

Weekly Reflections - Journal Prompts from the Sermon

A Journal on God's First Verbs

Day 1 – Letting Go of Control

“The Beatitudes give God the first verbs.”

Reflection:

Where in your life do you most feel responsible for managing outcomes: your faith, your family, your work, your reputation, your future?

Notice how often your inner dialogue begins with *I should... I need to... I must...*

What would it feel like to imagine that God is already at work in those places, before you act at all?

Journal Prompt:

List three areas of your life where you feel pressure to “get it right.” Then write a second list imagining what God might already be doing there without your management.

Day 2 – Seeing the World Differently

“The Beatitudes are not commands. They are a description of what it looks like when God shows up.”

Reflection:

Jesus does not say, “Become poor,” or “Try harder to mourn correctly.”

He simply names who is already blessed when God acts.

Who in your world seems overlooked, exhausted, invisible, or quietly carrying grief?

Journal Prompt:

Describe one person or group you usually pass by without noticing. How might God already be blessing them in ways you have not seen?

Day 3 – God's Upside-Down Kingdom

“God's verbs upturn what the world finds virtuous.”

Reflection:

The world praises success, certainty, control, strength, and visibility.

Jesus names meekness, hunger, grief, and persecution as signs of flourishing.

Where do you feel out of step with the world's definitions of “winning”?

Journal Prompt:

Write about a time when weakness, loss, or failure unexpectedly opened a new door in your life. What kind of blessing came through something that did not look like success?

Day 4 – From Striving to Trusting

“It is all our doing and striving and grasping that has damaged Christianity.”

Reflection:

Notice how often you treat faith like a project: improving, fixing, optimizing, performing.

What would it mean to relate to God less as a taskmaster and more as a presence already moving?

Journal Prompt:

Finish this sentence several times:

“If God is already acting in my life, then maybe I don’t need to...”

Day 5 – Discovering Your Work by Watching God’s Work

“Only when you see how God is already at work will you know what your work is.”

Reflection:

Your calling does not begin with deciding what to do.

It begins with paying attention to where God is already giving life.

Meditation Practice:

Sit quietly for five minutes. Breathe slowly.

Ask only one question: *Where have I seen life, healing, or mercy this week?*

Journal Prompt:

Write about one small place where you sense God’s presence.

Then ask gently: What might my role be here—not to control it, but to join it?