

and prayerfully, paying attention to any words, phrases, or verses that stand out to you. What you're looking for is what is sometimes referred to as a "watchword"—anything that sparks a connection between the text and your life. It might be a promise, a word of wisdom, an admonition, a comfort, or an encouragement.

- Read your watchword again, receiving what you read as God's words especially for you. Then prayerfully reflect on the following questions: *What do I sense God may be saying to me? If I were to take these words seriously, how would I respond?* Spend time in silence again to listen for God, asking him to make his message clear to you.

- Use a journal or the space provided on the following pages to write down your watchword, your responses to the reflection questions, or any other observations about your experience of reading and listening for God.

- Close your time by asking God to help you "hear new words, to think new thoughts, and to live them out." Invite God to use your watchword to continue speaking to you throughout the day ahead.

- At the end of the week, review your daily reflections and observations. What stands out most to you about what God is saying to you? Write your observations in the space provided or in a journal.

Bring your notes to the next group gathering. You'll have a chance to talk about your experiences and observations at the beginning of the session 2 discussion.

DAILY SCRIPTURE READINGS

DAY 1

Morning Psalm: *Psalms 63:1-11, 98*

Old Testament: *Daniel 9:3-10*

Epistle: *Hebrews 2:10-18*

Gospel: *John 12:44-50*

Evening Psalm: *Psalms 103*

DAY 5

Morning Psalm: *Psalms 50*

Old Testament: *Genesis 39:1-23*

Epistle: *1 Corinthians 2:14-3:15*

Gospel: *Mark 2:1-12*

Evening Psalm: *Psalms 59-60*

DAY 2

Morning Psalm: *Psalms 41, 52*

Old Testament: *Genesis 31:1-11*

Epistle: *1 Corinthians 1:1-19*

Gospel: *Mark 1:1-13*

Evening Psalm: *Psalms 44*

DAY 6

Morning Psalm: *Psalms 95, 40, 54*

Old Testament: *Genesis 40:1-23*

Epistle: *1 Corinthians 3:16-23*

Gospel: *Mark 2:13-22*

Evening Psalm: *Psalms 51*

DAY 3

Morning Psalm: *Psalms 45*

Old Testament: *Genesis 37:12-24*

Epistle: *1 Corinthians 1:20-31*

Gospel: *Mark 1:14-28*

Evening Psalm: *Psalms 47-48*

DAY 7

Morning Psalm: *Psalms 55*

Old Testament: *Genesis 41:1-13*

Epistle: *1 Corinthians 4:1-7*

Gospel: *Mark 2:23-3:6*

Evening Psalm: *Psalms 138-139*

DAY 4

Morning Psalm: *Psalms 119:49-72*

Old Testament: *Genesis 37:25-36*

Epistle: *1 Corinthians 2:1-13*

Gospel: *Mark 1:29-45*

Evening Psalm: *Psalms 49, 53*