



Father, thank You for the Lord Jesus, who loved us and gave Himself for us. Thank You for the thrill of sharing life with Him and being yoked alongside Him. Thank You for upholding us when we stumble. I ask You to help us learn what taking Jesus' yoke upon ourselves is about and help us get off this treadmill of pressurized living. We pray that You will take the place of the demands on us, the self-help we seek, the struggles we face, and the messes we've created, and give us Your peace like we've never known it before. Help us to trust You. In the name of Jesus, amen.

—Pastor Charles R. Swindoll
The Swindoll Study Bible, page 1155

*“You are the salt of the earth. But what good is salt if it has lost its flavor?
Can you make it salty again?
It will be thrown out and trampled underfoot as worthless.
You are the light of the world—like a city on a hilltop that cannot be hidden.
No one lights a lamp and then puts it under a basket.
Instead, a lamp is placed on a stand,
where it gives light to everyone in the house.
In the same way, let your good deeds shine out for all to see,
so that everyone will praise your heavenly Father.”*

—Matthew 5:13–16



Pastor Chuck's Four Simple Suggestions for Shaking and Shining

Live Right and Start Praying

Is there a dark and decaying practice in your life that you need to drop so you can start shaking and shining more powerfully? If so, what is one habit, spiritually shiny and salty, you can embrace to replace that old way of living?

Care about and Reach Out

Imagine the face of that one person God has placed on your heart, and not another's heart, to care about and reach out to. What is one way this week you can express your care and love to that person to make him or her feel special?

Be Available and Listen

Many people spell "love" T-I-M-E. Perhaps there is a non-Christian in your life who feels alone and unwanted. How can you make yourself available to that person as a way of shining the light of Jesus' love in his or her life?

Share Your Faith Openly and Follow Through

List below two ways you can share your faith with others. For example: "Express to a friend how much I appreciated and have benefited from what I learned last week in church."
