

Day Thirty-One

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Isaiah 55: 6-7 (NRSV)

Seek the Lord while he may be found, call upon him while he is near; let the wicked forsake their way, and the unrighteous their thoughts; let them return to the Lord, that he may have mercy on them, and to our God, for he will abundantly pardon.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

Your desire for more of God than you have right now, your longing for love, your need for deeper levels of spiritual transformation than you have experienced so far is the truest thing about you. You might think that your woundedness or your sinfulness is the truest thing about you or that your giftedness or your personality type or your job title or your identity as husband or wife, mother or father, somehow defines you. But in reality, it is your desire for God and your capacity to reach for more of God than you have right now that is the deepest essence of who you are." ~ Ruth Haley Barton

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.¹

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

¹ Taken from 2 Thessalonians 2: 16-17

Day Thirty-Two

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Matthew 7: 7-8 (ESV)

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

O Divine Master, grant that I may not seek to be consoled, as to console. To be understood, as to understand. To be loved, as to love. For it is in giving that we receive. It is in pardoning that we are pardoned. It is in dying that we are born to eternal life.” ~ Francis of Assisi

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Day Thirty-Three

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Matthew 6: 34 (MSG)

Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

"Worry does not empty tomorrow of its sorrows; it empties today of its strength." ~ Corrie Ten Boom

There is something beautiful about being in the moment with our Creator; noticing the colours of the flowers along the path, hearing the sing-song voices of the birds, and feeling the wind stroke our cheek. What does it look like for you to set aside the past and the future to embrace God's now?

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Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Romans 8: 37-39 (ESV)

In all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

Most of us were taught that God would love us if and when we change. In fact, God loves you so that you can change. What empowers change, what makes you desirous of change is the experience of love. It is that inherent experience of love that becomes the engine of change.”
~ Richard Rohr

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May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

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Day Thirty-Five

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Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Psalm 63: 1-4 (NIV)

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

We settle sometimes for less than intimacy with God when all God longs for is this solidarity with us. In Spanish, when you speak of your great friend, you describe the union and kinship as being *de uña y mugre*—our friendship is like the fingernail and the dirt under it. Our image of who God is and what's on God's mind is more tiny than it is troubled. It trips more on our puny sense of God than over conflicting creedal statements or theological considerations. The desire of God's heart is immeasurably larger than our imaginations can conjure. This longing of God's to give us peace and assurance and a sense of well-being only awaits our willingness to cooperate with God's limitless magnanimity." ~ Greg Boyle

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

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Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

1 Thessalonians 5: 16-18 (MSG)

Be cheerful no matter what; pray all the time; thank God no matter what happens. This is the way God wants you who belong to Christ Jesus to live.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“O my God, teach me to be generous
to serve you as you deserve to be served
to give without counting the cost
to fight without fear of being wounded
to work without seeking rest
and to spend myself without expecting any reward
but the knowledge that I am doing your holy will.
Amen.” ~ Ignatius of Loyola

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

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Amen.

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Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Psalm 46:10 (NRSV)

Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“We are starved for quiet, to hear the sound of sheer silence that is the presence of God himself.” ~ Ruth Haley Barton

In our 21st century context, we are surrounded by noise: social media and advertisements, the hustle and bustle of hockey rinks and meetings, phones that continuously vibrate in our pockets. To seek God is to seek time away from the noise to enter into God’s presence. In what ways can you be still so that you can know God better?

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

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Amen.

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Day Thirty-Eight

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Genesis 35: 1-3 (ESV)

God said to Jacob, "Arise, go up to Bethel and dwell there. Make an altar there to the God who appeared to you when you fled from your brother Esau." So Jacob said to his household and to all who were with him, "Put away the foreign gods that are among you and purify yourselves and change your garments. Then let us arise and go up to Bethel, so that I may make there an altar to the God who answers me in the day of my distress and has been with me wherever I have gone.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

"My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following Your Will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please You. And I hope I have that desire in all that I am doing..."
~ Thomas Merton

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

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Amen.

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Day Thirty-Nine

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Romans 8: 38-39 (MSG)

I'm absolutely convinced that nothing – nothing living or dead, angelic or demonic, today or tomorrow, high or low, thinkable or unthinkable – absolutely nothing can get between us and God's love because of the way that Jesus our Master has embraced us.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

"The God, who is greater than God, has only one thing on Her mind, and that is to drop, endlessly, rose petals on our heads. Behold the One who can't take His eyes off of you. Marinate in the vastness of that." ~ Greg Boyle

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

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Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

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Day Forty

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Matthew 4: 14-16 (NIV)

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see you good deeds and glorify your Father in heaven.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

We have been called to heal wounds, to unite what has fallen apart, and to bring home those who have lost their way." ~ Francis of Assisi

"You call me out upon the waters/The great unknown where feet may fail/And there I find You in the mystery/In oceans deep/My faith will stand.

And I will call upon Your name/And keep my eyes above the waves/When oceans rise/My soul will rest in Your embrace/For I am Yours and You are mine." ~ Oceans (Where Feet May Fail) by Hillsong United

How are you letting the light of God flow through you and into the lives of others?

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

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Amen.

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Day Forty-One

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Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

1 Corinthians 13: 4-7 (NIV)

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“Do you know what hurts so very much? It’s love. Love is the strongest force in the world, and when it is blocked that means pain. There are two things we can do when this happens. We can kill that love so that it stops hurting. But then of course part of us dies, too. Or we can ask God to open up another route for that love to travel.” ~ Corrie Ten Boom

Where is God calling you into love?

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

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Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

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Day Forty-Two

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Galatians 5: 13-14 (NSRV)

For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence, but through love become slaves to one another. For the whole law is summed up in a single commandment, "You shall love your neighbor as yourself."

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

All great spirituality teaches about letting go of what you don't need and who you are not. Then, when you can get little enough and naked enough and poor enough, you'll find that the little place where you really are is ironically more than enough and is all that you need. At that place, you will have nothing to prove to anybody and nothing to protect. That place is called freedom. It's the freedom of the children of God. Such people can connect with everybody. They don't feel the need to eliminate anybody... ~ Richard Rohr

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May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

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Day Forty-Three

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Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Ephesians 2: 19-22 (MSG)

That's plain enough, isn't it? You're no longer wandering exiles. This kingdom of faith is now your home country. You're no longer strangers or outsiders. You belong here, with as much right to the name Christian as anyone. God is building a home. He's using us all – irrespective of how we got here – in what he is building. He used the apostles and prophets for the foundation. Now he's using you, fitting you in brick by brick, stone by stone, with Christ Jesus as the cornerstone that holds all the parts together. We see it taking shape day after day – a holy temple built by God, all of us built into it, a temple in which God is quite at home.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“I look forward, not to what lies ahead of me in this life and will surely pass away, but to my eternal goal. I am intent upon this one purpose, not distracted by other aims, and with this goal in view I press on, eager for the prize, God's heavenly summons. Then I shall listen to the sound of Your praises and gaze at Your beauty ever present, never future, never past. But now my years are but sighs. You, O Lord, are my only solace. You, my Father, are eternal. But I am divided between time gone by and time to come, and its course is a mystery to me. My thoughts, the intimate life of my soul, are torn this way and that in the havoc of change. And so it will be until I am purified and melted by the fire of Your love and fused into one with You.”

~ Augustine of Hippo

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Day Forty-Four

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Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Philippians 2: 5-8 (NSRV)

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death – even death on a cross.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“If we are absolutely grounded in the absolute love of God that protects us from nothing even as it sustains us in all things, then we can face all things with courage and tenderness and touch the hurting places in others and in ourselves with love.” ~ James Finley

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Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

1 John 4: 16-19 (NSRV)

So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them. Love has been perfected among us in this: that we may have boldness on the day of judgement, because as he is, so are we in this world. There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because he first loved us.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. ~ Martin Luther King Jr.

“In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.” John 1:1-5

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Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Psalm 136: 1-3, 23-26 (NSRV)

O give thanks to the Lord, for he is good, for his steadfast love endures forever. O give thanks to the God of gods, for his steadfast love endures forever. O give thanks to the Lord of lords, for his steadfast love endures forever. It is he who remembered us in our low estate, for his steadfast love endures forever; and rescued us from our foes, for his steadfast love endures forever; who gives food to all flesh, for his steadfast love endures forever. O give thanks to the God of heaven, for his steadfast love endures forever.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“Never lose an opportunity for seeing anything that is beautiful; For beauty is God’s handwriting – a wayside sacrament. Welcome it in every fair face, in every fair sky, in every fair flower, And thank God for it as a cup of His blessing.” ~ Ralph Waldo Emerson

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Prayer:

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Scripture Reading:

Proverbs 3: 5-12 (MSG)

Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. Don't assume that you know it all. Run to God! Run from evil! Your body will glow with health, your very bones will vibrate with life! Honor God with everything you own; give him the first and the best. Your barns will burst, your wine vats will brim over. But don't, dear friend, resent God's discipline; don't sulk under his loving correction. It's the child he loves that God corrects; a father's delight is behind all this.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

"Trying to do the Lord's work in your own strength is the most confusing, exhausting, and tedious of all work. But when you are filled with the Holy Spirit, then the ministry of Jesus just flows out of you." ~ Corrie Ten Boom

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Who is God calling us to be in our home life?

Day Forty-Eight

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Joshua 1: 8-9 (NSRV)

This book of the law shall not depart out of your mouth; you shall meditate on it day and night, so that you may be careful to act in accordance with all that is written in it. For then you shall make your way prosperous, and then you shall be successful. I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“Life is not a straight line leading from one blessing to the next and then finally to heaven. Life is a winding and troubled road. Switchback after switchback. And the point of biblical stories like Joseph and Job and Esther and Ruth is to help us feel in our bones (not just know in our heads) that God is for us in all these strange turns. God is not just showing up after the trouble and cleaning it up. He is plotting the course and managing the troubles with far-reaching purposes for our good and for the glory of Jesus Christ.” ~ John Piper

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Forty-Nine

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

1 Peter 4: 8-11a (ESV)

Above all, keep loving one another earnestly, since love covers a multitude of sins. Show hospitality to one another without grumbling. As each has received a gift, use it to serve one another, as good stewards of God's varied grace: whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies – in order that in everything God may be glorified through Jesus Christ.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like.” ~ Augustine of Hippo

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Fifty

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Mark 1: 16-20 (NRSV)

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea – for they were fishermen. And Jesus said to them, “Follow me and I will make you fish for people.” And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“Christianity did not begin with a confession. It began with an invitation into friendship, into creating a new community, into forming relationships based on love and service.”

~ Diana Butler Bass

God invites us in, all of us who are weary from this journey; all of us who are carrying heavy burdens. God invites us to rest. Bask in God’s glory, magnitude, grace, and love. To get to know the sheer beauty of God and to experience that relationship.

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Fifty-One

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Psalm 89: 1-2 (NRSV)

I will sing of your steadfast love, O Lord, forever; with my mouth I will proclaim your faithfulness to all generations. I declare that your steadfast love is established forever; your faithfulness is as firm as the heavens.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me.”

~ Ignatius of Loyola

What are you holding on to that needs to be returned to God?

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Fifty-Two

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Philippians 4: 10-13 (NSRV)

I rejoice in the Lord greatly that now at last you have revived your concern for me; indeed, you were concerned for me, but had no opportunity to show it. Not that I am referring to being in need; for I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. I can do all things through him who strengthens me.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace; Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His Will; That I may be reasonably happy in this life and supremely happy with Him Forever in the next. Amen.”
~ Reinhold Niebuhr

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Fifty-Three

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Genesis 22: 17-18 (NSRV)

I will indeed bless you, and I will make your offspring as numerous as the stars of heaven and as the sand that is on the seashore. And you offspring shall possess the gate of their enemies, and by your offspring shall all the nations of the earth gain blessing for themselves, because you have obeyed my voice.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“People say, what is the sense of our small effort? They cannot see that we must lay one brick at a time, take one step at a time. A pebble cast into a pond causes ripples that spread in all directions. Each one of our thoughts, words and deeds is like that. No one has a right to sit down and feel hopeless. There is too much work to do.” ~ Dorothy Day

Where is God calling to take a small step in your life?

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Fifty-Four

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Isaiah 30: 19-22 (MSG)

Oh yes, people of Zion, citizens of Jerusalem, your time of tears is over. Cry for help and you'll find it's grace and more grace. The moment he hears, he'll answer. Just as the Master kept you alive during the hard times, he'll keep your teacher alive and present among you. Your teacher will be right there, local and on the job, urging you on whenever you wander left or right: "This is the right road. Walk down this road." You'll scrap your expensive and fashionable god-images. You'll throw them in the trash as so much garbage, saying, "Good riddance!"

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

"When I trust deeply that today God is truly with me and holds me safe in a divine embrace, guiding every one of my steps I can let go of my anxious need to know how tomorrow will look, or what will happen next month or next year. I can be fully where I am and pay attention to the many signs of God's love within me and around me." ~ Henri Nouwen

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Fifty-Five

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

1 John 5: 13-15 (NLT)

I have written this to you who believe in the name of the Son of God, so that you may know you have eternal life. And we are confident that he hears us whenever we ask for anything that pleases him. And since we know he hears us when we make our requests, we also know that he will give us what we ask for.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“Prayer is like a secret garden made up of silence and rest and inwardness. But there are a thousand and one doors into this garden and we all have to find our own.” ~ Jean Vanier

“As this capacity grows in you, it gradually takes shape as a felt center of gravity within you, the place where the pendulum of your being naturally comes to rest. It’s not so much a place you pay attention *to* as a place you pay attention *from*.” ~ Cynthia Bourgeault (On Centering Prayer)

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Fifty-Six

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Psalm 139: 23-24 (NSRV)

Search me, O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me, and lead me in the way everlasting.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“[... People] go abroad to admire the heights of mountains, the mighty waves of the sea, the broad tides of rivers, the compass of the ocean, and the circuits of the stars, yet pass over the mystery of themselves without a thought.” ~ Augustine of Hippo

What surrounds us often mystifies us. The intricacies of the complex nature that surrounds us, the depth of the seas, the colors of the trees, the life forms that dwell in difficult places. We work hard to have a better understanding of how our world works, what makes those intricacies of life work together – all of this is good! In addition, let us look deep inside ourselves to explore the mystery of Christ within us.

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Fifty-Seven

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Colossians 3: 23-24 (NLT)

Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“The Christian shoemaker does his duty not by putting little crosses on the shoes, but by making good shoes, because God is interested in good craftsmanship.” ~ Martin Luther

When a horse is running a race, often she will wear blinders or blinkers to keep her focused on the task in front of her. These blinders also protect her from dust and dirt getting into her eyes. When we place our feet into the pathway of God’s heart, God asks us to stay focused, do our best and see all that we are doing through the very eyes of God. How can we ready ourselves to do this?

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Fifty-Eight

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Proverbs 4: 20-23 (NSRV)

My child, be attentive to my words; incline your ear to my sayings. Do not let them escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh. Keep your heart with all vigilance, for from it flow the springs of life.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“Be careful of your thoughts, for your thoughts become your words. Be careful of your words, for your words become your actions. Be careful of your actions, for your actions become your habits. Be careful of your habits, for your habits become your character. Be careful of your character, for your character becomes your destiny.” ~ Chinese proverb, author unknown

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Fifty-Nine

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

1 Corinthians 13: 11-13 (NSRV)

When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

“The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.”

~ Thomas Merton

Kintsugi is the ancient Japanese art of repairing broken pottery with a lacquer mixed with gold, silver or platinum. The philosophy of Kintsugi is to treat the brokenness and repair of the pottery as an important part of the object’s history, rather than disguising the faults and blemishes. What might it look like for us to love others for all that they are?

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?

Day Sixty

Close your eyes and take 3 deep breaths. Breathe in through your nostrils filling your stomach. Hold your breath for a moment. Breathe out through your nostrils as your stomach exhales the breath into your spine. Notice how your breath moves in and out of you.

Prayer:

Thank you for another day Lord, a day that I can receive your love. *Name a few of the things that you are grateful for today.*

Scripture Reading:

Nehemiah 1: 7-9 (MSG)

We've treated you like dirt: We haven't done what you told us, haven't followed your commands, and haven't respected the decisions you gave to Moses your servant. All the same, remember the warning you posted to your servant Moses: 'If you betray me, I'll scatter you to the four winds, but if you come back to me and do what I tell you, I'll gather up all these scattered peoples from wherever they ended up and put them back in the place I chose to mark with my Name.

Take a breath, then slowly read the scripture reading again as you enter into a time of silence. Spend a couple of minutes writing out your thoughts that come to mind.

Meditation:

"You never go away from us, yet we have difficulty in returning to You. Come, Lord, stir us up and call us back. Kindle and seize us. Be our fire and our sweetness. Let us love. Let us run."
~ Augustine of Hippo

"Where can I go from your spirit? Or where can I flee from your presence? If I ascend to heaven, you are there; if I make my bed in Sheol, you are there. If I take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast. If I say, "Surely the darkness shall cover me, and the light around me become night," the night is as bright as the day, for darkness is as light to you."
Psalm 139: 7-12 (NSRV)

Take a breath as you enter into a time of silence with God. Notice the thoughts that God is placing on your heart. Write them down.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Amen.

Questions to ponder as you pray:

Who is God calling us to be as a congregation?

Who is God calling us to be in our community?

Who is God calling us to be in our home life?