



> **The Humiliation: reveals our heart**

> **The Humiliation: reveals Jesus' heart**

> **The Humiliation: it can change our heart to be like Jesus**

## hungry? feed yourself!

> 30 minutes a day to pray and journal <



### Read Colossians 1:21-29

**10 :: Meditate** Because of Jesus' death for us, we are reconciled to God. This means that reconciliation has nothing to do with us and what we can offer and everything to do with Jesus and his incredible offering. Crazy!

What are ways that you are still trying to reconcile yourself outside of Christ?

Think about your story. How has this reconciliation unfolded in your personal journey?

Take some time to meditate on the mystery "Christ in you the hope of glory"

What does this mean about you in relation to God?

**10 :: Pray** Take time to pray and confess ways that you are trying to find hope and reconciliation outside of Christ.

**10 :: Live** Your story of reconciliation is beautiful, messy and hopeful.

What are practical ways that you can keep focused on the hope of Christ in you?

How does this sweet reconciliation help you in your emotions? Where does your guilt and shame go? Where does your sin go?

Can you think of anyone who needs this reconciliation?