

LIFE NOTES

MISSION HIGH SCHOOL | APRIL 28/29

Day 1

To start off this week, we are going to meditate on Daniel 6. Find a quiet space where you will not be distracted. Read through the whole chapter. Stop. Pray. Ask God to show you a truth or word that your soul needs to hear today. Now read Daniel 6 again - slowly. Pay attention to key words or phrases. If a word or phrase seems to stand out to you - underline it. Spend some time thinking and praying about it.

Look) For ways God is revealing Himself to you today.

Journal) Did anything from your time in Daniel stand out to you? What was it and why do you think God wants you to remember that at this moment in your life?

Day 2

Read) Daniel 6:10-16. Daniel did the right thing - he kept praying to God - and he still got thrown in the lions den. In that moment many of us would have felt abandoned by God. Daniel's faith did not let him think that way though... he believed that no matter what happened, God was in control and His plan is good.

Look) Remind yourself today that no matter what trials the world brings, God is for you... and if God is for you, who can be against you!?

Journal) Are there some areas in your life that you have a hard time giving over to God? What are they and how can you place them in His hands?

Day 3

Read) James 1:2-4 In our lives we usually can not do anything to stop the bad things that are going to happen to us. We don't choose our trials and suffering - but we do choose how we respond to them. We can give up or persevere. Paul talks about this in Romans as well. Read Romans chapter 5 verses 1-5.

Look) Find opportunities to encourage your brothers and sisters in Christ as they persevere through their trials.

Journal) Can you think of a time that you did a great job pushing through a difficult thing? What happened in the end? How about a time that you gave up - and what happened then?

Day 4

Read) Daniel 6:1-9. Daniel was surrounded by some extremely jealous people. Jealousy is such a destructive emotion... and one that is so hard to conquer in our own lives. Read 1 Corinthians 3:1-4. Jealousy is called 'worldly' and it is an indicator that the people of Corinth were not living the spiritual lives that God called them to - but worldly lives full of their own selfish ambition and desires.

Look) Pay attention to your heart today and look for moments of jealousy. Make a mental note of these times and pray about them.

Journal) What can you do to keep jealousy from bringing you down? What can you do to keep it from your own heart?

Day 5

Read) Daniel 6:4. Daniel lived an incredibly obedient life both in his faith and in his work. Imagine having a group of people who already don't like you digging into your life and your work - trying to find just one little place where you have been dishonest or negligent. The New Testament talks about living a blameless life too... Read Ephesians 6:5-9.

Look) Look for people you know who you see living their lives in the best way that they can. What things stand out about them?

Journal) It is not possible to live a perfect life - but we are asked to try to do everything as though doing it for the Lord. Where do you feel like you do a good job of this? Where do you feel that you need some work?

Day 6

Look back over your notes for this week. What things have you learned about yourself? What things have you learned about God? Today, take a walk or find a quiet place where you can spend some time in silence and pray. God wants you to know Him and rely on Him to get you through whatever you happen to be facing at this moment in your life.

CONVERSATION

dialogue

chat

Discussion

Below are some discussion questions. Spend some time talking over some of these things with your leaders, friends and family...

- Discuss jealousy in your life and the lives of people around you. What have you seen it do?
- Was there a time this week that you really felt God moved in your life?
- Was there a time this week that you felt alone and wished He made himself known?
- Discuss Daniel's story.

Connect with MISSIONHS

We would also love to hear your story - what are you learning and how are you growing closer to God and your MISSION family? Let us know on Facebook or by emailing Ryan at ryang@mission68.org

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