EXTREMES

Take time each day this week to reflect on EXTREMES—two ends of a pole.

A good time to do this is toward the end of the day (not as you’re falling asleep—before that).

As you do this reflection each day, have it lead you to prayer—prayers of gratitude and prayers of confession and requests.

Here are 7 extremes for you to reflect on this week. You can replace or adapt these with your own.

Sabbath Evening:

I saw Jesus today when . . . *I didn’t see Jesus today when . . .*

Sunday Evening:

I felt most alive today when . . . *I felt the least alive today when . . .*

Monday Evening:

I experienced the fruits of the Spirit today when . . . *I didn’t experience the fruits of the Spirit today when . . .*

Tuesday Evening:

I sensed a connection with God today when . . . *I didn’t sense a connection with God today when . . .*

Wednesday Evening:

I seemed the most alive today when . . . *I didn’t seem alive today when . . .*

Thursday Evening:

I felt most grateful today when . . . *I didn’t feel grateful today when . . .*

Friday Evening:

I anticipated being with Jesus today when . . . *I didn’t anticipate being with Jesus today when . . .*