

Seeking the Lord in this Season

Use this simple model in your daily devotions. Connect with three or four friends once a week on zoom or phone to share together what God is saying to you. Pray for each other.

I. Read a Psalm, slowly. Pay attention to the word or phrases God draws your attention to. How does that word connect with you right now?

Suggestion: Choose from one of these:

1, 3, 7, 8, 13*, 16, 23*, 25, 27*, 28, 34*, 42*, 46*, 57, 71*m 104, 107, 113, 116, 121*, 123, 130*, 131, 138, 144, 145.

II. Silence

Quiet your heart and mind. Light a candle or grab a holding cross. Relax your body and muscles. Take a few deep breaths. Open to the God who is near. Take as little as 3 minutes, or as much as 20. If you find your mind wandering, or anxious thoughts stirring, use a focusing word to bring you back, like "Spirit" or "Jesus" or "with me".

III. Explore the Iceberg (from Emotionally Healthy Spirituality)

Take some time to answer these questions:

What am I sad about?

What am I mad about?

What am I anxious about?

What am I glad about?

IV. Prayer

Use the answers from Explore the Iceberg to be a springboard for your prayers.

V. Closing

Pray The Lord's Prayer OR

Keep watch, dear Lord, with those who work, or watch, or weep this day, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen (Adapted from The Book of Common Prayer, Order for Compline.) OR

Lord, make me an instrument of your peace
Where there is fear, let me sow love
Where there is isolation, friendship
Where there is panic, faith
Where there is despair, hope
Where there is darkness, light
And where there is sadness, joy.

O Divine Master, grant that I may
Not so much seek to be healthy, as to heal
To be comfortable, as to bring comfort
To be loved, as to love
For it is in Christ's giving that we receive
And it is in His hands that we are made clean



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And it is in His death that we are born to
Eternal Life. Amen

(Prayer attributed to St. Francis, adapted by
Stephan Teng, InterVarsity staff at Cornell.)