

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, April 30<sup>TH</sup>

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 1:1-8.

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

Pray the Gloria Prayer several times out loud as your own words.

### Gloria Prayer

Glory to God in the highest, and peace to His people on earth.

Lord God heavenly King, almighty God and  
Father, we worship You, we give You thanks,  
we praise You for Your glory.

Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God, You take away the sin of the world;  
have mercy on us;

You are seated at the right hand of the Father;  
receive our prayer.

For You alone are the Holy One,

You alone are the Lord, You  
alone are the Most High, Jesus Christ,  
with the Holy Spirit, in the glory of God the Father.

Amen.

## Thursday, May 3<sup>RD</sup>

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 Colossians 2:9-15.

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

### Pray

“O God, the strength of all who put their trust in you: Mercifully accept my prayers; and because in my weakness I can do nothing good without You, give me the help of Your grace, that in keeping your commandments I may please you in both will and deed; through Jesus Christ my Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.  
Amen.”

### Pray

*Tobias Clausnitzers Hymn as a prayer:*

Blessed Jesus, at Your word we are gathered all to hear You;  
Let our hearts and souls be stirred now to seek and love and fear You,  
By Your teachings sweet and holy,  
Drawn from earth to love You solely,  
All our knowledge, sense, and sight lie in deepest darkness shrouded,  
Till Your spirit breaks our night with the beams of truth unclouded.  
You alone to God can win us;  
You must work all good within us.  
Glorious Lord, Yourself impart! Light of light, from God proceeding,  
Open now our ears and heart; help is by Your spirit's pleading;  
Hear the cry Your people raises;  
Hear, and bless our prayers and praises.

## Tuesday, May 1<sup>ST</sup>

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 9-18.

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

Pray You Are Christ out loud as your own words.

#### You Are Christ (By Saint Augustine of Hippo)

You are Christ, my Holy Father,  
my Tender God, my Great King,  
my Good Shepherd, my Only Master,  
my Best Helper, my Most Beautiful and my Beloved,  
my Living Bread, my Priest Forever,  
my Leader to my Country, my True Light,  
my Holy Sweetness, my Straight Way,  
my Excellent Wisdom, my Pure Simplicity,  
my Peaceful Harmony, my Entire Protection,  
my Good Portion, my Everlasting Salvation.  
Christ Jesus, Sweet Lord, why have I ever loved,  
why in my whole life have I ever desired anything except You,  
Jesus my God?  
Where was I when I was not in spirit with You?  
Now, from this time forth, do you, all my desires, grow hot,  
and flow out upon the Lord Jesus:  
run... you have been tardy until now;  
hasten where you are going; seek Whom you are seeking.  
O, Jesus may he who loves You not be an anathema;  
may he who loves You not be filled with bitterness.  
O, Sweet Jesus,  
may every good feeling that is fitted for Your praise,  
love You, delight in You, adore You!  
God of my heart,  
and my Portion, Christ Jesus,  
may my heart faint away in spirit,  
and may You be my Life within me!  
May the live coal of Your Love  
grow hot within my spirit  
and break forth into a perfect fire;  
may it burn incessantly on the altar of my heart;  
may it glow in my innermost being;  
may it blaze in hidden recesses of my soul;  
and in the days of my consummation  
may I be found consummated with You!  
Amen.

## Wednesday, May 2<sup>ND</sup>

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 Colossians 1:15-23.

Pray the Apostles Creed several times out loud.

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
in fulfillment of the scriptures  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.  
I believe in the Holy Spirit, the Lord the giver of Life.  
Who proceeds from the Father and the Son  
and with the Father and the Son  
He is worshipped and glorified.  
I believe in the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.

Amen.

## Friday, May 4th

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 Colossians 3:1-17.**

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

### **Pray**

*from Sarum Primer; 1527*

God be in my head and in my understanding.

God be in mine eyes and in my looking.

God be in my mouth and in my speaking.

God be in my heart and in my thinking.

God be at mine end and my departing.

### **Pray**

*This prayer from the Church of the Province of the West Indies*

Almighty God, our Heavenly Father, the privilege is ours  
to share in the loving, healing, reconciling mission of Your Son Jesus Christ,  
our Lord, in this age and wherever we are.

Since without You we can do no good thing:

May Your Spirit makes us wise;

May Your Spirit guide us;

May Your Spirit renew us;

May Your Spirit strengthen us;

So that we will be:

Strong in faith,

Discerning in proclamation,

Courageous in witness,

Persistent in good deeds.

This we ask through the name of the Father.

# WELLBEING

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