

# LifeNotes

MISSION HIGH SCHOOL | MAY 12/13

## Day 1

**Read)** Matthew 16:13-20. Jesus made an incredible promise to Peter. The kind of promise that changes the direction of someone's life. The kind of promise that gives purpose and direction. Jesus made an incredible promise to us as well - remind yourself of this as you read (or recite) John 3:16.

**Look)** Remind yourself throughout the day that you are loved, ransomed, and promised an eternal life with our Creator.

**Journal)** How does a person's life look when their life revolves around the promise of John 3:16? How important is gratitude when it comes to life change? How can you keep a heart of gratitude?

## Day 2

**Read)** Matthew 26:47-56. Pay close attention to the last sentence. Even though Peter's life was rocked by Jesus... even though an incredible promise was made... when things got tough, Peter fled. Jesus knew that Peter was going to desert him *before* he made that promise! You are living with an incredible promise of eternal life - yet you have failed. You have run away. You have sinned. You still sin... *BUT remember that God made this promise to you before you were even born. He knew each struggle and sin you would and will encounter, and he chose you anyway. Forgave you anyway. Loves you anyway... Oh how He LOVES!!*

**Look)** Now it is time to forgive yourself.

**Journal)** What are you hanging onto? What sins and mistakes seem too hard to let go of? Remember the cross? Your sins don't belong with you. The price is paid.

## Day 3

**Read)** Matthew 26:69-75. Not only did Peter desert Jesus, he then denied knowing Him! Take a moment to think about how much Jesus loves us. About how full of grace His love is. Think about Jesus and Peter... the *night before* Peter's betrayal. Jesus knew what Peter was going to do - yet Jesus got on the ground before him, taking the position of a servant, and washed Peter's feet. Amazing grace. Love.

**Look)** Remind yourself today that you are loved. No matter what you do or have done, you are loved.

**Journal)** Is it difficult to believe that you are loved in this way? Does Peter's story help you to see the grace that God has extended to you?

## Day 4

Today we are going to meditate on Ephesians 4:17-5:2. Read through the whole section once. Stop. Pray - ask God to guide you to what He wants you to hear. Now read through again - be sensitive to words or phrases that stand out to you., Take some time to reflect on those words or phrases.

**Journal)** What is it that stood out to you? Why do you think that God wanted you to know that word or truth today?

## Day 5

**Read)** John 3:16-21. Jesus did not come to condemn, but to rescue. Jesus did not come to judge, but to free. Peter did not let his failures stand in the way of the incredible promise that Jesus had made to Him. He stood up, moved on, and continued pursuing God and the life that God was calling him to. Each moment is a new opportunity to pursue the life that we are called to - never let where you have been hold you back from that promise.

**Look)** As Christ-Imitators, we are called to love our brothers and sisters in the way that He loves us. Look for opportunities to forgive and extend grace.

**Journal)** How does our community look if we love - really love - with the grace and forgiveness that Jesus has shown us?

## Day 6

Look back over your journal for this week. What things have you learned about yourself? What things have you learned about God? Today, find a quiet place to ponder - to think through these things. Pray. Be still. Treasure the opportunity to spend time with Him who is beyond all time.

# discussion

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

- How does a heart of gratitude change a person's perspective?
- What sins in your life are hard to let go of? How can you lay them at the cross?
- He loved and chose you knowing everything you would do. How does this make you feel?
- 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?

## 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](mailto:ryang@mission68.org)