



Teresa of Avila

Day 1: *Colossians 4:2, 1 Thessalonians 5:16-18*

Teresa of Avila dedicated herself to prayer and the pursuit of holiness no matter what her circumstances. What do these verses inspire you to incorporate into your prayer life?

Day 2: Romans 5:1-11

Christ followers are not promised a care free life. What promises are found in this scripture passage? How will you reflect these truths when you experience suffering?

Day 3: Micah 6:8

One of the “secrets” of the Christian life is not taking oneself too seriously. The Message reminds us that God has “already made it plain how to live, what to do, what God is looking for in men and women. It’s quite simple: Do what is fair and just to your neighbor, be compassionate and loyal in your love, and don’t take yourself too seriously—take God seriously.” How will you walk humbly with your God this week?

Day 4: Hebrews 10:23-25, Ephesians 4:11-16, James 3:13-18

Unwavering faith finds hope in a trustworthy God. According to these verses, how can we persist in our faith?

Day 5: “Let Nothing Disturb You” by Teresa of Avila (below) and Psalm 145:1-3

Let nothing disturb you, Let nothing frighten you, All things pass away: God never changes. Patience obtains all things. He who has God Finds he lacks nothing; God alone suffices.

*Spend time in prayer praising the Lord
or his supreme sufficiency.*

