



GPS GUIDE:
OCTOBER 16, 2022
G r o w . P r a y . S t u d y .

Series: Inside Out

Sermon: Making All Things New

Revelation 21: 1-7

Then I saw new heavens and a new earth. The former heavens and the former earth had passed away, and the sea existed no longer. I also saw a new Jerusalem, the holy city, coming down out of heaven from God, beautiful as a bride and groom on their wedding day. And I heard a loud voice calling from the throne, "Look! God's Tabernacle is among humankind! God will live with them; they will be God's people, and God will be fully present among them. The Most High will wipe away every tear from their eyes. And death, mourning, crying and pain will be no more, for the old order has fallen." The One who sat on the throne said, "Look! I'm making everything new!" and added, "Write this, for what I am saying is trustworthy and true." And that One continued, "It is finished. I am the Alpha and the Omega, the Beginning and the End. To those who are thirsty I will give drink freely from the spring of the water of life. This is the rightful inheritance of the overcomes. I will be their God and they will be my daughters and sons.

Monday:

I breathe in God's grace.
 May it transform my insecurities
 So that I breathe out God's love

As you offer this prayer today, take a few minutes to list some of your insecurities. What is making you worried or anxious? Places where you don't measure up to your expectations? Situations that bring about uncertainty? Name those.

Now take a few moments, close your eyes or focus on something that reminds you of God's grace, and take deep breaths breathing in God's Spirit.

Speak the words of this prayer out loud, so you hear this promise.

I breathe in God's grace.
 May it transform my insecurities
 So that I breathe out God's love

Tuesday:

I breathe in God's love
 May it transform my fears
 So that I breathe out God's hope

As you offer this prayer today, take a few minutes to list some of your fears. Are your fears for yourself, your family? What are your fears for your community? God's world? Name those.

Now take a few moments, close your eyes or focus on something that offers hope, and take deep breaths breathing in God's Spirit.

Speak the words of this prayer out loud, so you hear this promise.

I breathe in God's love
 May it transform my fears
 So that I breathe out God's hope

Wednesday:

I breathe in God's hope
 May it transform my doubts
 So that I breathe out God's faithfulness

As you offer this prayer today, take a few minutes to list some of your doubts. The opposite of faith is not doubt it is certainty. Doubts are an important part of our faith journey. Name those.

Now take a few moments, close your eyes or focus on something that reminds you of God's faithfulness, and take deep breaths breathing in God's Spirit. Speak the words of this prayer out loud, so you hear this promise.

I breathe in God's hope
 May it transform my doubts
 So that I breathe out God's faithfulness

Thursday:

I breathe in God's faithfulness
 May it transform my heart
 So that I breathe out the Good News of Christ Jesus

As you offer this prayer today, take a few minutes to list how your heart is growing... in love for God? In love for neighbor?

Now take a few moments, close your eyes or focus on something that reminds you of God's love, and take deep breaths breathing in God's Spirit.

Speak the words of this prayer out loud, so you hear this promise.

I breathe in God's faithfulness
 May it transform my heart
 So that I breathe out the Good News of Christ Jesu

Friday:

I breathe in the Good News of Christ Jesus
 May it transform me
 So that I breathe out God's grace...

As you offer this prayer today, what is the Good News of Christ Jesus for you? How is this "Good News" a call for you to respond with action?

Now take a few moments, close your eyes, and take deep breaths breathing in God's Spirit.

Speak the words of this prayer out loud, so you hear this promise.

I breathe in the Good News of Christ Jesus
 May it transform me
 So that I breathe out God's grace...

Saturday:

Offer the words of this prayer today. Maybe come back to it a few times throughout the day as you recenter your spirit on God. How do you hear these words when we offer them together and use "we" language? How do you hear them differently when you use "I" language? Why might it be important to pray both ways?

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May it transform my insecurities
So that I breathe out God's love
I breathe in God's love
May it transform my fears
So that I breathe out God's hope
I breathe in God's hope
May it transform my doubts
So that I breathe out God's faithfulness
I breathe in God's faithfulness
May it transform my heart
So that I breathe out the Good News of Christ Jesus
I breathe in the Good News of Christ Jesus
May it transform me
So that I breathe out God's grace...