



March 30

Exercising our Perserverance

Spiritual Exercises for the week of March 30 – April 5th

- **Read Philippians 1:3-6**
- **Consider and pray over the following questions:**
How are you 'out of shape', 'disconnected', or 'coasting' spiritually? In what ways do you sense a need to move closer to God, to know God better, to be more aware of God's will for your life?

- **During this week, each time you eat a meal, say the following prayerful affirmation to yourself:**

I can do all things through Christ, who strengthens me.

If you have difficult times this week, try to remember to say this affirmation to yourself as you work through any struggles.

- **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 e-mailing them to Sarah.Calvert@GalileeUMC.org.
- **Consider and pray over:**
Do I need a spiritual 'boot camp'? Am I ready to commit one month to a serious process of getting in spiritual shape? If so, contact Pastor Sarah to join the "Brave Christians" group – 703-430-2203 or Sarah.Calvert@GalileeUMC.org. This group will do spiritual boot camp together for one month – so to join, you must begin this week for April, or wait to join for the May group.