

Crossroads Daily Guide
Week of July 3, 2016
Vacation – Anytime...Anywhere



Sunday, July 3, 2016

Scripture: Mark 6:30-31 *The apostles returned to Jesus and told him everything they had done and taught. Many people were coming and going, so there was no time to eat. He said to the apostles, "Come by yourselves to a secluded place and rest for a while." They departed in a boat by themselves for a deserted place.*

Reflection: Jesus probably didn't take a vacation as we know it, but there are several stories telling of how he visited family and friends, loved to go to the mountains for quiet and even have a cookout on the beach. Jesus knew the importance of getting away.

This week there five practices that can help us vacation anywhere and at any time. We don't have to go to the beach or take a cruise to rest for a while. We can take mini-vacations every day that will lead to an even greater vacation away.

Breath Prayer: (Inhale) *In this moment...* (Exhale) *I can be renewed*

Monday, July 4, 2016

Scripture: Mark 6:32-34 *Many people saw them (disciples and Jesus) leaving and recognized them, so they ran ahead from all the cities and arrived before them. When Jesus arrived and saw a large crowd, he had compassion on them because they were like sheep without a shepherd. Then he began to teach them many things.*

Reflection: When Jesus and the disciples arrived at their place of retreat the unexpected happened. There were hundreds of people waiting to seeing Jesus. Even Jesus had to face the unexpected in his life.

The unexpected will happen so why not just say it up front. Let everyone know there is no perfect vacation; there is no perfect day. When the unexpected does happen see it as a teaching moment.

Smile and say, "Well I knew something like this was going to happen. What can I learn from this?"

What is my greatest fear about having to face the unexpected?

Pray the serenity prayer: *Lord, help me to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Amen.*

Tuesday, July 5, 2016

Scripture: Psalm 113:3 *From sunrise to sunset, let the LORD's name be praised!*

Reflection: Begin the day with gratitude. The benefits of practicing intentional gratitude are nearly endless. People who regularly practice gratitude by noticing and reflecting upon the things they are thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. The science of gratitude shows that simply keeping a gratitude journal can significantly increase well-being and life satisfaction. Name three things for which you are grateful in this moment. Can you make a commitment to begin each day with gratitude? It will change your life.

Breath Prayer: (Inhale) *From the rising and setting of the sun...* (Exhale) *I will be grateful*

Wednesday, July 6, 2016

Scripture: Mark 6:31 *“Come by yourselves to a secluded place and rest for a while.”*

Reflection: In our day Jesus might have said, “Let’s find a place to totally unplug from the Internet and work.” Constantly staying plugged in has become a problem for most of us. Yet this felt need to stay connected is not healthy mentally or relationally. There is evidence to show the negative impacts of fulfilling our felt need to stay plugged in. Here are some questions to consider. How might being plugged in keep me from being present to others on vacation, at home, at work and at mealtimes? What fears do I have about unplugging for a determined time frame (Say an hour or more)? Name how you are willing to commit to being unplugged on vacation and every day.

Breath Prayer: (Inhale) *In this moment...* (Exhale) *I am unplugged and peaceful*

Thursday, July 7, 2016

Scripture: Matthew 18:2b *“Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven.”*

Reflection: Jesus understood the need for play in our lives. He not only understood it he said without childlikeness we miss seeing what the kingdom of heaven is really like. But who has time to play? Our lives are so focused on work and family that we never seem to have time for pure fun. We need to make the time, and not just when we are on vacation. Ongoing research shows the undeniable value of play, not just for kids, but for adults. All out playful fun is an important source of relaxation and stimulation for everyone. Setting aside regular times for play fuels our imaginations, boosts our creativity and problem solving abilities and enhances our emotional well-being and can even make our work more pleasurable and productive. If those aren’t enough good reasons to play, regular play time is proven to relieve stress, improve brain function, strengthen relationships and connection to others, and keep us feeling young and energetic. Name three things you truly enjoy doing for fun. What keeps you from doing one or more on vacation or better yet today?

Breath Prayer: (Inhale) *Today I want to be...* (Exhale) *playful like a child*

Friday, July 8, 2016

Scripture: 1 Corinthians 10:31 *So whether you eat or drink or whatever you do, do it all for the glory of God.*

Reflection: Jesus loved to share meals with others. And in those mealtimes people shared their life stories. Jesus welcomed anyone and everyone to the table and in so doing people’s lives were changed through his unlimited welcome. For many of us the practice of sharing a meal with family and friends has gotten lost in the frantic pace of life. And yet science has proven the incredible value of sharing in times of mindful eating and sharing with friends and family around the table. Here are some suggestions on how to recapture this sacred practice.

1. Set a meal time that works for everyone or most everyone.
2. Turn off the TV and electronic devices until mealtime is over.
3. Share in the preparation of the meal and setting of the table.
4. When sitting down and before eating look at the food on the table and talk about how that food, from start to finish came to your table.
5. Encourage one another to talk and listen to one another about the day. No making fun of or judgment is allowed. Encourage everyone to share how they would appreciate a prayer.

How do you think these suggestions will work with your family or friends?

What part will be the most challenging? How might you be able to overcome the challenges?

Breath Prayer: (Inhale) *In my mealtimes with others...* (Exhale) *may my soul be fed and satisfied*

Saturday, July 9, 2016

Scripture: Genesis 2: 2-3 *And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.*

Reflection: From the very first story in the Bible we see that God built into our daily lives the need to rest. Although we may not be able to set aside an entire day to do nothing but rest, which by the way is doing something very significant, we can still take mini- breaks throughout our days to nurture our body, mind and soul. How might you be more intentional with finding time to rest? Remember God blessed that time and called it holy.

Breath Prayer: (Inhale) *I realize my need ...* (Exhale) *to rest more often*