



April 13

Exercising our Discipline

Spiritual Exercises for April 13-19

- Read Philippians 3:12-16
- Continue your personal affirmation at mealtimes and any time you struggle:
I can do all things through Christ, who strengthens me.
- Continue to pray each morning: Lord, help me see and hear and know your will, so that I may help someone today.
- Read Paul's letter to the Philippians this week:
 - Monday: Philippians 1
 - Tuesday: Philippians 2
 - Wednesday: Philippians 3
 - Thursday: Philippians 4
- Friday & Saturday: Consider and pray over the following questions:

Have you actually read the scripture readings each week, and the passages this week? If so, is this a new practice to you? If you haven't read them, why not? How might you incorporate Bible readings into your daily life? How might you understand what you are reading better? And if you already do this, how might you go deeper – in a small group, in journaling, in praying for insight over scripture readings?
(If you need a Bible, or advice on how to set up a reading plan or go deeper, contact the church office (703-430-2203) and ask for Pastor Sarah or e-mail scalvert@galileeumc.net)
- If you have any experiences from this affirmation exercise that are new to you, consider journaling them, or sharing them with a friend, a small group or sharing them with the church, by emailing them to scalvert@galileeumc.net