



July 17 & 18, 2021

One day when Jacob was cooking some stew, Esau arrived home from the wilderness exhausted and hungry. - Genesis 25:29 NLT

Reflect

Read the full passage in your Bible - Genesis 25:21-34.

What word or phrase is the Holy Spirit highlighting from the scripture reading?

What might God be calling you to repent of or realign in your life?

What would acting upon this or obeying God look like? Be curious...and then do it.

TAKE IT DEEPER



Live It Out

Look up Isaiah 43:1 and Psalm 139:14 in the NLT. Every day this week meditate on these, on the truth. Practice speaking these verses (speaking the truth) over yourself. Invite a trusted friend to do this as well. Check in with each other and encourage each other to keep at it.

Pray

Share with God the image that you have of yourself, including any ways that you struggle to be OK with how he made you.

Ask God to speak his perspective, his truth over you each day this week, and to help you receive it.

Thank God for making you in his image, for calling you his own.