

EmmauStudents

ENGAGE

UP | IN | OUT

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is. **Ephesians 5:15-17**

Why should I embrace this?

This is a tool to help you daily set your mind upward, inward, and outward. During this season of social distancing we easily default into a place of slothfulness. You know what a sloth is right?! That's what we could easily become physically, emotionally, & spiritually. What helps us abstain from becoming this is being intentional and engaging our hearts, our minds, and our bodies on what is true and putting that truth into practice. We hope you will embrace this tool and people in your life to encourage you to ENGAGE! What can I do each day? Think Up, In, and Out. Read below. By the way, if you have a journal that will come in handy.

THE WHAT & THE HOW

UP | Engage UP in Prayer & Praise

- Each day write 3 things that you are thankful for and why.
 - A characteristic of God.
 - A specific person.
 - A situation, circumstance, or thing.
- Each day write 3 prayer needs.
 - One for someone you know who needs Jesus.
 - One for your family and/or friend.
 - One for yourself.

IN | Engage IN with the Word & Accountability

- Each day use the R.E.A.P. method to study the Word
 - R - Read the provided Scripture multiple times.
 - E - Examine the Scriptures by asking key questions.
 - What does this text say about who God is or what He does?
 - What does this text say about me or what I should do/believe?
 - What are the key words of phrases?
 - What questions do I have after reading this passage?
 - A - Apply what you examined. What specifically should I do/think/feel in response?
 - Think action steps.
 - P - Pray or write out a prayer to God.

IN | Engage IN with the Word & Accountability continued...

- Each day find ways to connect & encourage others.
 - *One on One* - Identify a person you can check in with daily about what you read in the Word and how you can pray for each other.
 - *Small Group* - Use your current small group to check in with each other at least once a week to check in & pray together (Helps...Marco Polo, GroupMe, Text)
 - *EmmauStudents GroupMe* - Use the GroupMe to post how God is teaching you in this season and be encouraged how God is teaching others.

OUT | Engage OUT by Proclaiming & Displaying Jesus

- Proclaim Jesus: Who can I engage in this time of social distancing for the Gospel?
 - *To individuals* - Use questions like, "How are you handling all this chaos?" "How can I pray for you?" to direct them to Jesus.
 - *Social Media* - Use posts like, "My relationship with Jesus made a difference in my life this week by..." to proclaim why you treasure Jesus.
 - Google three circles to refresh yourself how to share Jesus with someone.
- Display Jesus: How can I serve others even through the season of social distancing?
 - At Home - What can you do to help out/Who can you encourage in your home?
 - Outside your home - What can you do to help out/Who can you encourage?
 - Write a note to the elderly at Emmaus to encourage them during this anxious time. You could also tape it to their front door.
 - More opportunities may be made available by Jeron or Emmaus.

R.E.A.P. THIS

Week ONE | UP

THE GOSPEL > God's good design, Wrecked my man's sin, Rescued by God's Son, Our Response of faith & repentance, Forgiven & Restored back to God's original design.

- Sun, Mar 22 :: Gen 1:26-31
- Mon, Mar 23 :: Rom 3:10-12
- Tues, Mar 24 :: Ex 34:6-7
- Wed, Mar 25 :: Isaiah 53
- Thur, Mar 26 :: Rom 5:6-11
- Fri, Mar 27 :: Acts 17:22-31
- Sat, Mar 28 :: John 15:1-17

Week TWO | IN

WHAT CHANGES > No Longer is the world or ourselves in charge. We have a new King who continues to point us away from our sin/brokenness and towards his good design..

- Sun, Mar 29 :: 1 Cor 15:1-15
- Mon, Mar 30 :: 1 Cor 15:50-58
- Tues, Mar 31 :: Eph 1:1-14
- Wed, Apr 1 :: Eph 2:1-21
- Thur, Apr 2 :: Eph 3:14-21
- Fri, Apr 3 :: Eph 4:17-32
- Sat, Apr 4 :: Eph 5:1-21

Week THREE | OUT

GO > Being loved and rescued by King Jesus positions us to be his messengers to both proclaim with our words and display with our actions what He has done.

- Sun, Apr 5 :: Matt 28:16-20
- Mon, Apr 6 :: 2 Cor 4:1-6
- Tues, Apr 7 :: 2 Cor 4:7-18
- Wed, Apr 8 :: 2 Cor 5:11-21
- Thur, Apr 9 :: Mark 10:35-45
- Fri, Apr 10 :: Rom 10:10-17
- Sat, Apr 11 :: Rev 21:1-8

MISC HELP

Scripture to pray before Reading God's Word (I.O.U.S.)

- I :: Incline my heart to your testimonies (Psalm 119:36).
- O :: Open my eyes to see wonderful things (Psalm 119:18).
- U :: Unite my heart to fear your name (Psalm 86:11).
- S :: Satisfy me in the morning with your steadfast love (Psalm 90:14).

Good HABITS during "Social Distance" Season

- Refuse to be dominated by technology. Create "tech-free" space each day.
- Go for a walk (w/o headphones) to pause, observe, & be in awe of God's good world.
- Avoid isolating yourself in your bedroom for long periods for time. Be present.
- Create personal times of worship with the help of the [EmmauStudent Spotify playlist](#).
- Engage each person in your home to tell them how you're thankful for them.
- Use EmmauStudents GroupMe to initiate conversations & interaction.