

Deepening Our Faith Journey,

Week #5: October 11, 2015

Thought for the week: You remember that Jesus was crucified between two others. Matthew says they were bandits. Some of the translations say "thieves". Someone has said that we often crucify the present moment in between two "thieves": we are either lamenting over the past, or anxious about the future.

As a spiritual exercise this week, try to stay in the moment. Practice being present. When you are having a conversation with someone, refrain from thinking about what you might be doing instead. Tune in. When you are taking a walk, be present with your surroundings. What do you notice? What are the colors and fragrances and sights around you? There is no other time but this very moment, so why be in the past or the future?

(This doesn't mean we don't think about the past or the future. But when we do, it can be a conscious choice that we make in the present!)

This week's daily readings:

Sunday, Deuteronomy 5:1-21, 6:4-6

Monday, Exodus 12:43-13:2

Tuesday, Exodus 13:3-10

Wednesday, Exodus 13:11-16

Thursday, Exodus 13:17-22

Friday, Exodus 14:1-31

Saturday, Exodus 32:1-14

Questions to ask as you read:

What is God doing? What questions do I have about God's activities?

What are people doing?

As I listen for God's voice, what is God asking me to do, change or become?

I invite you to print this sheet and place in your Bible.