

PARTICIPANT'S GUIDE

THE MIRACLE MOMENT

A Six-Week
Bible Study on
Transforming Conflict
into Connection

NICOLE
UNICE

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The Miracle Moment Participant's Guide: A Six-Week Bible Study on Transforming Conflict into Connection

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A Word of Welcome

WELCOME, MY FRIEND, to this study of the messy, mundane, and miraculous experience we call life.

If you are struggling with a frustrating, annoying, or *just plain difficult* relationship in your life and you've decided to do something about it . . .

If you've been wondering about that gap between what you desire from your conversations and what you actually experience . . .

If you want to know God better but aren't sure how to take what the Bible says and apply it . . .

You are my people.

My people are those who aren't content to receive information without doing something about it. My people are the ones who wrestle and wonder about their interpersonal interactions while deeply longing for more out of life—more out of themselves, more out of their experience with God, and more out of their relationships.

Whether you found this study because you've read *The Miracle Moment* and you know you need help to implement it . . .

Or you are in a small group at your church or a book club in your neighborhood and you've decided to encourage and support each other in working through the relational transformation promised through *The Miracle Moment* . . .

Or someone just gifted you this workbook and you are wondering *what in the world they meant* when they said they think this could be helpful to you . . .

Then you are in the right place.

I wrote *The Miracle Moment* as a practical guide for handling that one relationship (and we all seem to have at least one) in which we feel defensive,

inadequate, or uncomfortable. When conflict occurs, most of us respond as if on cue to an unwritten and repetitive script that typically drives us even further apart. In *The Miracle Moment*, I reveal what I've discovered about how we can flip that script. We begin by acknowledging that every conversation contains a potential "miracle moment." It's not the moment you react to being hurt, misunderstood, or treated unfairly in a relationship. It's the moment *after* the initial reaction, when you change course and respond differently. A moment when you can choose to do the risky work of moving *toward* the other person in your response instead of putting up barriers designed to shut things down.

If you've read that book, you may have noticed that it contains a little less Bible teaching than my previous books. That was intentional: I wanted to be sure you could give the book to any of your friends, coworkers, or neighbors for the straight-up relationship teaching that it provides. But what you are going to experience in the next six weeks is the source of everything in *The Miracle Moment*. Every single truth contained in that book is deeply rooted in Scripture. Every opportunity for meaning what you feel, saying what you mean, and doing what you say comes from God's design for our flourishing as humans.

In this guide, we will dive deeper into the biblical principles that inform healthy relationships. You will discover:

- How Jesus uses our lives as His classroom; this is where He teaches us about healthy relationships
- Why self-awareness is not selfish but required for a God-honoring life
- How to apply the virtues of humility, unity, and forgiveness to difficult relationships
- What healthy boundaries looked like for Jesus—and what that means for us

We are embarking on a journey to understand how God has wired us, renewed us in Christ, and set us free to experience depth and goodness in our relationships. When we ask for Jesus' wisdom to navigate complicated relationships, He will always answer. Our job is to be willing to listen and accept that the only person we have control of is ourselves. That's why the first two sessions center on ways to increase our self-awareness, not how to better relate to other people. Then we'll spend the subsequent sessions on the practical, biblical steps of alignment in our relationships: how to mean what we feel, say what we mean, and do what we say—no matter how challenging the situation.

Remember, Jesus says, “Walk with me and work with me.”¹ He expects us to be *in practice*, not *in perfection*, when it comes to the classroom that is our life.

My hope is this: that you might use these next six weeks to discover—or rediscover—how powerful it is to prioritize your relationship with God as the primary and essential relationship in your life. My prayer is this: that you might grasp a little better the depth of God’s love for you and His intentional engagement in your ongoing transformation in Christ.

And my promise is this: There is no condemnation in Christ,² and there is no condemnation here. Use this study exactly as you need it in this season. If that means you spend five minutes with the meditation moment each day and skip all the homework the first time around—my hope is that you’ll come back again and keep learning! If it means you watch the videos and use the assessments—that’s fine too. If it means you get acquainted with your Bible and begin to engage with God for the first time on your own—that’s a great first step. Take it bite by bite, trusting the Spirit of God to lead you into insight and truth.

Now for those of you who appreciate direction and details, here are a few FAQs and my answers.

1. WHAT DO I NEED TO DO THIS STUDY?

You’ll need this study guide, a Bible, and the six video sessions. Here is how each component fits:

- The study guide and videos are designed to be used together. The videos are available in *The Miracle Moment DVD Experience* or via streaming at rightnowmedia.org. In the videos, I teach straight from the Bible so you can apply God’s wisdom to your relationship with yourself and others. I also want to help you recognize potential miracle moments right in front of you. The study guide takes these truths and makes them more interactive as we open the Bible together and walk through some life-changing principles.
- If you don’t already have it, I recommend that you pick up *The Miracle Moment*. Although it is not required, the book brings color and shape to all the principles of this story. I use stories from my life and my engagements with clients and leaders to paint a picture of what miracle moments can look like in your day-to-day life. It provides personal coaching in the practical steps you can take to experience miracle moments.

You can read *The Miracle Moment* first and reinforce what you've learned through the study, or you can read it as you complete the study. Either way, at the start of each session, you'll be pointed to the chapters from the book that correspond with it.

2. SHOULD I COMPLETE THIS STUDY ON MY OWN OR WITH A GROUP?

The curriculum may be completed either individually or together, in a small or large group setting. You may need or want to work through this material independently, and you can certainly do that. In that case, "being together" will involve a conversation between you and me, you and God, and you and whomever you discover God is using to bring miracle moments into your life.

If you have the opportunity to complete this study with others—whether one friend over coffee, a small group in your living room, or several people in a virtual book club—I recommend that approach.

Hebrews 10:24-25 says, "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together." I firmly believe that life is hard, and we need all the help we can get. When we share our own journey with honesty and openness, we discover that those around us are often struggling with similar things. When we choose to try courageous new ways of loving people, our group can provide us with the encouragement and confidence to follow through.

Whether you're working through the guide on your own or with a group, I encourage you to access the Choose the Miracle Toolkit. It is located at nicoleunice.com/miracles, and it includes an answer key and resources for a one-week boot camp to help you make the most of your miracle moments.

3. I'D LIKE TO DO THE STUDY IN A GROUP, BUT HOW DO I FIND ONE?

Why not start one? It may be easier than you think. It may just take a simple text to a friend, neighbor, or coworker: "I'm starting a Bible study that focuses on healthy relationships. Want to join?" The worst they can say is no!

Those in the church have often made *witness* a verb, as in "I need to witness to my friend." But in reality, *witness* is a noun. It's a state of being. Each of us is called to be a witness—in our neighborhoods, our work teams, our churches, and any other circle of influence.

Our "witness" is our life lived out together, a life in which we experience miracles—miracles of insight, miracles of connection, and miracles of transformation and love in our relationships. When we observe those miracles in ourselves and others, we develop perseverance to "keep the faith."

4. OK—I'M IN! I'M GOING LEAD A GROUP FOR THE FIRST TIME. CAN YOU HELP?

Whether you're a veteran small group leader or are ready to jump in with some friends and lead a group for the first time, I want to help! Turn to page 145 to access the leader's guide and helpful hints, as well as individual session outlines for each week.

5. IS THIS STUDY APPROPRIATE FOR [WOMEN, MEN, COUPLES, COLLEGE KIDS, NEW BELIEVERS, OLD BELIEVERS, LEADERS]?

Yes, yes, and *yes!* This study will benefit anyone who relates to anyone (and that's everyone—including you!). The material is designed to be accessible and relevant, no matter what stage of life you're in.

6. HOW LONG SHOULD EACH SESSION TAKE TO COMPLETE?

Each group video session is structured so that it can be completed in ninety minutes. You can take longer if needed, but I've found that most people's attention begins to wane at that point. If you have less time, you can discuss fewer questions and move more of the group work to participants' personal study time.

If you are studying on your own, it will take less time to work through the videos (about fifteen to twenty minutes) and the Bible study (about thirty minutes).

In addition, working through this guide involves about fifteen minutes of daily work (five days a week) to help you get into the habit of reading God's Word on a regular basis. If you haven't yet developed the habit of spending time with God, I encourage you to remove one distraction from your day and replace that time with this book's daily work for the duration of the study. There's room to record your reflections right in the participant's guide.

7. WHY ARE SCRIPTURE MEMORIZATION AND MEDITATION PROMPTS INCLUDED IN THIS STUDY?

Scripture is how God speaks to us today, so we don't want to simply read it and forget it. To ensure God's truth sticks with you, I'll invite you to commit to memory a short phrase or verse from Scripture each week. Memorizing passages hard-codes them into the brain so they aren't erased, even when you don't use them for a while. This practice fills the "hard drive" of your brain with promises that can come back to you long after you've done the work to "code" them to memory.³ By the end of this study, you'll have something priceless that will last long after my words fade.

Each Daily Rhythm ends with a Meditation Moment. Miracle moments don't

happen when we avoid actual connection with Christ—even if we gain a lot of head knowledge by studying the Bible! That is why I invite you to spend a significant amount of your daily Bible study time creating space to listen for Christ's voice in your life. We will start with just three to five minutes. If that makes you feel antsy, you can set your cell phone timer so that you can focus exclusively on this time with Christ.

8. WHAT DO ALL THE ICONS WITHIN THE SESSIONS MEAN?

Throughout the sessions, you'll see helpful icons to guide your journey and help you get oriented, whether you are studying on your own or with a group.



Main Point

This introduces the key phrase in each session.



Video

This indicates when to tune in to the video component of the study.



Reflection/Application

This icon indicates opportunities to make time for personal reflection and application, either on your own or during your small group lesson.



In the Word

The book icon tells you when to delve more deeply into the Bible, whether individually or in your group.



Memory Moment

This points to a key verse or phrase from Scripture to commit to memory.



Daily Rhythms

Each session includes five sections for a daily, fifteen- to twenty-minute engagement with what you're learning. This work is designed to help you develop a practice of looking upward (to God) and inward (for personal growth) to open your eyes to your miracle moments.



Meditation Moment

This icon invites you to a time of quiet contemplation with God as

you end each day's study. You might be surprised by how much growth comes from simply learning to be still.



Group

If you are leading a group through the participant's guide and are looking for extra guidance, look for this icon in the leader's guide.

OK, new friend, one more thing—I'd love to hear from you! If you'd like to share how *The Miracle Moment* has impacted your life or group, let me know. You can reach me through social media or at nicoleunice.com.

God has given us a beautiful, abundant vision for what our relationships in Christ can look like. We can tell the entire, honest truth about our own shortcomings. We can experience abundant grace and forgiveness through the power of the Holy Spirit (more on that in week 2!), and most important, we can truly “love one another” because Christ first loved us.⁴ Let's jump in!

*Much love,
Nicole*

SESSION ONE

SETTING UP FOR A MIRACLE



That's the incredible thing about being human:

We are flawed, but we are never finished.

The Miracle Moment, chapter 1, page 14



This Week's Recommended Reading:
Chapters 1 and 2 in *The Miracle Moment*

I ONCE HEARD a speaker tell a joke about a frustrated preacher who came to God in prayer and said, “God, I love leading your church. It’s just the people I can’t stand.”

There is no place in which the truth of our transformation in Christ becomes more evident than in our frustrating, difficult, real relationships with one another. Everything we say and believe about Jesus’ presence and power in our lives is visible in the way we love others, including (and especially) the relationships that are most challenging. In fact, it’s in the relationships that feel the *most* impossible that we are *most* primed for miracles. Let’s look at what it takes to be in position to see them.



To love like Jesus is to believe like Jesus.



Tune in to video session 1: “Setting Up for a Miracle.”

Video Notes

A miracle moment is the moment of transformation where you act in the power of the Spirit to *love differently*.

Perspective is powerful.

The 5 Laws of Miracles:

1.

2.

3.

4.

5.

Are you ready for a miracle?



Application

In this short survey of Scripture, we’ve discovered that curiosity, openness to try new things, and wild hope are all characteristics of people who have life-changing interactions with God. On a scale of 1 to 10, rate yourself on these three characteristics. (Remember: There is no reason to sugarcoat your answers; this exercise is just for you! This is a great opportunity to explore your perspective as we go into our daily study.)

Curiosity



Openness to try new things



Wild hope



During this week’s study, we will lay out the laws of miracles—the fundamental beliefs we can foster that prime us to see the miracle moments around us. We’ll spend the following weeks on the practical, biblical steps of alignment in our relationships: how to mean what we feel, say what we mean, and do what we say, no matter how challenging the situation. Remember, Jesus says, “Walk with me and work with me” (Matthew 11:29, *MSG*). He expects us to be *in practice* not *in perfection* when it comes to the classroom that is our life.



Memory Moment

Because of the Lord's mercy and grace, we have hope that we can grow—both individually and in our relationships. All of this is rooted in our connection with God, made possible by Christ's death on the cross. (We'll consider the basis of our hope more fully on day 5.) With this in mind, let's spend time this week taking in this promise from God:

I remain confident of this: I will see the goodness of the LORD in the land of the living.

PSALM 27:13

Closing Prayer

A prayer for you as we embark on this journey together:

Jesus, You've told us, "As I have loved you, so you must love one another" (John 13:34). You've given us this impossibly high standard for the way we are to love in relationships—one we will experience only through Your miraculous, powerful love. Open our eyes to experience the depths of Your love for us this week, and give us the desire to invite You in as our teacher every single day.



Daily Rhythms

During His ministry, Jesus said something haunting to the “religious people”: “You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life” (John 5:39-40).

My prayer for our time is that these studies will not just be a way to “check the box” for having done your Bible study but will become a daily rhythm, a time you set aside to truly come to Christ, the very source of our life.

Day 1: Nice Is Bad



Bible Reading: JOHN 5:1-15

Before we begin a new activity, we want to know what our end goal is. In a world of analytics, we’ve been trained to ask the question “How will I know if I’m successful?” So for the purposes of our study, I want to offer you a definition. A miracle moment is

... the moment in a conversation when you want to shut up, give up, or blow up—and you lean in instead. It’s not the moment you react to being hurt, misunderstood, or treated unfairly. It’s the moment after the initial reaction, when you change course and respond differently.

THE MIRACLE MOMENT, PAGE 13

Miracle moments are those small, critical junctures in life when we love differently. In our difficult relationships, it’s the second when Holy Spirit–empowered love comes from us, despite us, rather than our normal human reaction of defensiveness, hostility, or withdrawal. In order to love like Jesus, we have to believe like Jesus, which means seeing the world from His perspective. That is where the five laws of miracles come in, those beliefs that enable us to position ourselves for miracle moments:

The Five Laws of Miracles

Law #1: Nice is bad

In love, in work, in life—deep relationships require vulnerability, good fights, and a much more powerful kind of love than being “nice.”

Law #2: Chaos before order

We naturally default to many unhelpful behaviors in our relationships—distance instead of depth, blame instead of apologies, and talking about and around each other rather than to each other. To experience freedom in Christ, we have to unlearn these practices, which sometimes feels uncomfortable or awkward.

Law #3: Curious, not condemning

If we shut down the process of discovering why we or those around us act as we do, we cannot learn anything. Nothing shuts down our development faster than self-condemnation.

Law #4: Small is big

Miracle moments result not in a massive, all-at-once transformation, but in small, incremental changes to our way of relating.

Law #5: Hope makes change possible

Your connection to something beyond yourself, your engagement with the world, and your awareness of your part in life's greater story bring hope, which can lead to change.

These laws represent a shift in our perspective on what it means to learn from Jesus through (not despite) our difficult relationships. This week, we'll focus on each of these laws individually, beginning with law #1: Nice is bad.

Turn to John 5. Take a few deep breaths as you bring your attention to the scene in verses 1-15 and imagine watching it happen in front of you.

1. What three words would you use to describe Jesus in this scene?
 - a.
 - b.
 - c.

Perhaps you chose words like *powerful*, *compassionate*, *loving*, *strong*, *mysterious*, or *patient*. My guess is you did not choose the word *nice*. There is a sense that if I'm a Christian, I must be nice. But when we use that word, we're usually describing someone who backs down or steps away from conflict rather than a person who engages it with love and purpose. Jesus models another way for us—He offers an invitation to experience the fullness of His life differently.

2. If Jesus were to ask you, "Do you want to get well?" in what areas of your life would you be open to His healing and change? (Some possibilities are your anxious or self-critical thoughts; your financial health, marriage, or parenting; or your lack of contentment or joy.)

3. When it comes to the way you handle conflict, if Jesus asked, "Do you want to get well?" how might you respond? Circle all that apply:

I want to be more vulnerable.

I want to be more compassionate.

I need to stand up for my convictions.

I want to follow through with my actions.

I need to learn to apologize.

Other: _____

4. Most of us would not choose *nice* as the word we would want used in our eulogy to describe us. When it comes to how you relate with people, what three words would you like to be used to describe you?



Meditation Moment

We opened our week with these words from Jesus, which He speaks right after He heals the man at the pool.

You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life.

JOHN 5:39-40

Scripture meditation is a way to come to Christ to listen to His voice. We will start with three to five minutes of meditation each day this week. If this practice is new to you and you feel a bit antsy, you can set a timer on your cell phone or in your kitchen to keep you focused exclusively on Christ for those moments.

I like to use simple phrases to center my heart on the promises of God. Drawing from today's lesson, here's a thought to focus on:

*Jesus,
I bring my life
to your life.*

You don't need to look for a specific "result" from this time. You are simply engaging in the practice of coming in faith into God's presence. He will do the rest.

Day 2: Chaos before Order



Bible Reading: JOHN 3:1-8

In *Renovation of the Heart*, Dallas Willard says that the enemy of our own growth is the lie that we are okay when “realistically, I’m *not* okay and you’re *not* okay. We’re all in serious trouble. That must be our starting point.”¹ The temptation is to believe that *I’m okay and Jesus makes me better*. The truth, however, is that while we are souls of great worth, we are also hopelessly lost.

Just consider our relationships. We naturally default to many unhelpful behaviors—distance instead of depth, blame instead of apologies, talking about and around each other rather than to each other. We must navigate an uncomfortable season of unlearning these reactions before we can experience true freedom in Christ.

Law #2, then, is *chaos before order*. Demolition comes before renovation. Taking apart comes before rebuilding.

Ask the Holy Spirit to lead you into truth today as we hop around the Gospels to discover how Jesus describes this life with Him.

Read John 3:1-8. Nicodemus comes to Jesus at night, presumably so he could keep his interest in Jesus private. I imagine Nicodemus must have been disturbed, confused, and even astonished at their conversation and the claims Jesus made about what it truly means to follow God.

1. In John 3:3, Jesus gives Nicodemus an answer that dismantles his understanding of religion. Record what Jesus says is required to see God’s Kingdom:

Before we can recognize miracle moments in our lives, we must relate to God and others in new ways that often demand radical change that feels chaotic and disconcerting.



Meditation Moment

Take the final few minutes of your time today to simply imagine yourself coming to Christ, as Nicodemus did. What Gospel story from the previous two pages resonates with you most? Bring that story to mind and sit quietly with it, inviting Jesus to reveal anything He wants you to know today.

After your quiet time, record below any thoughts or feelings you had as you reflected on that passage.

Day 3: Curious, Not Condemning

Bible Reading: MATTHEW 13:1-17

One of the main recurring refrains in Jesus' teaching was this little phrase: "Whoever has ears, let them hear" (Matthew 13:9). In other words, Jesus said that *hearing is a choice*. Nothing shuts down our development faster than self-condemnation. Curiosity, or openness to Christ's message, is the path to discovery and growth.

Our passage today has two parts: the parable that Jesus tells and His conversation with the disciples afterward.

1. In the parable, Jesus gives three reasons why a seed isn't ultimately fruitful. What are those reasons?
 - a.
 - b.
 - c.

2. Jesus interprets this parable in Luke 8:11-15. What three reasons does He give for the Word being unfruitful in our lives?
 - a.
 - b.
 - c.

3. Finally, turn to Matthew 13:14-15. What reason does Jesus give for why people might not be able to hear or see the truth?

Callousness and condemnation—of ourselves or others—stifles growth in our relationships; curiosity helps them flourish.



Meditation Moment

Psalm 51:10 says, “Create in me a pure heart, O God, and renew a steadfast spirit within me.” Take a few moments to invite Christ to move in your heart, and then spend three to five minutes with God reflecting on places your heart might be calloused. Calluses are formed by friction and wear and tear—our bodies form them to protect us. Are there areas where you’ve been trying to protect your heart because of hurt, fear, worry, or insecurity? Imagine bringing those places into the healing and renewing presence of the Spirit.

Day 4: Small Is Big

~~~~~  
**Bible Reading:** LUKE 6:46-49

Miracle moments exist not in massive, all-at-once transformation but in small, incremental changes to our way of relating. That should be good news if you are feeling as if the bar is too high and the work is impossible. But Jesus simply invites us to be *in practice* with Him. It's in those small changes that you will experience powerful transformation. Let's take a closer look at the small shifts that make a radical difference in our life with God.

1. Read Luke 6:46-49. In verse 48, what three things does Jesus say that people with solid foundations do?
  - a.
  - b.
  - c.
2. Read Matthew 11:28-30. What does Jesus promise will happen to those who come to Him?
  - a.
  - b.
3. What does Jesus state about His own character that makes it safe for us to come to Him?

4. Read Matthew 9:13. Who does Jesus say He came for?

As the Scriptures above illustrate, Jesus makes huge promises about what He will do in response to the small things we can do (come to Him, listen, practice).

Ready for a curveball? **Read Jesus' words in Luke 14:26-27**, remembering the first law of miracles (*nice is bad*):

If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters—yes, even their own life—such a person cannot be my disciple. And whoever does not carry their cross and follow me cannot be my disciple.

In our first three examples, we experience the humble and gentle heart of Christ, who invites us to come to Him. The only prerequisite is bringing Him our weary, burdened, sinful selves. But Jesus' words in Luke 14 appear critical and harsh at first glance. Here's where context can help. Jesus had just told a story about a king who threw a great banquet, only to learn that his invited guests had refused to come because they were too busy. And in Luke 14:28-32, Jesus asks the people around Him to imagine a builder who doesn't count the cost before beginning construction on a tower and a king who doesn't assess his troops before going to war. Jesus sandwiches His "come to me" command between stories of people who don't understand what is at stake.

Author Brennan Manning said, "The temptation of the age is to look good without being good."<sup>2</sup> It appears that those who "look good" have a harder time accepting Jesus' offer than those who know who they truly are: weary, anxious, burdened sinners.

When Jesus says that anyone who comes to Him must "hate . . . even their own life" (Luke 14:26), He's asking us to give up our delusions about ourselves and our abilities in light of His all-surpassing power and grace. In the same verse, when He says to "hate [our] father and mother, wife and children," He's asking us to stop pretending we can find what our hearts really need in our human relationships. We can stop basing our identity and worth in anything that cannot ultimately satisfy—whether our work, our busyness, or our relationships. When we come to Him, He will reorder our hearts.

In the law of *small is big*, the seemingly insignificant changes we make in recognizing the truth about ourselves add up to the massive, life-shifting perspective that ensures that our love of and life with Christ become our absolute highest priority.

Take a moment to consider what things in your life are easy to give over to God and which are hard. (I find that it's often the things I think or worry about the most that I'm having the hardest time giving over.) Jot down what comes to mind below:

| Easy to give over: | Hard to give over: |
|--------------------|--------------------|
|                    |                    |



## Meditation Moment

Close your time today by imagining yourself following in the footsteps of Jesus as you carry those things on your “hard to give over” list, which are like rocks. Feel the heaviness and weight of the burdens, and then imagine yourself laying down those rocks one at a time, releasing them as you keep in step with Jesus.

## Day 5: Hope Makes Change Possible



**Bible Reading:** 1 PETER 1:3-9

As we near the end of this first week, you may wonder whether the laws of miracles really make a difference when it comes to the way you interact with others. You may doubt whether change is really even possible for you—or for the way you experience those around you. Our Creator knows our tendencies to doubt what we cannot see and to give up when the going gets tough. Perhaps this is one reason that resurrection hope is such a central focus of our faith. Let's spend some time defining, understanding, and applying hope to our lives today.

Take a minute to write your definition of hope here:

My guess is that exercise may have been harder than you expected. Often, we have a hard time defining biblical buzzwords like *hope*, *grace*, *mercy*. But I've found that when we slow down and really dig into these terms, we discover that they are more relevant than we imagined. Let's look at what the Bible says about hope:

1. Read Hebrews 11:1 and write the definition of our faith as related to hope:

*Hope* is a relational word—it's related to objects or promises that the "hope-ee" expects to experience.

2. Let's take a short survey of how the Bible connects hope to our faith. Write down what you learn about hope from each passage below:

Romans 5:1-5:

Psalm 31:24:

Psalm 130:5:

Romans 15:4:

2 Corinthians 1:8-10:

As we can see, hope is a robust, active experience of believing that there is more for us in the future than we can see in the present. Hope is about our eternal future—when there will be no more crying or pain, when all that God has planned to be redeemed will be restored, when we will be whole and in complete communion with Christ. But hope is not just about what we see for eternity, but how we live today.

3. Look up Psalm 27:13-14 and copy the passage here:

Hope is about a better tomorrow *right here on earth*. It's about seeing God's goodness manifest through the power of the Holy Spirit *right here in the life you have*. Hope is actively, confidently, trustingly waiting as God transforms your heart and deepens your connection to Him. Because of this hope you are connected to something beyond yourself, able to engage productively with the world, and aware of your part in life's greater story. This is what makes change possible.



### Meditation Moment

As you quiet your heart before God, consider the ways you need to experience hope. (Circle all that apply.)

- a. I need a more active hope: I often forget that God is at work transforming my heart each day.
- b. I need a more confident hope: I tend to doubt that He's interested or engaged in my life.
- c. I need a more trusting hope: I've been hurt before and need to experience the love of God in a fresh way.
- d. I need a more patient hope: I tend to want to see God work quickly and then give up when my prayers aren't immediately answered.
- e. Other: \_\_\_\_\_

Spend these last minutes in God's presence repeating this week's memory verse. Over the weekend, see if you can fully memorize it.



## Memory Moment

I remain confident of this: I will see the goodness of the LORD  
in the land of the living.

PSALM 27:13

Next week, we'll look at how our beliefs about ourselves determine how well we are positioned for miracle moments. I can't wait to explore with you what God has to say about that!

*Father in heaven, we want to love You, we want to trust You, we want to know You. This week we've learned about the ways You see the world quite differently than we do. Give us the faith to believe that Your ways are greater than our ways, and help us grow in our confidence and hope in the way You teach us to love. Amen.*