

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 9th

Read and Contemplate Matthew 11:28-30. As you do, 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. Hear the invitation of Jesus to join him on the journey. Pray this scripture several times through asking the Holy Spirit to guide you in how to keep company with Jesus.

“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.”

Matthew 11:28-30 – The Message

Tuesday, April 10th

Read and Contemplate Philippians 2:5-11. As you do, 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. Pray the Prayer of Abandon:

Prayer of Abandon

Blessed Charles de Foucauld (1858–1916)

Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you; I am ready for all, I accept all. Let only your will be done in me, and in all your creatures. I wish no more than this, O Lord. Into your hands I commend my soul; I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands, without reserve and with boundless confidence. For you are my Father.

It pleased God to make it easy for us to be saved. He didn’t attach salvation to knowledge or intelligence or wealth, nor to long experience or rare gifts that are not given to all. He attached it to something within the reach of everyone, absolutely everyone. Jesus attaches salvation to humility, to the act of making yourself little. That is all it takes to win heaven.

Wednesday, April 11th

Read and Contemplate Proverbs 3:5-6. As you do, 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. Pray the Welcome Prayer:

The Welcome Prayer, by Thomas Keating:

Welcome, welcome, welcome.

I welcome everything that comes to me in this moment because I know it is for my healing.

I welcome all thoughts, feelings, emotions, persons, situations and conclusions.

I let go of my desire for security.

I let go of my desire for approval.

I let go of my desire for control.

I let go of my desire to change any situation, condition, person or myself.

I open to the love and presence of God

And to the healing action and grace within. Amen

Thursday, April 12th

Read and Contemplate John 1:1-13. As you do, 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. Pray the My Name Prayer:

My Name

Spoken from the beginning

It tells who I am

As I grow, it grows with me

It holds within it all the life I've lived, all that has been done to me; All of my choices.

My name, spoken by different people, means different things; Lonely island was its original meaning given to me with love. Time took so much of that original love away only to be replaced when I met God.

Looking into the dark places of my name has given me the freedom to welcome God in, walk away from loneliness, hurt, broken promises, pain, lies, and secrets.

I believe God changes your name when you meet Him; He gives new meaning to everything.

Now, my name also means son/daughter of God, Forgiven, Remembered, Precious, Friend, Noticed, Important, Beloved.

One word spoken...my name...and I know I am known.

He calls out to me in my darkness; shining light on my deepest parts.

Created, loved, known, and His; I am beloved.

Friday, April 13th

Read and Contemplate Romans 12:1-2. As you do, 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. Pray these lyrics by Brian Morykon as your own.

Who I am

*There is a weight on me like stone
It comes from knowing things one can't unknow
O youthful Father, how'd I get so old?*

*The devil comes dressed in light
Whispers facts wrapped in a lie
Oh no, that's not who I am*

*This hurt and habit bound up in my bones
Has me standing on the sinner's road
The Master comes with burning eyes
Shares his strength to turn my mind
Oh no, that's not who I am*

*I am beloved
Your body and blood
Has proved every promise You made true*

*You've made a home here
Deep in my heart
Where my mind can rest and be renewed*

*You are my Father
I am your Son/Daughter*

That's who I am

WELLBEING

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