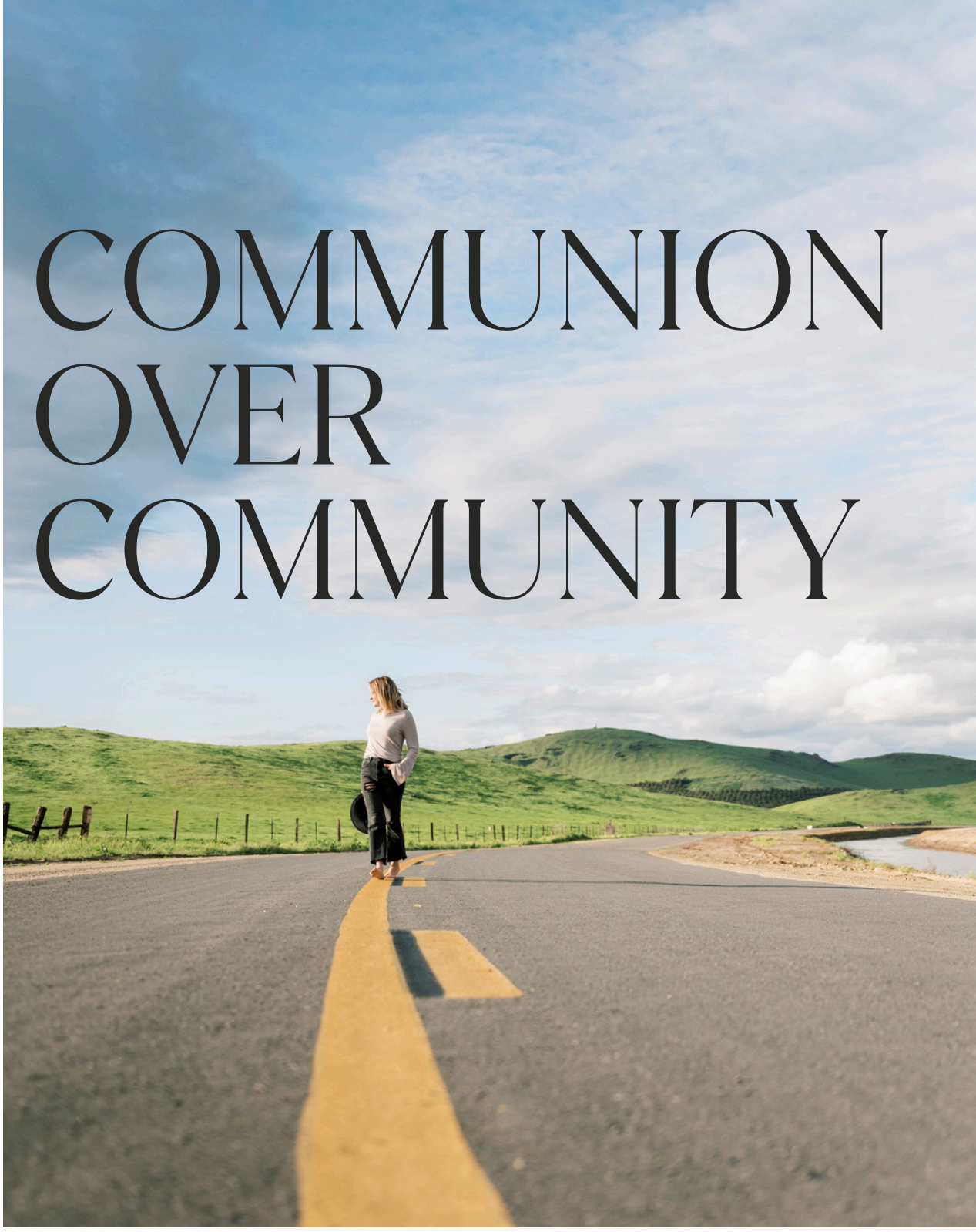
COMMUNION OVER COMMUNITY



"The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit, be with you all."
— 2 Corinthians 13:14 (NKJV)

Episode 1: Communion First

When God Whispers Communion Over Community

"The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit, be with you all." — 2 Corinthians 13:14 (NKJV)

DAY 1: LISTEN + REFLECT

Devotional Thought

Maybe you've walked with God for years... or maybe you're just now realizing you've never truly communed with Him. You've said yes to salvation. Perhaps you've received the Holy Spirit and have enjoyed church conferences, weekend retreats, or time away for solitude and silence. You serve in your local church, lead, read a devotion or two, and pray, but you still feel a lack. That lack is the invitation.

Communion is not church attendance, doing good works or checking off the boxes of religion. It's not Bible reading plans or morning routines. Communion is shared closeness, a quiet place with an intimate and incredibly relational Father, who speaks, convicts, transforms, and restores.

This episode challenges us to ask: *Have I made space for true intimacy with the Father?*

As you listen to episode one, here are a couple of reflection questions for you to consider.

Reflection Questions

- Have I prioritized church, people, or serving over simply being with God?

- What fears, motives, or insecurities might be keeping me tethered to "community" when God is calling me into communion?

Prayer Prompt

Father, draw me closer into you. Would you quiet the noise of performance and comparison? I don't want routine—I want You. Show me how to commune with You in the way You desire.

Episode 1: Communion First

DAY 2: APPLY + ACTIVATE

Quote to Meditate On

"Sit with the Holy One before sitting with the crowd."

Soul Work

This space is for intentional slowing down so you can let the whisper of God reorder what's been out of rhythm. Take your time here. Sit with these thoughts. Be honest and real before Him. There's no pressure to produce, and there's no rush to get it right.

1. **Audit Your Time with God**
   Write honestly:

   - When was the last time I sat with God with no agenda?

   - What has my communion time looked like lately, if it's happening at all?

2. **Disentangle the Noise**
   Ask the Holy Spirit to show you:

   - Where has my time with others replaced my time with Him?

   - Have I been over-attached to spiritual community, or even completely consumed in motherhood or family duties, in a way that has numbed intimacy?

3. **Ask the Hard Question**

   What might I be afraid to hear if I got quiet enough?
   (This question isn't meant to bring shame—it's meant to open the door to healing.)

DAY 2: APPLY + ACTIVATE

4. **Write a Prayer of Permission**

Give God full permission to rearrange whatever is crowding out communion.

Example: Father, I give You access. Unplug me from the noise. Rewire what I've made routine. I want to be reintroduced to Your whisper—and I'm willing to let go of what's keeping me from it.

5. **Name a Re-centering Practice**

What's one simple way you can protect the space of communion this week?

(Examples: 10 minutes of silence, praying aloud before bed, taking a walk without your phone, reading one Psalm slowly each morning.)

Reactivation Prayer

Father, reintroduce me to Your whisper. Strip away everything that numbs me to Your presence. I repent for prioritizing productivity, people, and even ministry over intimacy with You. I want to know Your voice like never before. I choose communion over crowd, whisper over noise, and surrender over striving. Teach me to sit again. I trust You with my time, my heart, and my attention.

Your first invitation

is to the quiet place—

where faith finds

fire again.

Episode 2: Living in the Tension

How Do I Hold Both? Communion + Community

"Walk in a manner worthy of the Lord... bearing fruit in every good work..." — Colossians 1:10
"Draw near to God and He will draw near to you." — James 4:8

DAY 1: LISTEN + REFLECT

Devotional Thought

After a deep season of communion with the Father, reentry into the world—into relationships, church, and community—can feel jarring to the soul. There's a tension we're invited to hold: to remain rooted in intimacy while also engaging in meaningful connection.

I'm not sharing my heart here because I think God is asking for perfection. This is about spiritual discernment. Being led, not pulled. Anchored, not scattered. The Holy Spirit wants to walk with you through each "yes" and "no." I can promise, your healing and hidden seasons weren't wasted. You're being called out now is not just to gather, but to carry His presence into the community.

Reflection Questions

- Am I carrying what I've received in secret—or leaving it behind to fit in again?
- When I reflect on my recent "yeses," were they peaceful or pressured?
- Have I confused the noise of activity with the voice of the Spirit?
- What boundaries could help me protect my communion with God while still engaging with others?

Prayer Prompt

Lord, help me walk in step with You. Let me not lose the intimacy we've built just because I'm re-entering connection. Teach me to stay close even while stepping out.

Episode 2: Living in the Tension

DAY 2: APPLY + ACTIVATE

Quote to Meditate On

"When your yes is from God, grace will be there, even when it stretches you."

Soul Work

Take your time here. Invite the Holy Spirit to speak into this place and bring you clarity that speaks freedom and rest into your soul, not just conviction.

1. **List Your Current Yeses**

   Write down all the spaces where you're currently showing up—relationships, church, leadership, family, work, etc. Circle the ones that feel fruitful and Spirit-filled. Put a question mark next to the ones that feel draining, forced, or confusing.

2. **Discern the Source**

   For each "yes," ask:

   - Was I led here by God—or guilt?
   - Am I still supposed to be here—or is this an expired assignment?
   - *What fruit have I seen? (Peace, impact, maturity?)*

DAY 2: APPLY + ACTIVATE

3. **Recognize the Tension**

   Where is communion being crowded out by community expectations?
   Where is God asking me to re-center—without disconnecting from people he has called me to?

4. **Write a Recalibration Prayer**

   Create a short, honest prayer asking the Holy Spirit to help you walk in step with Him. Something like:

   Lord, I only want to say yes where Your Spirit is leading. Redirect me where needed. I give You permission to rearrange what I've built, so I can walk in obedience, not obligation.

Activation Prayer

Father, I release every "yes" I've made from fear, pressure, or pride. Help me walk in step with Your Spirit—anchored in Your presence, yet present in the places You send me. Teach me to live from overflow, not urgency. Protect me from performance, and lead me into peace. Help me carry what we share in private into the people and places You've assigned me to love in public.

Community

can cheer you on,

but only communion

will *change* you.

Episode 3: The Overflow

Communion That Builds the Body

"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing." — John 15:5

DAY 1: LISTEN + REFLECT

Devotional Thought

Through the years, I've learned more about what it means to live from the inside out. What God stirs up in the quiet places of our lives isn't meant to stay hidden, kept for our family or close friends, but rather it naturally spills over into how we show up in the world around us. The fruit of the Spirit isn't something we muscle our way into, although it might feel like it at times. The reality is that it just grows when we stay close to Him. And it's not just fruit, either—healing, freedom, and a holy kind of boldness rise up from those hours spent in His presence.

My friend, that's the beauty of communion. It shapes who we are at the core. It steadies our identity, sharpens our perception of and relationship with Him, and slowly untangles the unseen pride lingering within. It's a wild idea, I know. But this is where real ministry is born. When we choose to abide, we can't help but carry something sacred into a world that's desperate for something real.

Reflection Questions

- Am I carrying what I've received in secret—or leaving it behind to fit in again?
- When I reflect on my recent "yeses," were they peaceful or pressured?
- Have I confused the noise of activity with the voice of the Spirit?
- What boundaries could help me protect my communion with God while still engaging with others?

Prayer Prompt

Lord, help me walk in step with You. Let me not lose the intimacy we've built just because I'm re-entering connection. Teach me to stay close even while stepping out.

Episode 3: The Overflow

DAY 2: APPLY + ACTIVATE

Quote to Meditate On

"You don't have to force what flows from true communion."

Soul Work

Today is about examining your fruit, realigning your source, and stepping into overflow.

1. **Inventory the Fruit**

   Ask the Holy Spirit: What kind of fruit is my life producing right now? Then take inventory:

   - Am I producing love, joy, peace, patience... or anxiety, frustration, burnout?
   - Is this fruit impacting others? Does it reflect the Spirit or my striving?

2. **Identify Counterfeit Overflow**

   We often give from obligation instead of overflow. Reflect:

   - Where have I been giving out of performance, not presence?
   - Am I doing things for God that I haven't done with Him?

3. **Revisit the Secret Place**

   Write about a time when private communion produced something powerful in public —maybe a moment of clarity, boldness, healing, or Spirit-led love. Then reflect:

   - What was different about that season?
   - What would it take to return to that posture of abiding?

DAY 3: APPLY + ACTIVATE

4. **Write a Declaration of Fruitfulness**
   Declare aloud or write a bold, Spirit-led statement that you want to live by. Example:

   I am a branch connected to the Vine. I will bear fruit that remains, not because I strive, but because I stay. I choose obedience over applause and overflow over obligation.

5. **Ask God to Reveal Your Next Pouring Point**
   Spend a few quiet minutes listening:

   - Where are You calling me to build the Body from my overflow?
   - Who needs what You've poured into me in this last season of communion?

Activation Prayer

Lord, I don't want to be busy—I want to be fruitful. Deliver me from the need to prove myself or be impressive. Let the evidence of Your Spirit in me be unmistakable. I surrender every part of my ministry, relationships, and community involvement back to You. Show me where to pour out, and help me pour from what You've poured in. Make me a vessel of healing, truth, and holy love. Let my life reflect a holy overflow.

Private

communion

always spills

into public

fruit.