

# GOD

## MORE

### LOSE

Count the cost. To experience the fullness of life through Jesus, you must be willing to give your life to following him.

### SCRIPTURE

Matthew 16:24-25

Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it.

### DAILY PRAYER

O God, you are the light. The light that illuminates. O God, by your light we see our path. Our path that leads to you. O God, your presence is our breath, sustaining our body and reviving our spirit. O God, you are the light. The light that illuminates our darkness.

### NOTICE GOD THIS WEEK

We can't have Easter Sunday joy without Good Friday loss. Likewise, our bodies require constant cycles of losing and gaining, like how we must empty our lungs to fill them again. As you breathe, focus on breathing with your diaphragm. Notice your pace. As you read the italicized lines below, inhale slowly; as you read the bold lines, exhale slowly:

*With nothing I came into this world;* **With nothing I will depart**  
*God has given;* **God has taken away**

*Blessed be God's name;* **Blessed be God's name**

Be reminded always as you practice this that when we face loss, pray as Jesus did at Gethsemane: "Yet not as I will, but as you will" (Matt. 26:39)

### NOTICE GOD TOGETHER (FAMILY OR GROUP)

**DISCUSSION:** What have been some of your deepest losses? Have you lost money, a wife or husband to divorce, a home, a family member, or a job? How have these losses shaped who you are today?

**ACTIVITY:** Choose one person be the "counter" while everyone else breathes along. For example the counter will say "Inhale 2,3,4,5,6" and "Exhale 2,3,4,5,6" and repeat this three times. After a pause, discuss what you noticed. How does your breathing affect your normal pace of life? What do you wish were different?

# **WAYS I NOTICED GOD TODAY**

## **SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

Additional questions to ponder: [almacog.org/notice](http://almacog.org/notice)