

Eastertide Exercise:

This Changes Everything!

Invite Jesus to be with you as you think back on the last 24 hours. As you review your day, ask him to help you see signs of his Kingdom breaking into your life and the world around you.

1. Think of a few small moments of love and connection.
2. What is the moment that stands out most?
3. Express gratitude for that moment and receive life again from it.
4. What is one instance when it felt hard to connect?
5. What made it difficult?
6. End by breathing deeply. Imagine God's love filling your soul as the air fills your lungs.