

2.28.2020 (Day 2)

For Reflection:

Welcome to Day two of our Lenten journey.

Is the daily practice of devotionally opening your heart, mind and soul to God new to you or are you seasoned in the art of making space in your day for him? Whichever is the case, make sure to treat yourself kindly along the way. Don't fret if you occasionally "forget" to prioritize and set aside time for God. Rather, think as to how you might put helpful reminders into your day. Put a sticky note on your bath mirror or set a reminder on your phone.

The important thing to remember is that God desires attention from you. Think about that. God who isn't needy in any way (see Psalm 50:9-14) desires to be in relationship with you. That is a rock-solid reality and is otherwise known as grace.

Today's Scripture:

Your love, Lord, reaches to the heavens, your faithfulness to the skies.

Your righteousness is like the highest mountains, your justice like the great deep. You, Lord, preserve both people and animals.

How priceless is your unfailing love, O God!
People take refuge in the shadow of your wings (Ps 36:5-7).

Question to Ponder:

What efforts do you make to build relationships with people you care about or long to know better? How do you feel or respond when a good friend forgets an appointment with you?

Prayer:

Lord, I have heard about this thing called grace. I would really like to know more about your love for me. Help me believe.

Practice: Breath Prayer (Continue)

Become comfortable. Breathe deeply. Intentionally place yourself before God. In

rhythm with your breathing, gratefully inhale the breath of life. Exhale remembering that Jesus gave his last breath for love of you. Gently and thankfully, repeat, "Breath of life, breathe on me." Try to practice from time to time throughout the day for at least 3-5 minutes (from *The Spiritual Discipline Handbook*, Adele Ahlberg Calhoun/Breath Prayer)