

# BE JUST. KIND. HUMBLE.

## WEEK 1: DOING JUSTICE

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**God, help me see  
through your eyes.  
Help me feel with your  
heart.  
Give me your thoughts.  
Let me act in a way that  
is totally reflective of  
you.  
Show me what justice  
truly means. Amen.**

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## WEEK 1: DAY 1

READ MICAH 6:6-8

“With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?” He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

### REFLECT

- What does this Scripture tell us pleases God?
- How can you do justice, love kindness, and walk humbly as we enter this election season?

## WEEK 1: DAY 2

### READ PSALM 99:1-5

The Lord rules—the nations shake! He sits enthroned on the winged heavenly creatures—the earth quakes! The Lord is great in Zion; he is exalted over all the nations. Let them thank your great and awesome name. He is holy! Strong king[a] who loves justice, you are the one who established what is fair. You worked justice and righteousness in Jacob. Magnify the Lord, our God! Bow low at his footstool! He is holy!

### REFLECT

- Write down the characteristics of God that you noticed in this Psalm:
- What does it mean for God to be a “lover of justice”?

## WEEK 1: DAY 4

### READ LUKE 4:16-21

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: “The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord’s favor.” And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, “Today this scripture has been fulfilled in your hearing.”

### REFLECT

- Why do you think that Jesus picked this particular Scripture to read in the synagogue?
- What does good news to the poor and freedom for the oppressed look like in our world?

## WEEK 1: DAY 3

### READ JAMES 3:14-17

What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, “Go in peace; keep warm and eat your fill,” and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead.

### REFLECT

- How does our faith and the way we live intersect?
- What does your faith need in order to be most alive right now?

## WEEK 1: DAY 5

### READ MICAH 6:6-8

“With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?” He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

### REFLECT

- How has your reading of this passage changed since we read it on Day 1? Write down new things you notice or new questions that you have.



# B E JUST. KIND. HUMBLE.

## WEEK 2: LOVING KINDNESS

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**Loving God,  
in the way you  
See us  
Know us  
Extend grace to us  
Forgive us  
Lord, you are kind to us  
in ways we can only  
hope to understand.  
Help us cultivate your  
spirit of kindness in  
ourselves and reflect to  
others what you have  
given freely to us.  
Amen.**

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## WEEK 2: DAY 1

### READ 1 KINGS 17:8-16

Then the word of the Lord came to Elijah: "Go at once to Zarephath in the region of Sidon and stay there. I have directed a widow there to supply you with food." So he went to Zarephath. When he came to the town gate, a widow was there gathering sticks. He called to her and asked, "Would you bring me a little water in a jar so I may have a drink?" As she was going to get it, he called, "And bring me, please, a piece of bread." "As surely as the Lord your God lives," she replied, "I don't have any bread—only a handful of flour in a jar and a little olive oil in a jug. I am gathering a few sticks to take home and make a meal for myself and my son, that we may eat it—and die." Elijah said to her, "Don't be afraid. Go home and do as you have said. But first make a small loaf of bread for me from what you have and bring it to me, and then make something for yourself and your son. For this is what the Lord, the God of Israel, says: 'The jar of flour will not be used up and the jug of oil will not run dry until the day the Lord sends rain on the land.'" She went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family. For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the Lord spoken by Elijah.

### REFLECT

- What needs are being met in this story?
- How is kindness demonstrated between Elijah and the widow?

## WEEK 2: DAY 2

### READ PSALM 103:1-13

Let my whole being[a] bless the Lord! Let everything inside me bless his holy name! Let my whole being bless the Lord and never forget all his good deeds: how God forgives all your sins, heals all your sickness, saves your life from the pit, crowns you with faithful love and compassion, and satisfies you with plenty of good things so that your youth is made fresh like an eagle's. The Lord works righteousness; does justice for all who are oppressed. God made his ways known to Moses; made his deeds known to the Israelites. The Lord is compassionate and merciful, very patient, and full of faithful love. God won't always play the judge; he won't be angry forever. He doesn't deal with us according to our sin or repay us according to our wrongdoing, because as high as heaven is above the earth that's how large God's faithful love is for those who honor him. As far as east is from west—that's how far God has removed our sin from us. Like a parent feels compassion for their children—that's how the Lord feels compassion for those who honor him.

### REFLECT

- What characteristics of God that you noticed?
- How does receiving God's kindness transform the way we are in relationship with others?

## WEEK 2: DAY 4

### READ MATTHEW 20:29-34

As they were leaving Jericho, a large crowd followed him. There were two blind men sitting by the roadside. When they heard that Jesus was passing by, they shouted, "Lord, have mercy on us, Son of David!" The crowd sternly ordered them to be quiet, but they shouted even more loudly, "Have mercy on us, Lord, Son of David!" Jesus stood still and called them, saying, "What do you want me to do for you?" They said to him, "Lord, let our eyes be opened." Moved with compassion, Jesus touched their eyes. Immediately they regained their sight and followed him.

### REFLECT

- Compare the crowd's response to the blind men to Jesus' response to them. What do you notice?
- Could God be nudging you to show kindness to someone who is forgotten (like the blind men in this story)? Who might that be?

## WEEK 2: DAY 3

### READ COLOSSIANS 3:12-17

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

### REFLECT

- What does this Scripture teach us about how we relate to one another?
- What does it mean to clothe ourselves with kindness?

## WEEK 2: DAY 5

### READ MICAH 6:6-8

Micah 6:6-8 "With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

### REFLECT

- How has your reading of this passage been impacted by the readings and reflections from this week?

# B E JUST. KIND. HUMBLE.

## WEEK 3: WALKING HUMBLY

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**Jesus, help us follow  
your example of humble  
love.**

**In all we do and say.  
In every interaction we  
have.**

**In each opportunity that  
presents itself.**

**Make us humble. Make  
us more like you.  
Amen.**

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## WEEK 3: DAY 1

### READ GENESIS 33:1-12

Now Jacob looked up and saw Esau coming, and four hundred men with him. So he divided the children among Leah and Rachel and the two maids. He put the maids with their children in front, then Leah with her children, and Rachel and Joseph last of all. He himself went on ahead of them, bowing himself to the ground seven times, until he came near his brother. But Esau ran to meet him, and embraced him, and fell on his neck and kissed him, and they wept. When Esau looked up and saw the women and children, he said, "Who are these with you?" Jacob said, "The children whom God has graciously given your servant." Then the maids drew near, they and their children, and bowed down; Leah likewise and her children drew near and bowed down; and finally Joseph and Rachel drew near, and they bowed down. Esau said, "What do you mean by all this company that I met?" Jacob answered, "To find favor with my lord." But Esau said, "I have enough, my brother; keep what you have for yourself." Jacob said, "No, please; if I find favor with you, then accept my present from my hand; for truly to see your face is like seeing the face of God—since you have received me with such favor. Please accept my gift that is brought to you, because God has dealt graciously with me, and because I have everything I want." So he urged him, and he took it. Then Esau said, "Let us journey on our way, and I will go alongside you."

### REFLECT

- Where do you notice humility displayed in this story?
- How do forgiveness and humility intersect in this story and in your own life?

## WEEK 3: DAY 2

### READ PSALM 131

Lord, my heart isn't proud; my eyes aren't conceited. I don't get involved with things too great or wonderful for me. No. But I have calmed and quieted myself like a weaned child on its mother I'm like the weaned child that is with me. Israel, wait for the Lord—from now until forever from now!

### REFLECT

- What action does the Psalmist take to cultivate humility?
- How can you quiet your soul today?

## WEEK 3: DAY 4

### READ JOHN 13:3-17

Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason, he said, "Not all of you are clean." After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord— and you are right, for that is what I am. So, if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.

### REFLECT

- How does Jesus washing his disciples' feet demonstrate humility?
- What does it mean for you to follow Jesus' example of humility as you live?

## WEEK 3: DAY 3

### READ ROMANS 12:3, 9-18

For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all.

### REFLECT

- How do humility and harmony work together in our relationships?
- What are some specific examples of humility that you notice in this Scripture?

## WEEK 3: DAY 5

### READ MICAH 6:6-8

"With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

### REFLECT

- How has your reading of this passage changed since we read it on Day 1? Write down new things you notice or new questions that you have.

# B E JUST. KIND. HUMBLE.

## WEEK 4: LOVE YOUR NEIGHBOR

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**God of love, let me love  
like you.  
Soften my heart.  
Help me see a  
perspective that is not  
my own.  
Remind me that we all  
have a story.  
Remind me that we are  
all made in your holy  
image.  
Help me love my  
neighbor, Lord, and let  
me love like you. Amen.**

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## WEEK 4: DAY 1

READ RUTH 1:1-8

In the days when the judges ruled, there was a famine in the land, and a certain man of Bethlehem in Judah went to live in the country of Moab, he and his wife and two sons. The name of the man was Elimelech and the name of his wife Naomi, and the names of his two sons were Mahlon and Chilion; they were Ephrathites from Bethlehem in Judah. They went into the country of Moab and remained there. But Elimelech, the husband of Naomi, died, and she was left with her two sons. These took Moabite wives; the name of the one was Orpah and the name of the other Ruth. When they had lived there about ten years, both Mahlon and Chilion also died, so that the woman was left without her two sons and her husband. Then she started to return with her daughters-in-law from the country of Moab, for she had heard in the country of Moab that the Lord had considered his people and given them food. So she set out from the place where she had been living, she and her two daughters-in-law, and they went on their way to go back to the land of Judah. But Naomi said to her two daughters-in-law, "Go back each of you to your mother's house. May the Lord deal kindly with you, as you have dealt with your dead husbands and with me."

## REFLECT

- How does Naomi demonstrate sacrificial love in this passage?
- What sacrifices might be required of us as we seek to love our neighbor?

## WEEK 4: DAY 2

### READ PSALM 133

Psalm 133 Look at how good and pleasing it is when families[a] live together as one! It is like expensive oil poured over the head, running down onto the beard—Aaron's beard!—which extended over the collar of his robes. It is like the dew on Mount Hermon streaming down onto the mountains of Zion, because it is there that the Lord has commanded the blessing: everlasting life.

Reflect:

### REFLECT

- How is seeking unity pleasing to God?
- How can you personally help create unity in a world that is so shaped by division?

## WEEK 4: DAY 4

### READ LUKE 10:25-37

Just then a lawyer stood up to test Jesus. "Teacher," he said, "what must I do to inherit eternal life?" He said to him, "What is written in the law? What do you read there?" He answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." And he said to him, "You have given the right answer; do this, and you will live." But wanting to justify himself, he asked Jesus, "And who is my neighbor?" Jesus replied, "A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. So likewise, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan while traveling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, 'Take care of him; and when I come back, I will repay you whatever more you spend.' Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?" He said, "The one who showed him mercy." Jesus said to him, "Go and do likewise."

### REFLECT

- Why do you think the first two people failed to extend mercy to the injured man?
- When have you experienced love from someone who surprised you?

## WEEK 4: DAY 3

### READ 1 CORINTHIANS 13:1-8

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing. Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end.

### REFLECT

- Write down the characteristics of love mentioned in this verse:
- Which of these things would you ask God to grow in you as you seek to better love the people in your life?

## WEEK 4: DAY 5

### READ MICAH 6:6-8

"With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

### REFLECT

- How has your reading of this passage changed since we read it on Day 1? Write down new things you notice or new questions that you have.





B

JUST.  
KIND.  
HUMBLE.

## WEEK 5: WHERE POLITICS AND RELIGION MEET

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**Almighty God,  
Point us to you.  
In spaces both sacred  
and secular,  
Point us to you.  
In the heat of  
disagreement,  
Point us to you.  
In our deepest  
convictions,  
Point us to you.  
In every facet of our  
lives,  
Point us to you. Amen.**

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## WEEK 5: DAY 1

READ ISAIAH 65:17-21

For I am about to create new heavens and a new earth; the former things shall not be remembered or come to mind. But be glad and rejoice forever in what I am creating; for I am about to create Jerusalem as a joy, and its people as a delight. I will rejoice in Jerusalem, and delight in my people; no more shall the sound of weeping be heard in it, or the cry of distress. No more shall there be in it an infant that lives but a few days, or an old person who does not live out a lifetime; for one who dies at a hundred years will be considered a youth, and one who falls short of a hundred will be considered accursed. They shall build houses and inhabit them; they shall plant vineyards and eat their fruit. They shall not build and another inhabit; they shall not plant and another eat; for like the days of a tree shall the days of my people be, and my chosen shall long enjoy the work of their hands. They shall not labor in vain, or bear children for calamity; for they shall be offspring blessed by the Lord—and their descendants as well. Before they call I will answer, while they are yet speaking I will hear. The wolf and the lamb shall feed together, the lion shall eat straw like the ox; but the serpent—its food shall be dust! They shall not hurt or destroy on all my holy mountain, says the Lord.

## REFLECT

- What do you notice about the vision for peace that Isaiah shares here?
- Write your own vision for what peace could look like in our world:

## WEEK 5: DAY 2

### READ PSALM 126

When the LORD restored the fortunes of Zion, \* then were we like those who dream. Then was our mouth filled with laughter, \* and our tongue with shouts of joy. Then they said among the nations, \* "The LORD has done great things for them." The LORD has done great things for us, \* and we are glad indeed. 11 Restore our fortunes, O LORD, \* like the watercourses of the Negev. Those who sowed with tears \* will reap with songs of joy. Those who go out weeping, carrying the seed, \* will come again with joy, shouldering their sheaves.

### REFLECT

- What does this Psalm tell us about God?
- What would it look like for mourning to be turned into joy in our world, especially when it comes to politics?

## WEEK 5: DAY 4

### READ MATTHEW 5:43-48

You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect.

### REFLECT

- What does this passage have to say about the way we work to love?
- How does this verse challenge what typical political rhetoric sounds like?

## WEEK 5: DAY 3

### READ EPHESIANS 2:13-22

But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God.

### REFLECT

- What are the diving walls that you would pray for Christ to break down?
- If we are all members of the household of God, how does that truth shape the way we interact with each other, particularly in the face of political divisiveness?

## WEEK 5: DAY 5

### READ MICAH 6:6-8

Micah 6:6-8 "With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

### REFLECT

- How has your reading of this passage been impacted by the readings and reflections from this week?

