

spiritual caffeine

a monthly shot of encouragement and equipping for student leaders



Cadre Ministries

realignment

a week of reflections for the new year

day 1: meditation

Read Psalm 77:11–14

We don't talk much about meditating today. It seems like something fit for monks and Buddhists, but maybe a little too mystical and passive for our generation. However, meditation is an important part of the Christian life! To meditate just means to reflect and ponder. It means to remember what God has done and what that means for us.

You can meditate by setting aside a few minutes today to reflect on all of the ways you have seen God at work in and around you this week.



day 2: be still

Read Psalm 46:10 and Isaiah 30:15–18

When was the last time you experienced real stillness? Scripture makes it clear that there is a direct link between our trust in God and our willingness to be still. When we are constantly running, we show that we're relying on ourselves. Take time today to be still and quiet and remember that the Lord is God. He wants to be your Provider, your Refuge, and your Peace. Do you trust him enough to let him?

day 3: a sign

Read Exodus 31:12–17

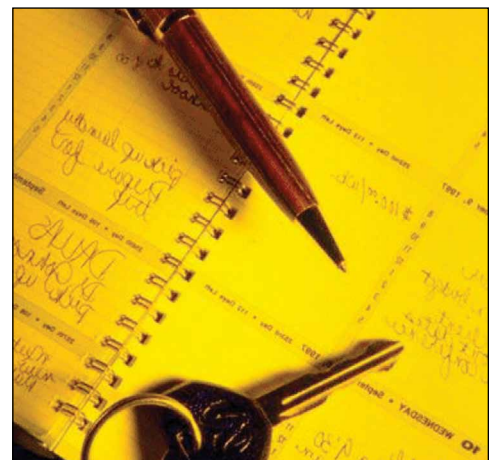
Have you ever wondered why the Sabbath made it to one of God's top 10 commandments? Why is taking a day to do nothing so important? Sabbath was God's way of making his people be still for a day and remember

him. (We're not so good at doing that on our own, are we?) Sabbath was meant to remind us that God is the Creator; He is the Provider; He is the one who makes us holy. We can take a whole day and not do anything productive, and nothing will fall apart because he's the one holding it together. The Sabbath was a weekly test of the Israelites' trust in God. How about you? Is there any evidence in your life that you are trusting God to care for you? When will you take a day of rest as a sign of your dependence on him?

day 4: priorities

Read Haggai 1:1–15

Can you relate to the Israelites' experience of working your tail off and seeming to get nowhere? Perhaps, like in this case, it's a warning light from God that you may be spending your energy doing the wrong things because your priorities are skewed. The people of Israel were focusing on their own homes while the house of God lay in ruins. He asked them to trust him and prioritize the temple before their own agenda, and they would find their needs abundantly met. What are the things God is calling you to do that you're often tempted to postpone when life gets busy? How can you demonstrate your trust by making them more of a priority?





day 5: numbered days

Read Psalm 90:1–17

Attending a funeral really has a way of making you stop to reflect, doesn't it? Especially if it's someone whose life was cut short by surprise. It's a reminder that this life isn't forever, and we have no guarantee of tomorrow. Life is brief, even if we do live to old age. The days fly by and are gone. Reminders of the brevity of life are important if we want to make the most of the time we're given. Ask God to help you to see life from his perspective and to live wisely.

day 6: ponderings

Read Luke 2:16–19

What do you think it means that Mary treasured up all these things and pondered them in her heart? I think she realized there was something bigger going on than she could fully understand at the time, but she wanted to soak it all in. She was thinking deeply and living reflectively, not just letting life pass by. Do you ever live like that? Do you watch things going on around you and wonder what bigger things God is doing than you're able to see? Do you ask him to help you see people and situations through his eyes? Try it for a day... you might be surprised at how much wonder fills your day-to-day life.

day 7: soul rest

Read Matthew 11:28–30

When you've pulled too many all-nighters, naps may be just the rest you need. But when there's a deeper tiredness from all of the burdens of life, a nap doesn't cut it, does it? That's when we need Jesus' promise of rest for our souls. What has your spiritual joy and energy meter read lately? Do you need to find a way to learn from Jesus and walk with him more closely so that you daily experience his rest for your soul?

