

Sunday, February 18, 2018

Scripture: Romans 12:1-2 I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

Morning Prayer: God, I need you to help me to renew my mind so that I can direct my brain to think more positively than negatively about this day. Help me to remember who I am. Help me to focus more on the good news of your unconditional love and provisions, more than the negative news that leads me to fear and anxiety. Help me to find time to [meditate](#) on your unconditional love.

Noontime Sacred Pause: Don't let those around you drag you down by negative actions or words. Instead focus your mind on the goodness of God living in you and it will change your day.

Evening Prayer: As I lay down to sleep, may my mind be filled with thoughts of Your endless love for me and others. May those thoughts lead me to a peaceful night's rest.

Monday, February 19, 2018

Scripture: Philippians 4:8 ...whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

Morning Prayer: God, I need you to help me to renew my mind so that I can direct my brain to think more positively than negatively about this day. Help me to remember who I am. Help me to focus more on the good news of your unconditional love and provisions, more than the negative news that leads me to fear and anxiety. Help me to find time to [meditate](#) on your unconditional love.

Noontime Sacred Pause: Focus your mind on what is honorable, just, pure, pleasing and commendable. Being mindful of these things leads to godly thoughts about yourself and others.

Evening Prayer: As I lay down to sleep, may my mind be cleared of judgements about self or others. May I rest in Your forgiveness. May my brain be free of negative ruminations.

Tuesday, February 20, 2018

Scripture: Philippians 4:6-7 Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Morning Prayer: God, I need you to help me to renew my mind so that I don't worry about so many things, so that I can direct my brain to think more positively than negatively about this day. Help me to remember who I am. Help me to focus more

Tuesday, February 20, 2018 (continued)

on the good news of your unconditional love and provisions, more than the negative news that leads me to fear and anxiety. Help me to find time to [meditate](#) on your unconditional love.

Noontime Sacred Pause: The brain is wired for flight, fight or freeze. It's why you worry so much. Being mindful of God's provisions rewires your brain so you don't worry as often.

Evening Prayer: As I lay down to sleep, may my mind be free of worry and anxiety. May I find rest for my body, mind and soul. May I awaken refreshed with Your love on my mind.

Wednesday, February 21, 2018

Scripture: Galatians 5:25-26 Since this is the kind of life we have chosen, the life of the Spirit, let us make sure that we do not just hold it as an idea in our heads or a sentiment in our hearts, but work out its implications in every detail of our lives. That means we will not compare ourselves with each other as if one of us were better and another worse. We have far more interesting things to do with our lives. Each of us is an original.

Morning Prayer: God, I need you to help me to renew my mind so that I can stop comparing myself to others. Help me to think more positively than negatively about this day. Help me to remember who I am. Help me to focus more on the good news of your unconditional love and provisions, more than the negative news that leads me to fear and anxiety. Help me to find time to [meditate](#) on your unconditional love.

Noontime Sacred Pause: Remember you're an original creation of God's. Don't let the world shape you into the mold of measuring your value by title, class or financial worth.

Evening Prayer: As I lay down to sleep, may my mind be free of comparing myself to others. May I remember how you have made me as an original, beautiful person in Your image.

Thursday, February 22, 2018

Scripture: Ephesians 4:23 ...let the Spirit renew your thoughts and attitudes.

Morning Prayer: God, I pray for your Spirit of compassion, forgiveness, service and wisdom to renew my thoughts and actions throughout the day. Help me to direct my brain to think more positively than negatively. Help me to remember who I am. Help me to focus more on the good news of your unconditional love and provisions, more than the negative news that leads me to fear and anxiety. Help me to find time to [meditate](#) on your unconditional love.

Noontime Sacred Pause: The Spirit of God is compassion, forgiveness, service and wisdom. Let these attributes of God renew your thoughts and attitudes toward yourself and others.

Thursday, February 22, 2018 (continued)

Evening Prayer: As I lay down to sleep, may my mind welcome Your Spirit to renew all my negative thoughts and attitudes. May I enjoy a restful and peaceful night's sleep.

Friday, February 23, 2018

Scripture: Philippians 2:5 In your relationships with one another, have the same mindset as Christ Jesus

Morning Prayer: God, I need you to help me to see others as Jesus sees all people. Help me direct my brain to think more positively than negatively about others today. Help me to remember who I am. Help me to focus more on the good news of your unconditional love and provisions, more than the negative news that leads me to fear and anxiety. Help me to find time to [meditate](#) on your unconditional love.

Noontime Sacred Pause: In your relationship with others have the same mindset as Christ Jesus who sees all people as one. You are one with God, others, the created world and yourself.

Evening Prayer: As I lay down to sleep, may my mind be filled with good thoughts about those I interacted with today. May these good thoughts lead to a peaceful night's rest.

Saturday, February 24, 2018

Scripture: Luke 10:27 You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind, and your neighbor as yourself.

Morning Prayer: God, I need you to help me to fulfill the great teaching of Jesus where he taught the importance of loving God, others and self. Help me to renew my mind so that I can direct my brain to think of ways to love you, others and myself with my whole being. Help me to think more positively than negatively about You, others and myself this day. Help me to remember who I am. Help me to focus more on the good news of your unconditional love and provisions, more than the negative news that leads me to fear and anxiety. Help me to find time to [meditate](#) on your unconditional love.

Noontime Sacred Pause: Love God, others, and yourself and you will become mindful of how broad, deep, high and wide God's love really is. With this mindset the world changes for good.

Evening Prayer: As I lay down to sleep may I be free from an anxious night. May I rest well in my body, mind and soul. May my love for You, others and myself fill my thoughts.



43454 Crossroads Drive, Ashburn, VA 20147

www.crossroadsnova.org

Daily Scriptures and Prayers Week of February 18, 2018



During the season of Lent, for 40-days we Christians focus more intensely on our journey to follow the ways of Jesus.

This Lenten Season we are focusing on how we might rise up in body, mind and soul. Each week we will gather on Sundays to be inspired with prayer, scripture, music and a message of unwavering hope.

During the next 40-days you can receive a morning email with a scripture verse and a morning prayer. If you do not already receive the daily scripture email, please go to crossroadsnova.org to sign up.

Each day at noon you can receive an inspirational text that will help you see God in the moment. To receive this transformational text, please text the word [crossroads](#) to phone number 41411.

Each evening you will receive a special evening prayer to help you rest on God's presence and peace before going to bed.

