From: Michael Birnbaum <michael@islonline.org>

Sent: Sunday, May 24, 2020 8:03 PM **Subject:** Living the Word this week notes

Hola All,

I hope, trust, and pray these weekly sermon notes find all of you well, healthy, and "under His wing".....

As a church family we are slowly opening up, using social distancing guidelines but using our sanctuary again. Today we observed both Ascension Sunday (last Sunday of Easter) and Memorial Day. NEXT Sunday is PENTECOST --WEAR RED NO MATTER WHERE YOU ARE!

Today I used Psalm 63:1-8 as a guide to a week of spiritual discovery by challenging us (including me) to try out some new ways of growing our faith --LIVING THE WORD.

Here are some notes for EVERYDAY this week ⊕

Monday: Pray and read Ps. 63: 1. TRY to create some hunger in your life by fasting today or one meal of it (yeah, yeah, I know it's Memorial Day so you can have a "pastoral pass" to choose another day. Ask God to use the hunger to cause you to desire Him more than even food. We need this kind of spiritual intensity and renewal **now** as we pass through this "dry and weary land" of pandemic.

Tuesday: Pray and read vs.2 & 3. TRY creating a special place to meet God and spend your personal time with Him -- a quiet place. As you use this place it will become a sanctuary, a place to meet and worship the Lord (vs 2). Ask Him to replace your desire for things of the world with a desire for Him (vs 3). Contact me for ideas on this....

Wednesday: Pray and read vs 4. TRY blessing/honoring the Lord by actually kneeling before Him. By your bedside or in your "sanctuary". The Hebrew word for "blessing" also means "to kneel".

Thursday: Pray and read vs 5. TRY this new "diet"....As tasty as rich food is for all of us (especially me!) ask the Lord to cause your praises and joyful prayers to Him to create in your soul an excitement for Him and getting closer to Him.

Friday: Pray and read vs 6. TRY, before you go to bed, kneeling and praying to Him again. Ask Him to work in your heart and soul whatever mending you may need, as you sleep (v6a). If you wake up in the middle of the night and just "can't sleep" MAYBE God is calling you to spend some special time with Him. Instead of "counting sheep", count the blessings He has given you, Pray for every need you can think of -- yours and others -- let this be your "meditation in the watches of the night" (vs.6b).

Saturday: Pray and read vs.7 & 8. **Want to live your life "in the shadow of His mighty wings"?** Want to LIVE in **His** presence, protection, security, and peace? Want to "BE OKAY"? **Start with Monday and TRY every challenge above!!**

See you next Sunday -- wear red!

Pastor

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