



Live as ONE

Spend a few minutes in silent reflection and prayer. Who do you know that is hurting right now? Do you know someone who is hurting from illness or job loss related to COVID? Do you know someone who is hurting and grieving because of injustice and prejudice?

Come together and spend a few minutes asking our Father to bring healing and comfort to those who are hurting and grieving. Ask Him how you, individually and as a group, can be agents of His healing grace in the world around us.

Live by the WORD

Read [Hebrews 2:14-18](#).

Verse 17 tells us that Jesus had to be made like us “in every respect.” What do you think is included in that? In what ways did Jesus become like us?

The description of Jesus in this passage is such a wonderful model of empathy. In order to be the merciful high priest that we need and in order to help and heal us as we battle through life, Jesus took on our humanity and became well acquainted with the struggles of being human.

*Empathy fuels connection.
Empathy is the antidote to shame.
—Brene Brown*

How does it effect you that Jesus willingly took on flesh and stepped into our reality? Does that make Him more approachable in your mind? Do you think that Jesus understands what it is like to be YOU? Does that feel strange? Does it bring you comfort?

Live as SENT

Read [Philippians 2:1-11](#).

These verses call for those of us who are united with Christ to be “like-minded” with Him. In our relationships with each other, we are to have the same mindset as Christ. We are to share with others His character by showing love, humility, and valuing them above ourselves.

At the beginning we prayed for those who are hurting. Think of those people we prayed for. How might Jesus want to use you to encourage them or bring healing in their life? How can you imitate Jesus and step into their reality in order to become more merciful and empathetic toward them?

Connect DAILY

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Sunday

[Hebrews 2:17-18](#)

Monday

[Philippians 2:1-11](#);
[Psalm 89:1-4](#); [Proverbs 17:13-15](#)

Tuesday

[John 17:1-26](#);
[Psalm 89:5-11](#); [Proverbs 17:16-18](#)

Wednesday

[Romans 1:1-7](#);
[Psalm 89:12-17](#); [Proverbs 17:19-21](#)

Thursday

[Romans 1:8-15](#);
[Psalm 89:18-26](#); [Proverbs 17:22-24](#)

Friday

[Romans 1:16-32](#);
[Psalm 89:27-33](#); [Proverbs 17:25-28](#)

Saturday

[Romans 2:1-11](#);
[Psalm 89:34-41](#); [Proverbs 18:1-3](#)