

The devotions for the Wellbeing series are a guide to deepen your prayer life, because the journey with Him is the only true path to wellbeing. He is the key to lowering the levels of anxiety/fear, sadness, anger, and feelings of isolation.

Monday, May 7th

Sit quietly with God.
Take a few deep breaths and settle deeper into the silence.
Offer your body, soul, spirit and mind fully to God.

Read and contemplate Psalm 146.

Wherever you are on your journey, let the truth of God's Word bring hope to your soul.

Pray

Father, You are at work so I can rest in You. You are not panicked, rushed or overwhelmed. So, I do not need to push myself to do more than I can. Help me believe that because You are at work and You have a plan everything that must be done today will get done in Your time and in Your way and the things that did not get done are not as important as I may think.

Help me remember I am completely accepted by You so I do not need to feel unworthy because of all I did not get done today. Help me to remember that although this world would drive me to make bricks without straw You never ask me to do more than I can do or be more than I am.

Give me courage to slow down and listen to You and to my own heart that I may feel my hurts, experience my joys and become aware of my brokenness. I believe I can do this work in my inner life because You are with me and with You I am safe. I believe with You I can face anything I find and You can turn these inner trials to gold.

Thursday, May 10th

Sit quietly with God.
Take a few deep breaths and settle deeper into the silence.
Offer your body, soul, spirit and mind fully to God.

Read and contemplate Jesus' words in Matthew 11:28-30 from *The Message*:

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Wherever you are on your journey, let the truth of God's Word bring hope to your soul.
Pray these hymns out loud as your own prayers to God:

Sunshine in My Soul

Eliza Hewitt

There is sunshine in my soul today,
More glorious and bright
Than glows in any earthly sky,
For Jesus is the light.
There is music in my soul today,
A carol to my King,
And Jesus, listening can hear
The songs I cannot sing.
There is music in my soul today,
For when the Lord is near,
The dove of peace sings in my heart,
The flowers of grace appear.
O there is sunshine, blessed sunshine,
When the peaceful, happy moments roll;
When Jesus shows his smiling face,
There is sunshine in my soul.

Breathe on Me, Breath of God

Edwin Hatch

Breathe on me, breath of God, fill me with life anew,
That I may love what You love and do what You would do.
Breathe on me, breath of God, until my heart is pure,
Until with You I will one will, to do and to endure.
Breathe on me, breath of God, till I am wholly thine,
Till all this earthly part of me glows with Your fire divine.
Breathe on me, breath of God, so shall I never die,
But live with You the perfect life of Your eternity.

Tuesday, May 8th

Sit quietly with God.

Take a few deep breaths and settle deeper into the silence.

Offer your body, soul, spirit and mind fully to God.

Remember, the key to replenishing our souls is found through Sabbath. Rest in God. Spend time with Him.

Read and contemplate Psalm 63.

Wherever you are on your journey, let the truth of God's Word bring hope to your soul.

Psalm 63 is a psalm of David, a prayer composed when he was in the Desert of Judah. Pray Psalm 63 out loud as your own prayer to God:

Psalm 63:

O God, you are my God; earnestly I seek you;
my soul thirsts for you;
my flesh faints for you,
as in a dry and weary land where there is no water.

² So I have looked upon you in the sanctuary,
beholding your power and glory.

³ Because your steadfast love is better than life,
my lips will praise you.

⁴ So I will bless you as long as I live;
in your name I will lift up my hands.

⁵ My soul will be satisfied as with fat and rich food,
and my mouth will praise you with joyful lips,

⁶ when I remember you upon my bed,
and meditate on you in the watches of the night;

⁷ for you have been my help,
and in the shadow of your wings I will sing for joy.

⁸ My soul clings to you;
your right hand upholds me.

⁹ But those who seek to destroy my life
shall go down into the depths of the earth;

¹⁰ they shall be given over to the power of the sword;
they shall be a portion for jackals.

¹¹ But the king shall rejoice in God;
all who swear by him shall exult,
for the mouths of liars will be stopped.

Wednesday, May 9th

Sit quietly with God.

Take a few deep breaths and settle deeper into the silence. Offer your body, soul, spirit and mind fully to God. Sabbath is a practice and perspective that creates a quiet place in your inner life to be with, hear from and love God.

Read and contemplate Mark 2:27.

There is not matter of life in the world sweeter or more delicious than continual conversation with God. They alone can understand it who practice it and savor it. I do not advise you, however, to practice it for this motive. The desire for spiritual consolation must not be our purpose in carrying on this practice. Instead, let us do it out of love for God and because it is His will. -Brother Lawrence

Pray this prayer of St. Patrick out loud as your own prayer:

I bind unto myself today
The strong name of the Trinity
By invocation of the same,
The Three in One and One in Three.

I bind this day to me forever,
By power of faith, Christ's incarnation,
His baptism in the Jordan River,
His cross of death for my salvation,
His bursting from the spiced tomb,
His riding up the heavenly way,
His coming at the day of doom,
I bind unto myself today.

I bind unto myself today
The virtues of the starlit heaven,
The glorious sun's life-giving ray,
The whiteness of the moon at even,
The flashing of the lightning free,
The whirling wind's tempestuous shocks,
The stable earth, the deep salt sea,
Around the old eternal rock.

I bind unto myself today
The power of God to hold and lead,
His eye to watch, his might to stay,
His ear to hearken to my need,
The wisdom of my God to teach,
His hand to guide, His shield to ward,
The Word of God to give me speech,
His heavenly host to be my guard.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in all the hearts that love me,
Christ in mouth of friend and stranger.

I bind unto myself today
The strong name of the Trinity
By invocation of the same,
The Three in One and One in Three.
Of whom all nature has creation,
Eternal Father, Spirit, Word,
Praise to the Lord of my Salvation,
Salvation is of Christ the Lord

Friday, May 11th

Sit quietly with God.

Take a few deep breaths and settle deeper into the silence.

Offer your body, soul, spirit and mind fully to God.

Read and contemplate John 10:10.

The thief comes only to steal, kill and destroy. Confess all the ways he is at work to pull you away from God. Remember as you pray, Jesus comes to give us life abundantly.

Pray this prayer out loud as your own prayer to God:

Most Holy and Merciful Father:

I confess to You and to the whole communion of saints in heaven and earth,

that I have sinned by my own fault in thought, word, and deed;

by what I have done, and by what I have left undone.

I have not loved You with my whole heart, mind, and strength.

I have not loved my neighbors as myself.

I have not forgiven others, as I have been forgiven.

Have mercy on me, Lord.

I have been deaf to Your call to serve, as Christ served us.

I have not been true to the mind of Christ.

I have grieved Your Holy Spirit.

Have mercy on me, Lord.

I confess to You, Lord, all my past unfaithfulness:

the pride, hypocrisy, and impatience of my life.

I confess to You Lord.

My self-indulgent appetites and ways, and my exploitation of other people,

I confess to You Lord.

My anger at my own frustration, and my envy of those more fortunate than I,

I confess to You Lord.

My intemperate love of worldly goods and comforts,

and my dishonesty in daily life and work,

I confess to You Lord.

My negligence in prayer and worship, and my failure to commend the faith that is in me,

I confess to You Lord.

Accept my repentance, Lord, for the wrongs I have done: for my blindness to human need and suffering, and my indifference to injustice and cruelty,

Accept my repentance, Lord.

For all false judgments, for uncharitable thoughts toward my neighbors, and for my prejudice and contempt toward those who differ from me,

Accept my repentance, Lord.

For my waste and pollution of Your creation, and my lack of concern for those who come after us,

Accept my repentance, Lord.

Restore me, good Lord. Favorably hear me for Your mercy is great.

Accomplish in me and all of Your church the work of Your salvation,

that I may show forth Your glory in the world.

By the cross and passion of Your Son our Lord,

Bring me with all Your saints to the joy of His resurrection.

WELLBEING

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