practice them.

1 Peter 1:17

17 Since you call on a Father who judges each person's work impartially, live out your time as foreigners here in reverent fear.

God does what's good and right in all circumstances. God cannot make a mistake, cannot tell a lie, cannot mess up. God is always right. In Hebrew the same word translated "justice" in many modern versions of the Old Testament means "judgement". The word "judgement" has a negative connotation in the minds of many, but it shouldn't. God's judgement/justice works only to make things right. We can trust God, and can rely on Him to right every wrong and make everything okay in the end. He is wholly fair.



DAY 10

God is Merciful & Quick to Forgive the Repentant

[Psalms 6:4 \(NASB\)](#)

Return, O LORD, rescue my soul;
Save me because of Your lovingkindness.

[Ezekiel 18:23](#)

23 Do I take any pleasure in the death of the wicked? declares the Sovereign LORD. Rather, am I not pleased when they turn from their ways and live?

[Hebrews 4:16](#)

16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

[Romans 9:23-24](#)

23 What if he did this to make the riches of his glory known to the objects of his mercy, whom he prepared in advance for glory—24 even us, whom he also called, not only from the Jews but also from the Gentiles?

[Ephesians 2:4](#)

4 But because of his great love for us, God, who is rich in mercy ...

[1 Timothy 2:3-4](#)

3 This is good, and pleases God our Savior, 4 who wants all people to be saved and to come to a knowledge of the truth.

[Titus 3:5](#)

5 he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit ...

[1 Peter 1:3](#)

3 Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead ...

[2 Peter 3:9](#)

9 The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

When the Bible says God is merciful it means God brings Himself lower in order to serve the needs of His creatures. God is always quick to offer redemption even when it is undeserved. God's hands and heart remain open for all who turn to Him in repentance. He is quick to forgive and bless anyone who desires a relationship with Him, but He leaves the choice to us.



DAY 11

God Loves You

Deuteronomy 7:7-8

7 The LORD did not set his affection on you and choose you because you were more numerous than other peoples, for you were the fewest of all peoples. 8 But it was because the LORD loved you and kept the oath he swore to your ancestors that he brought you out with a mighty hand and redeemed you from the land of slavery, from the power of Pharaoh king of Egypt.

Romans 5:5, 8

5 And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Romans 8:35-39

35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? 36 As it is written:

“For your sake we face death all day long;
we are considered as sheep to be slaughtered.”

37 No, in all these things we are more than conquerors through him who loved us. 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Ephesians 3:16-19

16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

1 John 4:8, 16

8 Whoever does not love does not know God, because God is love.

16 And so we know and rely on the love God has for us.

God is love. Whoever lives in love lives in God, and God in them.



DAY 12

The greatest way God shows his love for us is through the sacrifice of Jesus

[Isaiah 53:5](#)

5 But he was pierced *for* our transgressions,
he was crushed *for* our iniquities;
the punishment that brought us peace was on him,
and by his wounds we are healed.

[Isaiah 53:12c](#)

12c For he bore the sin of many,
and made intercession *for* the transgressors.

[Romans 4:25](#)

25 He was delivered over to death *for* our sins and was raised to life *for* our justification.

[Romans 5:8](#)

8 But God demonstrates his own love for us in this: While we were still sinners, Christ died *for* us.

[1 Corinthians 15:3](#)

3 For what I received I passed on to you as of first importance: that Christ died *for* our sins according to the Scriptures ...

[1 Peter 3:18](#)

18 For Christ also suffered once *for* sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit.

[1 John 2:2](#)

2 He is the atoning sacrifice *for* our sins, and not only for ours but also *for* the sins of the whole world.

[Galatians 3:13](#)

13 Christ redeemed us from the curse of the law by becoming a curse *for* us, for it is written: "Cursed is everyone who is hung on a pole."

[2 Corinthians 5:21](#)

21 God made him who had no sin to be sin *for* us, so that in him we might become the righteousness of God.

[1 John 4:10](#)

10 This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice *for* our sins.

These passages all say the same thing - Jesus died "for" us and "for" our sins.

But the question remains, why in the world did He choose to suffer and die? He created this system and everything in it - He holds all the cards, and it's very clear Jesus didn't *want* to die on a cross and dreaded it to the point of experiencing hematidrosis (Luke 22:42-44), so why did He?

The answer to that is simple:

Jesus chose to suffer and die like He did to show how committed He is to you.

Jesus knows that I'm a doubter and you are too. If He'd done anything less than give everything He had to give on our behalf, we'd find reasons to doubt His love for us.

Nothing in Him wanted to go die on that cross, but He did want you to know how much He loves God the Father and how much God loves you. Jesus went to the cross willingly to remove any reason to doubt.

God's greatest desire for us is that we learn to rest in His love.

This is why Jesus asked His disciples to remember His sacrifice weekly in communion (Matthew 26:26-28; Mark 14:22-25; Luke 22:15-20; 1 Corinthians 11:23-28). Jesus wants His disciples to remember His sacrifice every time we get together precisely because He wants us to rest in His love.

How does this make you feel? What does this make you want to do?



DAY 13

Communion is meant to be a regular reminder of God's love.

Each time you take communion, REMEMBER:

God brought Himself low for you.

[Philippians 2:5-8](#)

5 In your relationships with one another, have the same mindset as Christ Jesus:

6 Who, being in very nature God,

did not consider equality with God something to be used to his own advantage;

7 rather, he made himself nothing

by taking the very nature of a servant,

being made in human likeness.

8 And being found in appearance as a man,

he humbled himself

by becoming obedient to death—

even death on a cross!

God gave everything for you.

[John 3:16-17](#)

16 For God so loved the world that he gave his one and only Son, that whoever believes in him

shall not perish but have eternal life. 17 For God did not send his Son into the world to

condemn the world, but to save the world through him.

God desires to be your friend.

[John 15:13](#)

13 Greater love has no one than this: to lay down one's life for one's friends.

Resting in God's love empowers you to love like Him.

[1 John 4:19](#)

19 We love because he first loved us.

Examine yourself: how are you living in light of these truths? What do you feel like doing right now?



DAY 14

Disciples of Jesus love one another.

[John 13:34-35](#)

34 “A new command I give you: Love one another. As I have loved you, so you must love one another. 35 By this everyone will know that you are my disciples, if you love one another.”

[John 15:12](#)

12 My command is this: Love each other as I have loved you

[John 15:17](#)

17 This is my command: Love each other.

[Romans 12:10](#)

10 Be devoted to one another in love. Honor one another above yourselves.

[Romans 13:8](#)

8 Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.

[1 Thessalonians 3:12](#)

12 May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you.

[1 Thessalonians 4:9](#)

9 Now about your love for one another we do not need to write to you, for you yourselves have been taught by God to love each other.

[2 Thessalonians 1:3](#)

3 We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.

[Hebrews 13:1](#)

1 Keep on loving one another as brothers and sisters.

[1 Peter 1:22](#)

22 Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart.

1 Peter 4:8

8 Above all, love each other deeply, because love covers over a multitude of sins.

1 John 3:11

11 For this is the message you heard from the beginning: We should love one another.

1 John 3:23

23 And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us.

1 John 4:7

7 Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.

1 John 4:11-12

11 Dear friends, since God so loved us, we also ought to love one another. 12 No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

2 John 1:5

5 And now, dear lady, I am not writing you a new command but one we have had from the beginning. I ask that we love one another.

As you can see, the command to "love one another" is one that's often repeated in the pages of the New Testament.

Furthermore, when Jesus initially states this as a "new command" in John 13, He specifically states in John 13:35 that through our love for one another the world will "know that you are my disciples". In other words, the outside world will see something radically different in us when we're faithful. Loving one another is key to our being a light in a dark world.

In addition to the command to "love one another", there are a number of other "one another" commands in the New Testament. The rest of them can be thought of as an extension of Jesus' first command that we must "love one another".

When thought about in this way, the other "one another" commands paint a picture for us of what it looks like to "love one another" on a practical level in day to day life.

How do you feel you do when it comes to being faithful to Jesus' command to love fellow disciples? What needs to change?



DAY 15

Disciples of Jesus are unified & accepting of one another.

Mark 9:50

50 “Salt is good, but if it loses its saltiness, how can you make it salty again? Have salt among yourselves, and be at peace with each other.”

Romans 12:16

16 Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

Romans 15:7

7 Accept one another, then, just as Christ accepted you, in order to bring praise to God.

1 Corinthians 1:10

10 I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.

1 Peter 3:8

8 Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble.

1 Corinthians 12:25

25 so that there should be no division in the body, but that its parts should have equal concern for each other.

1 Thessalonians 5:12-13

12 Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. 13 Hold them in the highest regard in love because of their work. Live in peace with each other.

1 Thessalonians 5:15

15 Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else.

In what ways do you struggle with being unified and accepting of your brothers and sisters?
What do you need to repent of?



DAY 16

Disciples of Jesus are forgiving toward one another.

[Ephesians 4:32](#)

32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

[Colossians 3:13](#)

13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Who do you need to forgive? What needs to change in your heart so your day-to-day posture toward others is characterized by a forgiving spirit, or for your first inclination toward others will be to forgive?

Remember:

[Proverbs 19:11](#)

11 A person's wisdom yields patience; it is to one's glory to overlook an offense.



DAY 17

Disciples of Jesus are affectionate toward one another (i.e. greet one another warmly).

[Romans 16:16](#)

16 Greet one another with a holy kiss. All the churches of Christ send greetings.

[1 Corinthians 16:20](#)

20 All the brothers and sisters here send you greetings. Greet one another with a holy kiss.

[2 Corinthians 13:12](#)

12 Greet one another with a holy kiss.

[1 Peter 5:14a](#)

14a Greet one another with a kiss of love.

A "holy kiss" involved a simple peck on each side of the face and was the normal form of greeting in the culture the first century church found herself in. The principle behind the command was to greet one another warmly and show affection for one another. While the practice may look different in our culture (i.e. a warm handshake and smile or a hug), the principle remains the same: we're to be affectionate toward and greet one another warmly.

It makes a person feel loved when they're greeted warmly – how do you do in this area? Do you need to change anything?



DAY 18

Disciples of Jesus are patient with one another.

[Romans 14:13](#)

13 Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister.

[Ephesians 4:2](#)

2 Be completely humble and gentle; be patient, bearing with one another in love.

When we find ourselves being impatient, chances are it's due to our own sinful pride. If you notice certain people seem to always get on your nerves, before you allow yourself to get impatient you'd be wise to ask where the annoyance is coming from and what your own pride has to do with it. Are you being humble toward this person, or do you need to repent of something? Most of the time you'll find you are in need of repentance yourself. What do you need to change?



DAY 19

Disciples of Jesus are humble & submissive toward one another.

[Ephesians 5:21](#)

21 Submit to one another out of reverence for Christ.

[1 Peter 5:5](#)

5 In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, “God opposes the proud but shows favor to the humble.”

True ministry is not a fight to get to the top to rule, but a fight to get to the bottom to serve. How is your attitude in this area? In what ways can you do better?



DAY 20

Disciples of Jesus manage conflict well with one another.

[Galatians 5:26](#)

26 Let us not become conceited, provoking and envying each other.

[Colossians 3:9-10](#)

9 Do not lie to each other, since you have taken off your old self with its practices 10 and have put on the new self, which is being renewed in knowledge in the image of its Creator.

[Titus 3:3](#)

3 At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another.

[James 4:11a](#)

11a Brothers and sisters, do not slander one another.

[James 5:9](#)

9 Don't grumble against one another, brothers and sisters, or you will be judged. The Judge is standing at the door!

Unity is a primary characteristic of love. Nothing destroys unity more quickly than slander, gossip, divisive attitudes, or a refusal to work out conflicts in a godly manner. All of these are sinful and must be guarded vigilantly against if love is to rule in our communities.

Remember:

[Ephesians 4:25-27](#)

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ "In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

If you have a problem with someone, work it out – talk to them! Unresolved anger towards a brother or sister festers into bitterness and destroys relationships. Do not give the devil a foothold in your life by giving in to this sin.

You might rationalize not dealing with issues you have with someone in the name of "keeping the peace," but the truth is there is no true peace where anger and bitterness are allowed to exist.



DAY 21

Disciples of Jesus spend time together in close fellowship.

[Hebrews 10:25](#)

25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

[1 Peter 4:9](#)

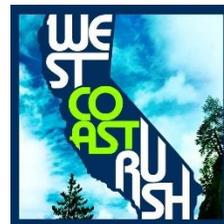
9 Offer hospitality to one another without grumbling.

[1 John 1:7](#)

7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

The biblical idea of fellowship encapsulates much more than simply meeting for an hour or two one day a week and saying hello to one another. Fellowship (GREEK: koinonia) involves a mutual sharing together in the lives of one another. True, biblical fellowship takes time and energy beyond simply attending a church service together every once in a while. Think more in terms of how you'd spend time together in a healthy family and less in terms of the types of relationships you'd see in a typical church in the United States.

Do you make true fellowship a priority? Do you go out of your way to have close relationships with your brothers and sisters? What needs to change?



DAY 22

Disciples of Jesus serve one another.

[John 13:14](#)

14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet.

[Galatians 5:13](#)

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

Would those who know you well characterize you as a servant? What needs to change? How can you serve your brothers and sisters this week?



DAY 23

Disciples of Jesus teach one another.

[Romans 15:14](#)

14 I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct one another.

[Colossians 3:16](#)

16 Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

Sometimes people get the idea that only a select few Christians are qualified to teach anyone else. While there are certain people who are specifically gifted in the areas of teaching or preaching, the truth is all of us have something to teach one another. If we're working on our personal relationship with God and God is teaching us things, it should become natural for us to share lessons learned with one another as an act of love.

What is God teaching you? What do you have to share with others?



DAY 24

Disciples of Jesus encourage one another.

Romans 1:11-12

11 I long to see you so that I may impart to you some spiritual gift to make you strong—12 that is, that you and I may be mutually encouraged by each other's faith.

Ephesians 5:19

19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord.

1 Thessalonians 4:18

18 Therefore encourage one another with these words.

1 Thessalonians 5:11

11 Therefore encourage one another and build each other up, just as in fact you are doing.

Hebrews 3:13

13 But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness.

Would those who know you well describe you as an encourager? How can you encourage your brothers and sisters today? Is there a new habit you can develop to help you be more of an encourager?



DAY 25

Disciples of Jesus challenge & sharpen one another.

[Galatians 6:1-2](#)

1 Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. 2 Carry each other's burdens, and in this way you will fulfill the law of Christ.

[Hebrews 10:24](#)

24 And let us consider how we may spur one another on toward love and good deeds,

[James 5:16](#)

16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Besides giving your life for another person, there's no greater way to love someone than to help them get closer to Jesus. Helping those within it grow spiritually is a basic function of any healthy spiritual community, but that will not happen if sin that's present isn't dealt with lovingly.

When you're made aware of sin present in the lives of members in your group, is it addressed? Is there an attempt to restore a person gently?

How big a part is confession of sin and ongoing accountability in your group? What needs to change?



Day 26

The ideal community.

[Acts 2:42-47](#)

⁴² They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. ⁴³ Everyone was filled with awe at the many wonders and signs performed by the apostles. ⁴⁴ All the believers were together and had everything in common. ⁴⁵ They sold property and possessions to give to anyone who had need. ⁴⁶ Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷ praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Acts 2:42-47 is an account of the daily life and characteristics of the early church. It's apparent that this was a church that put the teaching regarding loving one another into practice.

How does your church or ministry compare to what you read about in the passage above – what are the similarities and what are the differences? Does this passage reveal some things you feel need to be changed in your own group? What can and will you do to help make a positive difference?



DAY 27

Dealing with sin in the community.

[Matthew 18:15-17](#)

¹⁵ “If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. ¹⁶ But if they will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’ ^d ¹⁷ If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

We are not loving one another as God intends if we allow sin to go unchecked in our communities. Jesus lays out specific instructions as to what we are to do when we see unrepentant sin in the life of a brother or sister.

What are the steps outlined above regarding how Jesus says sin is to be handled in our communities? Do you put these instructions into practice? If so, how are you showing love to your brothers and sisters by doing this? If not, how is this keeping you from loving your brothers and sisters, and what do you need to do?

NOTE: For an in-depth look at this topic, get this free resource:

- **[That We May Share His Holiness: A Fresh Approach to Church Discipline](#) by Dr. Tommy South (shared with permission).**



DAY 28

Dealing with anger in the community.

Matthew 5:21-24

²¹ “You have heard that it was said to the people long ago, ‘You shall not murder, ^e and anyone who murders will be subject to judgment.’ ²² But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.

²³ “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴ leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

Ephesians 4:25-27

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

Hebrews 12:14-15

¹⁴ Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. ¹⁵ See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

It’s very important anger be dealt with in a godly manner, because unresolved anger turns into bitterness which leads to divisiveness.

Unity between believers is a primary characteristic of love, and we’re instructed to guard diligently against any attitude or behavior which could lead to division. In fact, divisiveness is such a serious issue, Paul instructs believers to put a divisive person permanently out of the church if they refuse to repent (Titus 3:10).

Matthew 5:21-24 likens unresolved anger that leads to division to murder, because you live as if the other person is already dead when sin cuts off relationship. If someone is angry with us, we’re instructed to work it out!

Ephesians 4:25-27 instructs us to be real with one another – if we’re angry or annoyed with someone we should talk with them about it and work it out. When we refuse to do this, we “give the devil a foothold” in our lives and in our communities because unresolved anger leads to bitterness which leads to division.

Hebrews 12:14-15 reinforces the idea that unresolved anger (bitterness) “grows up to cause trouble” and will “defile many”. Don’t allow your unresolved anger to become a tool of defilement in your community – work it out!



DAY 29

Love verses Self-Protection.

[1 Corinthians 13:4-8a](#)

⁴ Love is **patient**, love is **kind**. It does **not envy**, it does **not boast**, it is **not proud**. ⁵ It does **not dishonor others**, it is **not self-seeking**, it is **not easily angered**, it **keeps no record of wrongs**.

⁶ Love does **not delight in evil** but **rejoices with the truth**. ⁷ It **always protects**, **always trusts**, **always hopes**, **always perseveres**.

⁸ Love **never fails**.

The opposite of love is not hatred; the opposite of love is self-protection. We self-protect in an attempt to keep from being hurt by others.

Self-protection is what keeps us from being fully engaged in relationships. We don't confess our sins or let others know about the darkness we struggle with when we seek to protect our status or our reputation. This kind of behavior is the opposite of humility – it's born out of pride.

When we lay our pride down, we lay down the need to self-protect.

Look over the characteristics of self-protection on the next page – which of these do you struggle with the most? What do you need to do to change?

Remember, hatred is not the opposite of love; self-protection is the opposite of love.

But when we operate in relationships out of self-protection, we make people *feel* hated.

LOVE vs SELF-PROTECTION

Characteristics of Love vs. Characteristics of Self-Protection

Patient

- Impatient
- Short
- Irritable
- Rushes

Kind

- Unkind
- Rude
- Mean

Does not envy

- Jealous/Envious
- Discontent
- Covetous

Does not boast, is not proud

- Brags
- Proud
- Arrogant

Does not dishonor others

- Answers harsh words with harsh words
- Always has to win
- Always has to have a comeback
- Manipulates & tricks
- Has the last word

Not self-seeking

- Self-centered
- Greedy
- Seeks attention
- Controlling

Not easily angered

- Short-tempered and hot-headed.
- Blows up
- Constantly sarcastic & cynical

Keeps no record of wrongs

- Keeps a list
- Keeps score
- Holds grudges
- Won't forgive

Does not delight in evil

- Delights in evil – thinks it's funny
- Enjoys evil

Rejoices with the truth

- Lies
- Hides in the dark
- Doesn't like the truth
- Argumentative
- Not willing to look at the truth

Protects, trusts, hopes, perseveres

- Harms others in the name of protecting self
- Doesn't trust anyone, is skeptical
- Hopeless, Pessimistic
- Easily discouraged, Gives up easily & Quits

Love NEVER fails

- Self-protection ALWAYS fails



DAY 30

Turning darkness into light.

[Ephesians 5:8-13](#)

8 For you were once darkness, but now you are light in the Lord. Live as children of light 9 (for the fruit of the light consists in all goodness, righteousness and truth) 10 and find out what pleases the Lord. 11 Have nothing to do with the fruitless deeds of darkness, but rather expose them. 12 It is shameful even to mention what the disobedient do in secret. 13 But everything exposed by the light becomes visible—and everything that is illuminated becomes a light.

Believers who've turned from darkness to light are instructed to live as children of the light doing what pleases the Lord. We're told not to have anything to do any longer with the deeds of darkness, but instead to expose them.

While it may feel shameful to confess sin, notice what it says in verse 13: everything exposed becomes visible and illuminated, then it turns into light. Don't miss this truth: God wants to *turn your darkness into light!*

Jesus yearns to turn the worst parts of you – your worst sins, your darkest secrets, your most shameful attitudes or actions – into tools for ministry! He wants to turn your darkness into light!

When we confess our sin and repent of it, we set an example and bring hope to others with similar struggles. We show them a path to redemption in Jesus. In doing so, we let our light shine!

What sin or struggle have you left unconfessed? Why? How can God use it to shape you and others?

GUIDE COMPILED BY WES WOODELL

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