



Teaching: How did we get here in this Cultural Moment?

Day 1: Pausing to Reflect

Scripture: *“Be still, and know that I am God.”* — Psalm 46:10

Reflection:

In today’s world, it’s easy to get caught up in the rush and distraction, and we can begin to act without seeking God’s wisdom or timing. Israel’s story in 1 Samuel 8, where they demanded a king, began with a refusal to pause and trust in God’s guidance and protection. Instead, they wanted a solution that looked like everyone else’s, believing that a king would bring stability. But God had a different, better plan for them. Reflect on where you might be seeking control or conforming to outside influences rather than trusting in God. Where in your life do you need to let go and listen for God’s voice?

Today’s Practice:

Take five minutes to pause, breathe deeply, and ask God to reveal where you might be “going along with the flow” instead of following His guidance. Use this time to practice surrender, laying down any burdens of control or expectation.

Prayer:

“Lord, help me to be still and know You more deeply. Reveal where I need to trust You rather than relying on my own plans. Teach me to find peace in surrendering to You.”

Day 2: Recognizing Cultural Pressures

Scripture: *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”* — Romans 12:2

Reflection:

Culture often encourages us to conform in ways we don’t even notice, shaping how we see success, identity, and happiness. Just as Israel wanted a king to fit in with other nations,

we may find ourselves wanting things simply because others have them. But while culture often promises security, God offers something deeper and more lasting. Conformity can be subtle, influencing our values and choices almost without us noticing. Where do you feel the strongest pressure to conform, and how might God be calling you to step away from it and embrace a mindset transformed by His truth?

Today's Practice:

Journal about an area where you feel cultural pressure (e.g., social media, career expectations, lifestyle choices). Reflect on how aligning with God's perspective could bring clarity, peace, or even courage in this area. Let this time of journaling be a way to seek God's heart above all.

Prayer:

"God, show me where I've conformed to this world's expectations. Renew my mind so that I can see and follow Your ways, and give me the strength to choose Your path."

Day 3: Emotional Health Check-In

Scripture:

"Come to me, all who are weary and burdened, and I will give you rest." — Matthew 11:28

Reflection:

Emotional health is an essential part of spiritual health. We are whole beings, and the stress, pressure, and worries we carry can weigh us down and keep us from experiencing God's peace. Like Israel, who were burdened by fear and an intense desire for stability, we might find ourselves driven by similar worries or anxieties. Jesus invites us to lay these down, knowing that He offers a peace deeper than our circumstances. How might God be inviting you into a place of rest and renewal today? Where do you feel tired or stretched too thin, and what does it mean to entrust these burdens to Him?

Today's Practice:

Identify one "burden" you're carrying (stress, fear, comparison) and release it to God in prayer. Consider one small step today that brings peace or rest into your life, like taking a quiet walk, spending time in prayer, or connecting with a friend.

Prayer:

"Jesus, thank You for inviting me to come to You with my burdens. Help me find rest in Your presence and release the things weighing me down, trusting You with each one."

Day 4: Seeking God's Kingdom Over Our Own

Scripture: *"But seek first his kingdom and his righteousness, and all these things will be given to you as well."* — Matthew 6:33

Reflection:

Israel's desire for a king came from wanting security, recognition, and strength—things that often feel comforting in a chaotic world. In our lives, we also tend to prioritize personal goals or comfort over God's kingdom. But Jesus calls us to seek His kingdom first, promising that when we do, God will provide what we truly need. Reflect on the dreams, goals, or ambitions you're holding onto. Are they aligned with God's purposes, or are they more about building your "own kingdom"? How might God be inviting you to prioritize His kingdom and trust Him with the rest?

Today's Practice:

Reflect on one area of your life (like your job, finances, relationships) where you might be seeking your own kingdom over God's. Spend a few minutes asking God for guidance, and consider one step to reorient this area towards God's purposes, such as praying over decisions or practicing generosity.

Prayer:

"Father, help me seek Your kingdom above all else. Teach me to place my trust in You and to align my desires with Your will, knowing that You know what I need."

Day 5: Practicing Faithfulness in the Small Moments**Scripture:**

"Whoever can be trusted with very little can also be trusted with much." — Luke 16:10

Reflection:

Often, faithfulness to God's kingdom begins in the small, everyday decisions we make. Just as Israel's choice of a king reflected their hearts, our daily choices reveal what we value most. God doesn't just look for big displays of faith but is pleased when we faithfully follow Him in the ordinary and unnoticed moments. These small steps of obedience and alignment with His will lead to a deeper relationship and a fuller life in Him. What small decisions or actions could you make today that reflect a heart aligned with God?

Today's Practice:

Choose one specific practice for today that aligns with faithfulness to God—whether it's kindness, patience, generosity, or prayer. Let your actions reflect your love for God and His ways. At the end of the day, reflect on how it felt to intentionally choose God's way.

Prayer:

"Lord, thank You for the small moments where I can live out my faith. Help me be faithful to You today, even in the little things, knowing that You see and are pleased by each step."