

July 30

NEXT STEPS



The Spirit is in us

1 Corinthians 6:19-20,
Romans 5:1-5

Questions to *Dig Deeper*:

1. Paul's hope is not a speculative thing, but a joyful expectation. Why?
2. Why does Paul say that hope does not put us to shame?
3. In what way does suffering produce hope?
4. How is good character related to hope?
5. Can you think of an example in your life in which you have experienced this connection of which Paul speaks – from suffering to endurance to character to hope? Providing as much detail as possible, think through how this was true in your experience.
6. Take time this week to engage in the practice of examen at least three times. Common steps to the examen:
 1. Become aware of God's presence.
 2. Review the day with gratitude.
 3. Pay attention to your emotions.
 4. Choose one feature of the day and pray from it.
 5. Look toward tomorrow.