

TO FEED YOUR SOUL

Here are a few suggestions for your devotions during our 2-week term which focus on our upcoming worship services:

Sunday, August 2 @ 7:00 pm “God Bless this Chaos”

Friday, August 7 @ 11:15 am “God Bless the Seeds of Yesterday” (have some bread and a drink ready for a remembrance of communion)

Thursday, August 13 @ 11:15 am “God Bless Us – the Beloved Community” (have some bread and a drink ready for a remembrance of communion; and bring a noise maker for the graduation celebration!)

BLESS THE CHAOS

DURING THESE 2-WEEKS:

Set aside time each day for prayer (no time limit, 5 minutes or 25, no one is counting but you!)

TAKE A MOMENT:

How do you feel about your own inner chaos right now?

What images come to your mind from Genesis (1:1-2) or from what you have experienced in the pandemic?

What helps you trust that God is active and present in chaos?

What do you hope to achieve through your COS experience? (Hint: expect transformation!)

BLESS THE SEEDS OF YESTERDAY

SIT QUIETLY

What treasure or seed from your past experiences or relationships do you feel you have internalized and forever absorbed into your heart? Notice and give thanks for how it continues to enrich you. Do not dwell on the seeds that were jostled by thorns or eaten by the birds. Honor the seeds that were nurtured in good soil.

BREATHE SLOWLY

Is there anything that you cling to from the past that you feel may be holding you prisoner in false nostalgia and blocking your way ahead? Yearning to go back to what has passed can take over our consciousness and keep us from embracing future joys and challenges. Reflect on these feelings and each day spend some time practicing to be aware of the present moment.

BLESS US! THE BELOVED COMMUNITY

Read Exodus 13

Pilgrims in the Exodus story are guided by a pillar of cloud by day and a pillar of fire by night, as they make their way through the wilderness.

- What guides you when you see where you are going, and when you know you're walking blindly?
- What beacons guide us globally through times of transition?
- What part might God be asking you to play in bringing the world community together?

Read Mark 6:7-13

Jesus commissions his friends to go into an unknown future, where he knows they will meet many difficulties, challenges, and dangers. He gives them some instructions:

- Take nothing with you except a walking stick for support – no bread, no bag, no money, nada
- Wear sandals and don't take extra clothes
- When people welcome you, stay in that place
- When you are not welcomed, shake the dust off your feet and move on

As your 2-week COS journey ends, your spiritual journey continues. It is, dear friends, a life-long process of growing in faith and in love with God.

- Go now with hope and lean on the support you know you can trust.
- Walk in your own sandals, your journey is yours, no one else can walk it for you.
- When you find places and people that bring you closer to God, stay there.
- When you meet situations that despise your heart's truth and God's dream for the beloved community, shake the muck off your shoes and leave them behind.

In all things, love what God loves.



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