

1. “Let the peace of Christ control your hearts, the peace into which you were also called in one body” (Colossians 3:15). **Question:** *If I had peace of heart, what in my life would change? How would I act differently?*
2. “Watch carefully how you live, not as foolish persons, but as wise, making the most of the opportunity, because the days are evil. Therefore, do not continue in ignorance, but try to understand what is the will of the Lord. And do not get drunk on wine in which lies debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts, giving thanks always and for everything in the name of our Lord Jesus Christ to God the Father” (Ephesians 5:15-20). **Question:** *Do I perceive good or evil more readily? Why? How can I include more gratitude in my life?*
3. “A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it. But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold. Whoever has ears ought to hear” (Matthew 13:3-9). **Question:** *Do I act in accord with the dignity, beauty, and honor that is mine as a Christian? What great things do I think God is calling me to pursue?*
4. “We are strongly encouraged to hold fast to the hope that lies before us. This we have as an anchor of the soul, sure and firm, which reaches into the interior behind the veil, where Jesus has entered on our behalf as forerunner” (Hebrews 7:18-20). **Question:** *How*

*do I see the emotion of hope and the virtue of hope in my life? How can I bring the virtue of hope to others?*

5. “I will give them a new heart and a new spirit I will put within them. From their bodies I will remove the hearts of stone, and give them hearts of flesh so that they walk according to my statutes, taking care to keep my ordinances. They will be my people, and I will be their God” (Ezekiel 11:19-20). **Question:** *How would the practices of examination of conscience, watchfulness, and meditation deepen my relationship with God?*