



ARISE

## Isaiah 60:1

Arise, shine; for your  
light has come, and  
the glory of the Lord  
has risen upon you.

elp his body

this past May in  
Charleston.

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## DECLARATION OF DEPENDENTS

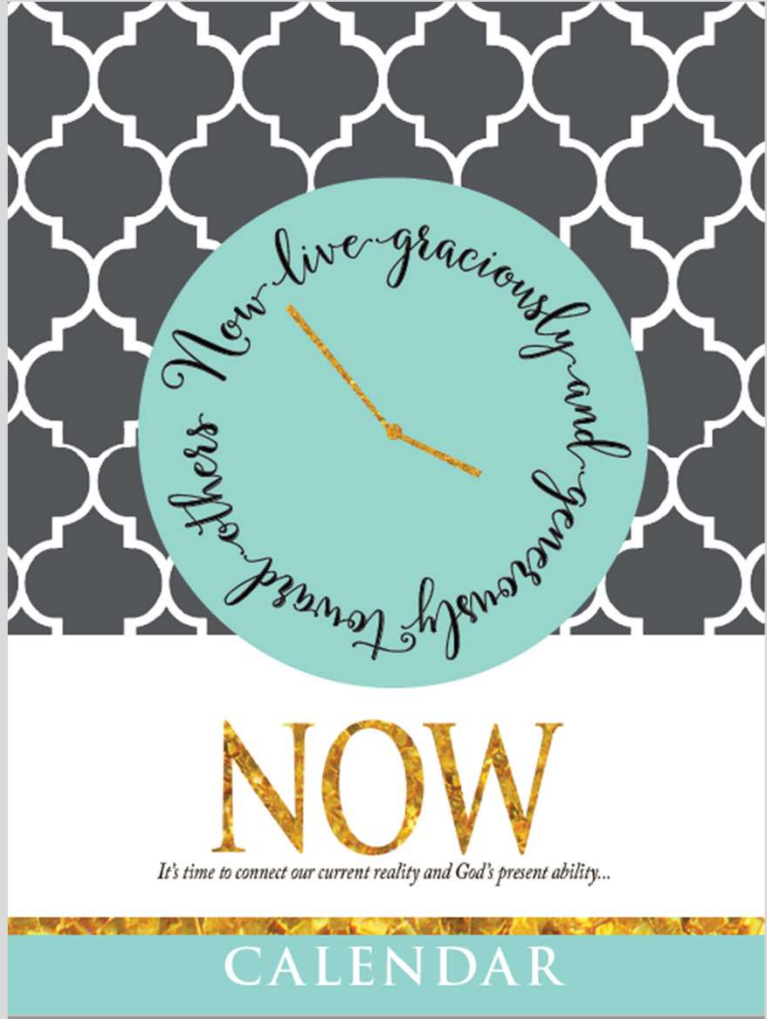


It was Fourth of July weekend. My husband was at the mall and noticed a slightly frazzled young woman pushing a toddler in a stroller while carrying an infant in her arms. A boy who looked about three years old was walking alongside, holding on to the stroller. My husband smiled and waved to the cheery group, greeting the mother with "Happy Fourth!" "God forbid!" she replied.

—Contributed by EILEEN BURKARD NORRIS

# ROMANS 13:11-14

Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.



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## Revive without wearying

Isaiah 40:28-29 CEB

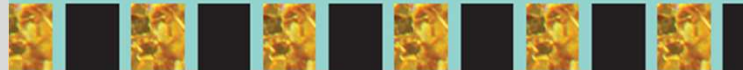
*He doesn't grow tired or weary. His understanding is beyond human reach, giving power to the tired and reviving the exhausted.*

### PRAYER

God, be my strength.

### CHALLENGE FOR THE WEEK

How tired and exhausted are you? The good news is that God doesn't get tired. God looks for those whose strength has run out, gives them power and becomes the strength they need. Every day this week at lunch time, rate your physical and spiritual weariness on a scale of 1-10. If you are above a 5, look for additional ways to refresh others.



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## Purify without hesitation

1 John 1:9 CEB

*But if we confess our sins, he is faithful and just to forgive.*

### PRAYER

God, forgive my sin.

### CHALLENGE FOR THE WEEK

Purification in a chemical context involves removing foreign or contaminating substances. Whether it is silver, gold or water purification, heat or fire is usually applied. Light a candle this week and spend some time in self-examination, asking God to purify you, forgive you and cleanse you from all sin.

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## Beautify without primping

1 Peter 3:3-4 CEB

*Make yourselves beautiful on the inside,  
in your hearts...*

### PRAYER

God, make my spirit beautiful.

### CHALLENGE FOR THE WEEK

We are whole beings. Our “insides” and “outsides” complement each other. How much time do you spend each day in front of a mirror? Thirty minutes? One hour? This week, challenge yourself to spend an equal amount of time each day focusing on your inner beauty — praying, worshiping, confessing, spiritual reading, meditating.

## ESTHER 5:7- 8

Then Esther said, "This is my petition and request: If I have won the king's favor, and if it pleases the king to grant my petition and fulfill my request, let the king and Haman come tomorrow to the banquet that I will prepare for them, and then I will do as the king has said."



# JUDGES 5:6-7

In the days of Shamgar son of Anath, in the days of Jael, caravans ceased and travelers kept to the byways. The peasantry prospered in Israel, they grew fat on plunder, because you arose, Deborah, arose as a mother in Israel.

# ACTS 9:10-11, 17-19

Now there was a disciple in Damascus named Ananias. The Lord said to him in a vision, "Ananias." He answered, "Here I am, Lord." The Lord said to him, "Get up ["arise" in some translations] and go... look for a man of Tarsus named Saul.

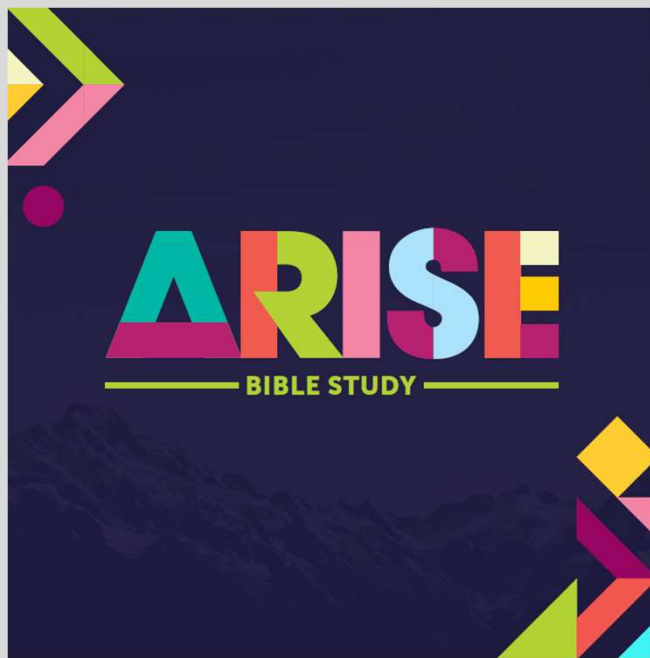
So Ananias went and entered the house. He laid his hands on Saul and said, "Brother Saul, the Lord Jesus, who appeared to you on your way here, has sent me so that you may regain your sight and be filled with the Holy Spirit." And immediately something like scales fell from his eyes, and his sight was restored. Then he got up ["arose" in some translations] and was baptized, and after taking some food, he regained his strength.

# 1 SAMUEL 1: 9-10

After they had eaten and drunk at Shiloh, Hannah rose and presented herself before the LORD. Now Eli the priest was sitting on the seat beside the doorpost of the temple of the LORD. She was deeply distressed and prayed to the LORD, and wept bitterly.

# Breakout Discussion

pages 82-85 in study book



- Looking at **Luke 8:49-56, Romans 6:4-11**
- What must happen for a person to arise from death to life? Does the process of rising up require an occurrence of death (sin, idolatry, etc.)?
- How have you experienced rising up from “death” to life? What has this felt like?
- How can you continue to rise from death to life each day? What obstacles may get in your way?
- How can you be like Jesus and help others rise from death to life each day?
- How does this topic of rising from death to life relate to the arising we have explored in our daily devotionals this week?