

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 16th

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 119:25-32.

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

Pray this scripture several times out loud as your own words.

Psalm 119:25-32 (NIV, 1984)

²⁵ I am laid low in the dust; preserve my life according to your word.

²⁶ I recounted my ways and you answered me; teach me your decrees.

²⁷ Let me understand the teaching of your precepts; then I will meditate on your wonders.

²⁸ My soul is weary with sorrow; strengthen me according to your word.

²⁹ Keep me from deceitful ways; be gracious to me through your law.

³⁰ I have chosen the way of truth; I have set my heart on your laws.

³¹ I hold fast to your statutes, O LORD; do not let me be put to shame.

³² I run in the path of your commands, for you have set my heart free.

Thursday, April 19th

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 1 John 5:1-5.

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

Pray: *Open, Lord, my eyes that I may see. Open, Lord, my ears that I may hear. Open, Lord, my heart and my mind that I may understand. So shall I turn to you and be healed.*

Pray St. Augustine's prayer:

"Late have I loved thee, O beauty so ancient and so new; late have I loved thee: for behold You were within me, and I outside; and I sought You outside and in my unloveliness fell upon those lovely things that You had made. You were with me, and I was not with You. I was kept from You by those things, yet had they not been in You, they would not have been at all. You called and tried to break open my deafness: and You sent forth Your beams and shone upon me and chased away my blindness: You breathed fragrance upon me, and I drew in my breath and I do pant for you: I taste You, and now hunger and thirst for You: You touched me, and I have burned for Your peace."

Pray: *"Set me free, O God, from the bondage of my sins, and give me the liberty of that abundant life which you have made known to me in your Son our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen."*

Tuesday, April 17th

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 86.

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

Psalm 86 David's Prayer (ESV)

Incline your ear, O LORD, and answer me,
for I am poor and needy.

² Preserve my life, for I am godly;
save your servant, who trusts in you—you are my God.

³ Be gracious to me, O Lord,
for to you do I cry all the day.

⁴ Gladden the soul of your servant,
for to you, O Lord, do I lift up my soul.

⁵ For you, O Lord, are good and forgiving,
abounding in steadfast love to all who call upon you.

⁶ Give ear, O LORD, to my prayer;
listen to my plea for grace.

⁷ In the day of my trouble I call upon you,
for you answer me.

⁸ There is none like you among the gods, O Lord,
nor are there any works like yours.

⁹ All the nations you have made shall come
and worship before you, O Lord,
and shall glorify your name.

¹⁰ For you are great and do wondrous things;
you alone are God.

¹¹ Teach me your way, O LORD,
that I may walk in your truth;
unite my heart to fear your name.

¹² I give thanks to you, O Lord my God, with my whole heart,
and I will glorify your name forever.

¹³ For great is your steadfast love toward me;
you have delivered my soul from the depths of Sheol.

¹⁴ O God, insolent men have risen up against me;
a band of ruthless men seeks my life,
and they do not set you before them.

¹⁵ But you, O Lord, are a God merciful and gracious,
slow to anger and abounding in steadfast love and faithfulness.

¹⁶ Turn to me and be gracious to me;
give your strength to your servant,
and save the son of your maidservant.

¹⁷ Show me a sign of your favor
that those who hate me may see and be put to shame
because you, LORD, have helped me and comforted me

Wednesday, April 18th

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 23.

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

Psalm 23 (ESV)

The LORD is my shepherd; I shall not want.

² He makes me lie down in green pastures.
He leads me beside still waters.

³ He restores my soul.

He leads me in paths of righteousness
for his name's sake.

⁴ Even though I walk through the valley of the shadow of death,
I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

⁵ You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

⁶ Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the LORD

forever.

The Merton Prayer

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 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.

I hope that I will never do anything apart from that desire.

And I know that if I do this you will lead me by the right road,

though I may know nothing about it.

Therefore will I trust you always though

I may seem to be lost and in the shadow of death.

I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

Friday, April 20th

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 8:12, 10:27 and 12:26

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

Pray this hymn: Dear Lord and Father of Mankind by John G. Whittier

*Dear Lord and Father of mankind,
Forgive our foolish ways;
Reclothe us in our rightful mind;
In purer lives Your service find,
In deeper reverence praise.
Drop Your still dews of quietness,
Till all our strivings cease;
Take from our souls the strain and stress,
And let our ordered lives confess
The beauty of Your peace.
Breathe through the heats of our desire
Your coolness and Your balm;
Let sense be dumb, let flesh retire;
Speak through the earthquake, wind and fire,
O still small voice of calm!
In simple trust like theirs who heard,
Beside the Syrian sea,
The gracious calling of the Lord,
Let us, like them, without a word,
Rise up and follow Thee.*

WELLBEING

DEVO | April 14/15, 2018