



SOUTH HIGHLAND  
PRESBYTERIAN

FULLY ALIVE WITH THE PASSION OF CHRIST



BECOMING  
FULLY  
ALIVE  
IN  
CHRIST

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## Day 1 – Becoming Fully Alive

TEXT: LUKE 13: 6-9

This parable is preceded by a warning to repent and lends urgency to the work of the gardener who is caring for the vineyard. What is the owner striving for and what solution does he offer for the problem of fruitlessness. Notice the effort the gardener of the vineyard is willing to put forth. Are there some areas of life that could use some patient attention from the gardener? What would you like to see done during the next year in your life?

MEDITATE

Think about something organic and alive; maybe a plant, the garden, or flowers in the yard. Consider how it grows, changes, and produces.

EXERCISE

Where are some of the barren places in your community that need your patient and diligent care as a gardener/steward?



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## Day 6 – Thoughts

TEXT: PHILIPPIANS 4: 4-9

Paul encourages the Philippians to literally “let your mind dwell on these things” but lists things that are not specifically Christian. Paul’s example of life and teaching is uniquely Christian and helps us recognize the things of this world that are praise worthy. Nonetheless, Paul appreciates goodness wherever it manifests itself and encourages Christians to occupy their minds with goodness.

MEDITATE:

If your mind were connected to a video screen for the world to see, what would appear? What occupies your mind during the course of the day?

EXERCISE:

Give your mind to a noble pursuit today. An edifying book or film. Go to the museum. Schedule a concert date. Make a point of occupying your mind with something praise worthy outside of your regular routine.



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Day 7 – Stranger

TEXT: GENESIS 18

“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me.” Galations 2:20

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Stewardship has often been described with the rubric of “time, talent, and treasure”. Although these categories are worthy of our attention, the Biblical witness has a broader and more holistic view of stewardship that includes these categories, but also many others. Stewardship is about life redeemed and ordered according to the values of the kingdom of God. When Jesus said, “I have come that they might have life and have it abundant” he was referring to the fullness of life for those called to live according to his way. This is what it means to be “Fully Alive with the Passion of Christ”.

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HOW TO USE THIS DEVOTIONAL.

Set aside twenty minutes each day to be with the One who makes us fully alive. Start with a prayer that expresses your openness to the scripture and the leading of the Holy Spirit. Read the scripture and jot a few notes down about what you discover there. The meditation is reflection point to consider your life and the text in conversation. The exercise is something that helps you take the word into the world.



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## Day 5 – Words

TEXT: PROVERBS 12: 13-26

Proverbs is full of comparisons between the foolish and the wise. Obedience to God’s law is the main distinction between the foolish and the wise, but evidence of foolishness and wisdom is seen in the management of words. Re-read this passage and jot down how the wise and foolish use words and to what effect.

MEDITATE:

Take a look at your list and reflect on your own management of words. What do your words tell you about the disposition of your heart?

EXERCISE:

Write out five positive and truthful affirmations for a co-worker, spouse, child, or friend – things about the person you want to encourage or affirm. “Anxiety weighs down the human heart, but a good word cheers it up.” Use your words to cheer someone today.



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## Day 2 – Presence

TEXT: PSALM 23

Psalm 23 is probably the most familiar poem in Western culture, and one of the most beloved for many reasons. The greatest affirmation of faith in the Psalm is “The Lord is my shepherd...even though.” The Psalmist can imagine the darkest places of life, and still affirm, “The Lord is my shepherd”. Even if the shepherd leads us into the center of those dark places, the shepherd is trustworthy and comforting.

MEDITATE:

Consider a time in life when you understood deeply the comfort of knowing the “Lord is my shepherd... even though.” Reflect on a season of hardship and faith, and give thanks for it. What lasting effects have remained in your heart following this time?

EXERCISE:

Something big or small usually happens during each day that causes us to “grumble” or “complain”. It may be a simple thing like traffic, or minor aches and pains or it might be “the valley of the shadow of death”. Make a conscious effort today to claim, “The Lord is my shepherd... even though...”



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## Day 3 – Bless

TEXT: ROMANS 12: 14-21

In the Hebrew mind, the blessing is a physical thing. Have you ever wondered why pastors, when pronouncing the blessing at the end of worship, raise their hands over the congregation? It's a way of physically placing a blessing on each and every person. Paul, following the example of Jesus, teaches us to bless even our enemies and those that persecute us. Only God's grace makes such a radical thing possible. By commanding us to bless and not curse we become caretakers of God's blessings in the world. Generously we have received; generously we should give.



MEDITATE:

Think about someone who brought pain into your life. Can you imagine God's blessing coming to them through you? What might blessing look like in their life?

EXERCISE:

“The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace.” (Numbers 6: 24-26) Give this blessing to someone. You may speak it, write it, or simply imagine yourself saying these words to the person.

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## Day 4 – Rest

TEXT: EXODUS 16

The people of Israel are responsible to collect daily bread that God provides. Those that try to gather and store up because they fear God's generosity will run out, find that the bread has become foul and full of worms. Interestingly, on the sixth day it does not spoil so the people can rest. When some collect daily bread on the rest day in an effort to get ahead, they reject God's provision of rest. What does this passage say about work, God's provision and rest? In what ways are we like the people of Israel?

MEDITATE:

How are you honoring the rest God gives you? Ignoring it? Working through it? Filling it with business? What would it be like to work for six days and do nothing on one? Imagine what that might be like.

EXERCISE:

Plan for a day of rest. Not recreation and entertainment. Not just a little work, but a day of rest. Do nothing. No shopping. No housework. See what happens.

