



St. John's Downtown
2019 Crawford
Houston, TX 77002
www.stjohnsdowntown.org

The LOVE Revolution



2012 Fasting and Prayer
Journal

Here we Grow again family!

I am amazed at the testimonies that come out of our time of fasting together as a faith community. It's not uncommon to hear "I heard God speak to me", "I prayed and God showed up," and that doesn't include the "I lost 15 pounds" reports. God always does the most incredible things to encourage us as God is making us into disciples.

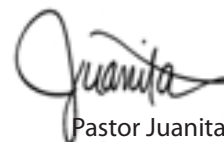
Fasting is one of the many spiritual practices that help us discipline ourselves to exchange food time or whatever you decide to give up, for more intentional "with God" time. Our lives can get amazingly busy and overrun with demands and stuffed with activities but fasting arrest our attention and invites us to halt and make space for God.

Join us for Prayer 101 every first Thursday @6:30PM-7:30PM to experience insightful meditations and centering practices that help us in the transformational process. Also Tuesday Morning prayer @5:30AM-7:00AM, we invite you to start your day in prayer in the sanctuary, stay as little or as long as you can.

My special thanks to Pastor Steven Chambers, Drs. Pamela and Floyd Atkins, and Pastor Rudy for their contributions, and Beverly Ford for her administrative support. Anything worth doing is usually done in community.

So here's to Our Commitment, Our Children, Our Church, and Our Community...St. John's & Beyond!

I love you and there's nothing you can do about it!



Pastor Juanita

FOOD TIPS “FEEL LIKE HEAVEN IN 2011”

– Pamela Atkins, MD and Floyd Atkins, DPM

•FASTING FROM TOXIC FOODS

- No Flour (bread, pastry, cake, pasta, etc.)
- No Sugar (candy, soda, ice cream, cookies)
- No Bad Fats (fried foods, red meat)
- No Processed and Fast foods

THE FOOTHOLE – Chronic diseases (e.g., cardiovascular disease, cancer, and diabetes) are now among the most prevalent and preventable of all health problems. Since the “War on Cancer” began in 1970, overall cancer deaths have increased every year.

WHAT THE BIBLE SAYS

- “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?” – Corinthians 3:16
- “My people are destroyed for lack of knowledge.” – Hosea 4:6
- “And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” – Romans 12:2

WHERE TO BEGIN?

•FASTING FROM PROCESSED FOODS

- No Flour (bread, pastry, cake, pasta, etc.)
- No Sugar (candy, soda, ice cream, cookies)
- No Bad Fats (fried foods, red meat)

•LET FOOD BE THY MEDICINE

- Eat 50% Raw – Vegetables/Fruits (organic)
- Brown Rice, Beans, Fish and Poultry
- Drink spring or purified water
- Avoid dairy products

•DON'T WAIT FOR “THE SHOE TO DROP”

Center for Wellness and Healing
2002 Binz Street, Suite B
Houston, TX 77004
713.520.9611

www.centerforwellnessandhealing.com

FASTING COVENANT

I commit with God's help, to go on this spiritual "journey of allowing God to make me a disciple" the next 31 days I will:

•Fast: I will fast from (or fast by not):

1. Study the daily scripture (Assigned in this journal)
2. Invest time in daily silent reflection
3. Pray daily (without ceasing especially when you feel hungry, use this to trigger a conversation with God throughout your day)
4. Daily identify anyone, myself included that I need to pray forgiveness for

Your Name

Accountability Partner

"I can do all things through Christ who strengthens me."
Phil. 4:13

THE FORGIVENESS PRAYER

The FORGIVENESS prayer allows us to cleanse our souls!

“I discovered that forgiveness is another word for people who love poorly. Love is always forgiving. Like discernment, forgiveness has many layers and many opportunities built in so we'll have to go to God for HELP!” – [www. Contemplativeoutreach.Org](http://www.Contemplativeoutreach.Org)

I have learned that forgiveness is a decision, and I have to keep making the decision to forgive because new stuff is always coming up. I have made foolish choices and have learned to forgive myself or the person that has offended me. I have also learned that there are issues that I have to forgive God for as well. This prayer has been a constant companion in my box of prayer tools. This prayer is like a spiritual enema, it cleanses out stuffed feelings, disappointments, and hurts that I didn't even know I had, until the Holy Spirit revealed them to me. Forgiveness is the key to healing and wholeness in our desire for a rich and full WITH-GOD-LIFE.

Some areas of the prayer may not apply Ex:

“Spouse or Children” just continue with the prayer.

Plan to pause after reading each section to allow the Holy Spirit to bring specific people and situations to your mind.

Love You; Lets All Make Room for Love!



LETS PRAY...

LORD JESUS CHRIST, I ask today to forgive everyone in my life. I know that You will give me the strength to forgive and I thank You that You love me more than I love myself and want my happiness more than I desire it for myself.

Father, I forgive YOU for the times death has come into my family, hard times, financial difficulties, or what I thought were punishments sent by You and people said "It's God's will," and I became bitter and resentful towards You. Purify my heart and mind today.

Lord, I forgive MYSELF for my sins, faults and failings, and for all that is bad in myself or that I think is bad. For any delvings in superstition, using ouija boards, horoscopes, going to seances, using fortune telling or wearing lucky charms, I reject all that superstition and choose You alone as my Lord and Savior. Fill me with Your Holy Spirit.

I further forgive MYSELF for taking Your name in vain, not worshipping You by attending church, for hurting my parents, getting drunk, fornication, and adultery. You have forgiven me; today I forgive myself. Also, for abortion, stealing, lying, defrauding, hurting peoples' reputation, I forgive myself.

I forgive my MOTHER for any negativity and unlove she may have shown to me throughout my life, knowingly or unknowingly, especially _____. For any abuse of any sort I do forgive her today. For any way that she did not provide a deep, full satisfying mother's blessing I do forgive her today. I release her from bondage and make peace with her today.

I forgive my FATHER for any negativity and unlove he may have extended to me throughout my life, knowingly or unknowingly, especially _____. For any and all abuses, unkind acts, hurts, and deprivations I do forgive him today. For any way that I did not receive a full, satisfying father's blessing I forgive him today. I release him from bondage and make peace with him today.

I forgive my SPOUSE for any wounds during our time together, especially _____. I forgive my spouse today. I release my spouse and make peace today.

I forgive my CHILDREN for any hurts, especially _____. I release them from bondage and make peace with them today. Bless them, Lord.

I forgive my SISTERS and BROTHERS for any negativity and unlove, especially _____. I forgive my BLOOD RELATIVES for any abuses, especially _____. I forgive my ANCESTORS for any negative actions that make it harder for me today to live in the freedom of a child of God. I release them from bondage and make peace with them today, in Jesus' name.

I forgive my FRIENDS for any actions of negativity and unlove, especially _____. For any abuse of our relationship or leading me astray, I forgive them and release them from all bondage and make peace in the power of the Holy Spirit.

I forgive my EMPLOYERS of the past and the present for any negativity and unlove especially _____. I release them for not valuing my work or paying me what I am worth. I release them today, in Jesus' name.

I forgive all SCHOOL TEACHERS for any negative, abusive actions, especially _____.

I forgive all LAWYERS, DOCTORS, NURSES, CLERGY, and all representatives of the church.

I forgive every member of society who has hurt me in any way; those who have hurt me by criminal action or who have harmed my family. I forgive all in public life for pain or annoyance in my life.

NOTES:

SAMPLE DAY

Scripture: They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.

—Acts 1:42–47

Reading: Devotion is the time we intentionally give to God and his way for our lives.

Prayer:

Lord help me live today devoted to loving like you do.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)? *el think God wants me to listen and give God more time.*

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

el got so angry with Salie today she made a decision for me with out consulting me. Before el knew it my whole mood had changed. But today el got a great card in the mail from a friend el hadn't seen in a long time..

After you have remembered your day, turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude. (see this sample page if you need help with this).

God when el got quiet you showed me that el was angry with Salie because el wasn't in control. Thank you for reminding me that el am the only person el can control. Thanks also for Mary sending me a card. Amen.

NOTES:

THE LOVE REVOLUTION CONTINUES

Psalms are taken from "Psalms For Praying" by Nan C. Merrill (unless otherwise noted – Available in Spirit Books in the Lobby of St. John's Downtown).

All quotes for this week unless otherwise indicated are taken from "The Great Omission" by Dallas Willard.

By Juanita Campbell Rasmus

THE LOVE REVOLUTION

DAY ONE

Scripture:

"Now the eleven disciples went to Galilee to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, " All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

-Matt. 28:16-20

Reading:

As disciples of Jesus Christ we have agreed to be his students or apprentices, we have agreed to be taught the way of Christ. We have made a commitment to give our lives to Christ in such a way as to be taken over by him. We commit to the 24/7 inside and out life of Christ. We are committing to be just like Christ. How are you investing in the study and the imitation of Christ in every area of your life?

Prayer:

God out of your Love you have invited me to co-create my life in Christ. This new life requires a commitment on my part. Help me prioritize reading, bible study, and prayer- learning from Christ in silence and solitude just as I would prioritize being the best at any job I valued. I commit to grow in the grace and knowledge of my Lord and Savior Jesus Christ with your help. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TWO

Scripture:

“Now the eleven disciples went to Galilee to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

–Matt. 28:16-20

Reading:

We have often claimed the title of “Christian” a follower of Christ but all too often have not committed to a lifestyle of the disciple. Christ is concerned that each of us interacts with him in such a way that we begin to look and think just as though we were Christ in every situation we find ourselves in. As apprentices we are to model Jesus just as if Jesus were us. That means we must invest time with Jesus. Just like babies begin to pick up the habits of the parents, laughing just like its mother or walking just like the father. Time invested in being with Jesus learning his ways knowing his heart we too will begin to be like Christ.

Prayer:

Lord Jesus Christ I long to know your ways. I long to commit to copying you in the way that I live, love, walk, talk and think. I commit to listen for your instruction so that others looking on would say that I am your student, disciple, your apprentice and that I act just like Christ. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY THREE

Scripture:

“Now the eleven disciples went to Galilee to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

–Matt. 28:16-20

Reading:

As disciples of Jesus Christ we have agreed to be his students or apprentices, we have agreed to be taught the way of Christ. We have made a commitment to give our lives to Christ in such a way as to be taken over by him. We commit to the 24/7 inside and out life of Christ. We are committing to be just like Christ. How are you investing in the study and the imitation of Christ in every area of your life?

Prayer:

God out of your Love you have invited me to co-create my life in Christ. This new life requires a commitment on my part. Help me prioritize reading, bible study, and prayer- learning from Christ in silence and solitude just as I would prioritize being the best at any job I valued. I commit to grow in the grace and knowledge of my Lord and Savior Jesus Christ with your help. Amen

Morning Reflection:

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Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY FOUR

Scripture:

"Now the eleven disciples went to Galilee to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

-Matt. 28:16-20

Reading:

"Jesus was a genius he knew that you cannot keep the law by trying not to break the law. Jesus knew that as his students-disciples we must be transformed in our soul so that the deeds of the law are a natural result of his impression in us. This is spiritual formation in Christ. Our allowing time and silence with Christ so he can make his impression on us, teaching us so our behaviors are out of a heart like Christ not out of bitterness, envy, jealousy etc. We commit to live out of love."

Prayer:

Gracious God. I let go of trying harder to be a Christian. I rather commit to allowing you time and silence to make your mark on my head and heart. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY FIVE

Scripture:

"Now the eleven disciples went to Galilee to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

—Matt. 28:16-20

Reading:

The old saying "inch by inch anything is a cinch" reminds us that slow and steady progress is what counts. Discipleship to Christ works the same way. We don't just wake up like Christ we first must commit to a lifestyle that is inching along toward "wholeness by gentle and persistent practices such as solitude and silence, fasting, scripture memorization, regular times of corporate and individual praise and worship, and so on" (see Richard Foster's "Celebration of Discipline").

Prayer:

Gracious God I know that you call out to me to come to you in prayer, silence, solitude and scripture as I fast draw me nearer to you. Help me thirst and hunger for you and for the life of love I am committing to. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY SIX

Scripture:

"Now the eleven disciples went to Galilee to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

—Matt. 28:16-20

Reading:

As disciples we are not inching our way to becoming new and improved versions of our old selves but rather we are seeking to become transformed into someone we have never been. "The wrong habits of mind, feeling, and body are keyed so closely and so routinely to the social setting that being alone and being quiet for lengthy periods of time are, for most people, the only way they can take the body and soul out of the circuits of sin and allow them to find a new habitual orientation in the kingdom of the Heavens."

Prayer:

Beloved God today I choose to make time and space to be in your presence. I commit to being quiet as a way of making space for you to come into my heart and head and to begin your renovations. Shape my life here and now for your ultimate good. Amen.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY SEVEN

Scripture:

"Now the eleven disciples went to Galilee to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

—Matt. 28:16-20

Reading:

Time and patience are needed as we commit to this disciple making process. Our souls are "often exhausted, fragmented, and conflicted... Lengthy solitude and silence, including rest, can make the disciplines very powerful. But we must choose these disciplines. God will not compete for our attention. We must commit to withdraw from all that we are obsessed and exhausted by to be still and know God."

Prayer:

God I'm choosing to be a disciple and I commit today to be still and allow you to help me know rest in you as well as strength.
Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY EIGHT

Scripture:

"Now the eleven disciples went to Galilee to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

-Matt. 28:16-20

Reading:

Even when I am between worshipping and doubting, Jesus still believes enough in me that he says, "Go make disciples". He reminds me that it is in the commitment - allowing him to transform my life that I am being formed. When I don't have it all together I am not alone God the father, the Son and the Holy Spirit are with me.

Prayer:

Thank you for shaping me like you shaped the original disciples in between worship and doubt. Empower me to live in such a way that my worship days out weigh my doubting days. I want to be fit for helping others on the journey that want to be your disciples. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).



NOTES:

OUR CHILDREN

By Pastor Steven Chambers

THE LOVE REVOLUTION

DAY NINE

Scripture:

“People were also bringing babies to Jesus for him to place his hands on them. When the disciples saw this, they rebuked them. But Jesus called the children to him and said, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.”
–Luke 18:15-17

Reading:

As adult Christians we may sometimes fall into the view that the children in or around our lives are insignificant or we may not take their lives as seriously as we take our own. Whether it is a result of our personal weights, burdens and stresses of adulthood or reflections of how the greatest concerns in our own childhood were often marginalized by the adults around us. Our responsibility is now to make children a priority in our Christian walk. We cannot grow young Christians if we are not able to first recognize their personhood.

Prayer:

God I pray that you open my heart to the understanding that the children in or around my life are as much a part of your Kingdom as I am. Help me to nurture them as human beings. Cultivate my skills and passions to be more inclusive of the cares and concerns related to and expressed by children. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TEN

Scripture:

“People were also bringing babies to Jesus for him to place his hands on them. When the disciples saw this, they rebuked them. But Jesus called the children to him and said, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.”
–Luke 18:15-17

Reading:

We are all leaders of someone or something. We lead our own households, our own lives, companies, ministries, book clubs, or even conversations. In leadership we have a responsibility to the children in our world to ensure they have access to God. As Christians we are called to introduce our young ones to Christ and Christ-like character. The scripture does not say “try not to hinder them” it says “DO NOT hinder them”. God is very much invested in the purpose and faith of our children. It only makes sense that we do the same.

Prayer:

Heavenly Father I thank you for giving me the opportunity to lead. I thank you for having faith in me enough to be a model of Christianity for the young people around me. I pray that with this responsibility you would bless me with the tools and compassion to at least advocate for the lives of the children I can influence. Teach me how to show children the way to look like Christ. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY ELEVEN

Scripture:

“People were also bringing babies to Jesus for him to place his hands on them. When the disciples saw this, they rebuked them. But Jesus called the children to him and said, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.”
–Luke 18:15-17

Reading:

The kingdom of God is the concept of a life after our earthly existence but is also the Spirit within us that dwells in righteousness. The kingdom of God belongs to children. The spirit of a child is naturally innocent and void of toxic influence. As Christians seeking to live out the kingdom of God we must acknowledge that the ones who emulate this experience best are the children around us. Their spirits speak to the nature of godliness.

Prayer:

Dear Lord, help me to recognize the kingdom of God in the ones around me and in myself. Help me to see beyond myself and into the lives of the youth in society. In this moment, God, bless me that I might relate to such young spirits in a way that allows me to reach out to them for the purpose of growing the kingdom of God. Let your Spirit that is within me be a vessel for the Spirit that is within them. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TWELVE

Scripture:

“People were also bringing babies to Jesus for him to place his hands on them. When the disciples saw this, they rebuked them. But Jesus called the children to him and said, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.”
–Luke 18:15-17

Reading:

We know that the kingdom of God is open and available to us all. But the fact that Jesus makes it a point to inform us that the kingdom of God also belongs to children means that Jesus saw and continues to see adult believers trying to keep children from approaching God with the same seriousness that we “grown ups” carry. We must take heed to the words and the lesson in this scripture and make room for our children in God’s presence.

Prayer:

Lord God I thank you for children. I thank you for their spirits, for their innocence and for their presence. Keep them safe from the perils of society and help them to grow strong in your kingdom... never afraid to approach you and never to be turned away from your glory. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

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THE LOVE REVOLUTION

DAY THIRTEEN

Scripture:

“People were also bringing babies to Jesus for him to place his hands on them. When the disciples saw this, they rebuked them. But Jesus called the children to him and said, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.”
–Luke 18:15-17

Reading:

Logic, life experiences, education, common sense, pain, disappointment, confusion and many more are all examples of barriers we allow in our relationship between us and God. The simple act of maturing in humanity guarantees many of these life points. Some of us use them to “help” God but often find they only weaken our faith as it relates to God. We must strive to replace the obstacles related to growing up in the flesh with the innocence, openness, eagerness, desires that we see in children. Approaching God and the kingdom of God as children will allow God to receive us with open arms.

Prayer:

Purify my heart Lord, cleanse me of all impurities and acknowledge my efforts to be more like you. Father forgive me for letting life’s obstacles impede the progress of our faith relationship. I love you God! I need you like a child needs nurturing. Thank you for being all I need in this world and bless those who may still need to see you as such. I love you God! Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY FOURTEEN

Scripture:

“People were also bringing babies to Jesus for him to place his hands on them. When the disciples saw this, they rebuked them. But Jesus called the children to him and said, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.”
–Luke 18:15-17

Reading:

What is at the core of this conversation on children is that we are all in fact children. And those of us who do not approach God as such should be striving towards it. In essence as we work toward cultivating childhood faith and valuing the lives of children we ultimately minister to ourselves. The “child” that God wants us all to be.

Prayer:

God I ask that you guide my life to be an example for the children in and around it. As you guide my life Lord, I pray that you also inspire me with the spirit of a child that I might seek you in the same way that children do. Help me to not only seek you as a child, but allow me to show children the love of God by way of my own experience. For I know that I cannot lead a child nor direct them to your Kingdom without my own efforts. Lord you know I’m not perfect but I ask that you use all the God in me to create a Godly influence for the children of this world. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY FIFTEEN

Scripture:

“People were also bringing babies to Jesus for him to place his hands on them. When the disciples saw this, they rebuked them. But Jesus called the children to him and said, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.”
–Luke 18:15-17

Reading:

As children of God we are called to lead the children of this world to the kingdom of God by showing them the kingdom of God in us. So taking time to cultivate this Christ-character is what we should strive to do. And just as we emulate Christ in ministry we ought to be careful to include the divine ministry of ushering in all of God’s children.

Prayer:

Make me whole in your Word Lord. Cleanse me, shake me up, and mold me to be used in and for your Kingdom. That I might shine more brightly with your love and spirit where children would find peace and comfort in my presence. In the name of your son and my savior Jesus Christ. Amen.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).



NOTES:

OUR CHURCH

Scriptures are taken from the New Revised Standard Version (nrsv)
unless otherwise noted.

By Juanita Campbell Rasmus

THE LOVE REVOLUTION

DAY SIXTEEN

Scripture:

“They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.”

—Acts 1:42-47

Reading:

The church is the fellowship of disciples of Jesus. We come together to engage in “life with God”. No man is an island. We need one another to celebrate, serve, worship, study, grow in grace, heal, live, and to learn to love.

Prayer:

Lord help me to remember that the church needs me as much as I need her. Thank you for drawing us together to love each other, to serve one another, to learn your way of living together. Amen.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY SEVENTEEN

Scripture:

"They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved."

—Acts 1:42-47

Reading:

"It's crazy what Pastors Rudy and Juanita have created at St. John's Downtown. Nearly every Sunday something crazy magical powerful, out of the blue, takes over and grows. Music/singing, suddenly people were dancing BURSTING in the aisles. I felt the building sway, no words to describe, ushers swarming with kleenex boxes, an agnostic has joined a church."

—Jarid Manos (gprc.org)

Prayer:

Lord make me an instrument of the life giving family you have created here at St. John's. Teach me how to make room for all. Amen.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY EIGHTEEN

Scripture:

“They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.”

—Acts 1:42-47

Reading:

I am always amazed when people say that they are spiritual but that they don’t attend church. I wonder what church hurt them or what group of believers didn’t meet their expectations. I can have a relationship with God alone but I cannot serve God’s purpose in my life alone. I need the body of Christ because I also need to be encouraged, taught, served, loved, and I find that creates for me a generous heart.

Prayer:

Oh my God how I am thankful that in your house of prayer I have felt your presence in and among your people. I give you praise and thanksgiving as I see you move in all of our lives. Amen.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY NINETEEN

Scripture:

“They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.”

—Acts 1:42-47

Reading:

Dallas Willard has said that he believes one of the most important disciplines for a disciple of Jesus is to memorize scripture. He believes that devoting time to memorizing scripture is time that pays life changing dividends. It’s like memorizing the users manual for our lives the new ones we get to live as disciples.

Prayer:

God please open my mind to receive your teaching and to commit it to memory so when I need it ...it’s already there. Amen.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TWENTY

Scripture:

“They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.”

—Acts 1:42-47

Reading:

The early church often met in each others homes to share meals, to hear the scriptures and pray together. What could God do to move the church beyond a building if we began to teach and fellowship over the word in our homes? How might our families grow, our neighborhoods, our city, our nation?

Prayer:

Lord challenge me to make the place where I spend the night a place of prayer and of studying your word and of sharing your love with others. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TWENTY ONE

Scripture:

"They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved."

—Acts 1:42-47

Reading:

All who believed...had all things in common. The church is the place that provided for the economic needs of the least, the orphaned, and the widows. No need was left unmet because everyone made their gifts to the church their priority. Isn't that amazing they must have realized that everything belonged to God and that every need could be met by the people of God, for the people of God.

Prayer:

God help me to know your purpose, your beautiful plan of provision and find me faithful to all that has been given to me and that I am to give. Amen.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TWENTY TWO

Scripture:

“They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.”

—Acts 1:42-47

Reading:

When we make intentional time for God, He becomes for us bread, life- giving nourishment that enables us to live, love and serve as Jesus’ disciples. We cultivate glad and generous hearts and people see them in how we live. Our lives become attractive to others and they want to know the God we serve. This is God at work in us.

Prayer:

God fill me with your Spirit that I might find myself with a glad and generous heart. Let my praises to you be poured out as goodwill toward all of your people. Amen.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).



NOTES:

OUR COMMUNITY

Psalms are taken from “Psalms For Praying” by Nan C. Merrill
(unless otherwise noted – Available in Spirit Books in the Lobby of
St.John’s Downtown)

by Rudy Rasmus

THE LOVE REVOLUTION

DAY TWENTY THREE

Scripture:

"Looking for a loophole, he asked," And just how would you define 'neighbor?' Jesus answered by telling a story. "There was once a man traveling from Jerusalem to Jericho. On the way he was attacked by robbers. They took his clothes, beat him up, and went off leaving him half-dead. Luckily a priest was on his way down the same road, but when he saw him he angled across to the other side. Then a Levite religious man showed up; he also avoided the injured man. The Samaritan traveling the road came on him. When he saw the man's condition, his heart went out to him. He gave him first aid, disinfecting and bandaging his wounds. Then he lifted him onto his donkey led him to an inn, and made him comfortable." "What do you think? Which of the three became a neighbor to the man attacked by robbers? The one who treated him kindly, the religion scholar responded-Jesus said, Go and do the same."

-Luke 10:29b -34, 36

Reading:

The common view of that day was that "neighbor" meant "cultural equivalent": the person who looks like me, dresses like me, thinks like me. To explode that common view of neighbor, Jesus tells the now-famous story of a Samaritan- someone who is definitely not the Jew's cultural equivalent -who showed compassion on a beaten and broken Jew, the avowed enemy of the Samaritan. That's it! Neighbor, says Jesus, is "neighbor," the person near us, the person in need.

-Richard Foster "Stream of Living Water"

Prayer:

Thank you Father that no national heritage, no racial origin, no barriers of class or culture can separate us from our neighbor. We can know our need for one another no one is ultimately self-sufficient. Thank you and I praise you that we are all called to be this caring community. Goodwill toward all of your people. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TWENTY FOUR

The next five days will lead you through the T.O.U.C.H. Experience.

Scripture:

Who is this God of ours? God is the one who paves the way for all that is right and good, who keeps things clear when everything seems confused and blurred. Who is this one who rules? –It is God: Strong. Loving. Just. Wise. Holy.

–Psalm 24 (Psalms are from “Prayers Before an Awesome God” by David Haas)

Reading:

“God dwells in his creation and is everywhere ...present in all His world. God is there. The whole universe is alive with His life. And He is no strange or foreign God, but the familiar Father of our Lord Jesus Christ... And as always He is trying to get our attention, to reveal Himself to us, to communicate with us. We have within us the ability to know Him if we will but respond to His overtures. We will know Him in increasing degree as our receptivity becomes more perfect by faith and love and practice.”

–A. W. Tozer

Prayer:

The truth is you are my God. Thank You for paving the way for all that is right and good. Thank you for keeping things clear when everything seems confused and blurred. I am so glad you are in charge. You are my God and I’m grateful that you are strong, loving, just, wise and Holy. I am thankful and grateful.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TWENTY FIVE

Scripture:

If you've gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if you care –then do me a favor: Agree with each other, love each other, be deep-spirited friends. Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

–Philippians 2:1-5

Reading:

Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received, and let us not be ashamed or slow to do the humble work.

–Mother Theresa

Prayer:

Thank you Father that out of following Christ, his love has made a difference in my life. I praise you for bringing me into a community of faith. I thank you for being patient with me as I learn to put myself aside, and help others get ahead, and learn to touch those that I consider the "other". Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TWENTY SIX

Scripture:

(I have chosen to use three different interpretations of the same verse for greater insight).

NKJV: "Bears all things, believes all things, hopes all things, endures all things."

NRSV: "It bears all things, believes all things, hopes all things, endures all things."

MSG: "Puts up with anything, Trusts God always, Always looks for the best, Never looks back, But Keeps going to the end."

-1 Corinthians 13:7

Reading:

"The issue, then, is filling our own hearts with the incomparable love of God. That's the only way we can truly love other people. Then we can love them with no strings attached, without demanding certain responses to make us feel better about ourselves."

-Rudy Rasmus, from his book "TOUCH"

Prayer:

Thank You loving Father in heaven for giving me the outline for unconditional love and acceptance. Thanks for showing me that my behavior toward others can allow me to experience this same dynamic love myself. I am so grateful to know that I can experience and am sustained by the love I am able to show others. Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TWENTY SEVEN

Scripture:

"Looking for a loophole, he asked," And just how would you define 'neighbor?'" Jesus answered by telling a story. "There was once a man traveling from Jerusalem to Jericho. On the way he was attacked by robbers. They took his clothes, beat him up, and went off leaving him half-dead. Luckily a priest was on his way down the same road, but when he saw him he angled across to the other side. Then a Levite religious man showed up; he also avoided the injured man. The Samaritan traveling the road came on him. When he saw the man's condition, his heart went out to him. He gave him first aid, disinfecting and bandaging his wounds. Then he lifted him onto his donkey led him to an inn, and made him comfortable." "What do you think? Which of the three became a neighbor to the man attacked by robbers? The one who treated him kindly, the religion scholar responded-Jesus said, Go and do the same." -Luke 10:29b -34, 36

Reading:

"The issue, then, is filling our own hearts with the incomparable love of God. That's the only way we can truly love other people. Then we can love them with no strings attached, without demanding certain responses to make us feel better about ourselves."
-Rudy Rasmus, from his book "TOUCH"

Prayer:

The common view of that day was that 'neighbor' meant 'cultural equivalent': the person who looks like me, dresses like me, thinks like me. To explode that common view of neighbor, Jesus tells the now-famous story of a Samaritan- someone who is definitely not the Jew's cultural equivalent, who showed compassion on a beaten and broken Jew, the avowed enemy of the Samaritan. That's it! Neighbor, says Jesus, is "neighbor," the person near us, the person in need. -Richard Foster "Stream of Living Water"

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TWENTY EIGHT

Scripture:

“Hope even in Troubles. There’s more to come: We continue to shout our praise even when we’re hemmed in with troubles, because we know how troubles can develop passionate patience in us, and how that patience in turn forges the tempered steel of Virtue, Keeping us alert for whatever God will do next. In alert expectancy such as this, we’re never left feeling shortchanged. Quite the contrary-we can’t round up enough containers to hold every- thing God generously pours into our lives through the Holy Spirit!”

–Romans 5:3-5

Reading:

“HOPE. It is the Spirit’s life support. Hope is the energy to keep reaching for our dreams even when the odds are against us. It’s the power to Keep striving where others quit. No matter what life may bring, God’s hope can sustain you.”

-Lewis Smedes

Prayer:

Thank you for the peace we have through Jesus. I praise you for the access to your grace. I can brag about the Hope I have in you. Hope in sufferings, hope to endure, Hope that makes me more like Jesus. How awesome to think that your love has been poured into my heart through the Holy Spirit and even the Spirit is a gift. You always come through. I must praise you. I will praise you! Amen

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY TWENTY NINE

Scripture:

"This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him anyone can have a whole and lasting life. God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again."

-John 3:16

Reading:

"In short, Jesus moved the emphasis from God's holiness (exclusive) to God's mercy (inclusive). Instead of the message 'no undesirables allowed,' he pro- claimed. 'In God's Kingdom there are no undesirables.'"

-Philip Yancey

Prayer:

Thank you for the wonderful gift of my life, exactly the way it is. Thank you for the ability to have a whole and lasting life through your Son. Thank you for including me in your love plan. You are so good . I will talk about you. I will praise you for your unconditional love and acceptance for me. I especially thank you for trusting me to share it. Amen.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY THIRTY

Scripture:

“Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. Each one of us needs to look after the good of the people around us, asking ourselves, “How can I help?”

–Romans 15:1 -2

Reading:

“The notion of vocation comes from spiritual and philosophical traditions. It describes a “call,” work that is given to us, that we are meant to do. We don’t decide what our vocation is, we receive it. It always originates from outside us. Therefore, we can’t talk about vocation or a calling without acknowledging that there is something going on beyond our narrow sense of self. It helps remind us that there’s more than just me, that we’re part of a larger and purpose-filled place.”

–Margaret J. Wheatley

Prayer:

You thrill me, Lord with all You have done for me! You are making me stronger in my faith day by day. You have built me to serve others and by doing so , I serve you. Praise is due you, you draw me to serve so I don’t use all you have given me just for myself. You value me and call me to HELP those who need to be Touched by your Love through me. What a mighty God you are. I will meditate on you.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today’s scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the “not so good” and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).

THE LOVE REVOLUTION

DAY THIRTY ONE

Scripture:

"The way God designed our bodies is a model for understanding our lives together as a church: every part dependent on every other part, the parts we mention and the parts we don't, the parts we see and the parts we don't. If one part hurts, every other part is involved in the hurt, and in the healing. If one part flourishes, every other part enters into the exuberance."

-1Corinthians12:25-26

Reading:

"What empowers us in the best and worst of times is our sense of community . Our shared (common) sense of being one (unity) body in God through Christ Jesus. The comfort of knowing we are not alone."

-Juanita Rasmus

Prayer:

Father thank You! What a great plan for the body, we are all connected by your love. Thank you that we are all made with a purpose and that every part is valuable. You are truly an amazing God.

Morning Reflection:

(Take a moment and be quiet before God, How is God speaking to you, stirring your heart about today's scripture and or reading)?

Evening Examen:

(Take a moment and be quiet before God, What difficulties or frustrations have you encountered today? What joys and delights)?

After you have remembered your day turn the "not so good" and the good into an evening prayer of thanksgiving and gratitude (see the sample page if you need help with this).
