

Sunday, March 4, 2018

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 quiet place and rest for a while."

Morning prayer: God, I am grateful for yet another day that you have given to me as a precious gift. I am forever thankful for the privilege to be alive today. Yet even with joy in my heart I realize that there are many challenges before me; some of them I know and some I don't. So I pray for wisdom to guide me to a time of rest in my body, mind and soul. Even if it is for just a few moments, help me to find the time to rest from the busyness of my work to renew my mind, body and soul in your unconditional love.

Noontime text: Are you coming and going with no time for rest? Where are you feeling it? In this moment pause and be thankful to God. This moment can change your next moments.

Evening prayer: At day's end I'm ready for sound sleep. God, help me to rest well tonight so I can rise up strong in body, mind, and soul in the morning.

Monday, March 5, 2018

Scripture: Isaiah 40:30-31 Youths will become tired and weary, young men will certainly stumble; but those who hope in the LORD will renew their strength; they will fly up on wings like eagles; they will run and not be tired; they will walk and not be weary.

Morning prayer: God, I am grateful for yet another day that you have given to me as a precious gift. I am forever thankful for the privilege to be alive today. In the middle of busyness, grief, disappointments, and frustrations, You meet me with strength to rise up in body, mind, and soul. I ask that you help me to remember to take time throughout the day to pause and be mindfully aware of your presence.

Noontime text: Where's your mind right now? How does your body feel? How is your soul? Do you need to pause for a moment to ask God to help you renew your body, mind and soul?

Evening prayer: At day's end I'm ready for sound sleep. God, so that my body, mind and soul can rest, I release my anxieties, fears, disappointments and frustrations to you.

Tuesday, March 6, 2018

Scripture: Matthew 11:29-30 Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the

Tuesday, March 6, 2018 (continued)

unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Morning prayer: God, I am grateful for yet another day that you have given to me as a precious gift. I am forever thankful for the privilege to be alive today. Even though I am grateful for this day, I feel tired in body, mind and soul. In all that I have to do today, help me to know how to find rest. May I see and feel the unforced rhythms of your grace. May the rhythms of your grace give strength to my body, mind, soul.

Noontime text: Have you been too busy to see and feel the unforced rhythms of God's grace? Take in a deep, slow breath. In that breath is God's grace giving you strength.

Evening prayer: At day's end I'm ready for sound sleep. May the rhythms of your unforced grace calm my body, my mind and my soul. May I rest in the depth of your grace.

Wednesday, March 7, 2018

Scripture: Psalm 46:10 Be still, and know that I am God!

Morning prayer: God, I am grateful for yet another day that you have given to me as a precious gift. I am forever thankful for the privilege to be alive today. In all the busyness of this day, help me to slow down to find time to be still in my body, mind and soul. Help me to remember that I am first and foremost a human being and not a human doing.

Noontime text: Remember you are a human being made in the image of God. Don't let all your doing define you. In this moment just be. Breathe in and breathe out God's love.

Evening prayer: At day's end I'm ready for sound sleep. As I prepare to fall asleep help me to release my busy schedule and be at peace in my body, mind and soul.

Thursday, March 8, 2018

Scripture: Psalm 116:7 I said to myself, "Relax and rest. GOD has showered you with blessings."

Morning prayer: God, I am grateful for yet another day that you have given to me as a precious gift. I am forever thankful for the privilege to be alive today. In all the busyness of this day, help me to remember that you have showered me with your blessings. May I relax and find rest in the assurance of your unconditional love for me, my friends, my family, my co-workers, or fellow students, and all the people I meet today. May the awareness of your blessings proceed me all day long.

Noontime text: Are you feeling any anxiety or stress? In this brief yet eternal moment ask God to help you relax and rest. Breathe in God's abiding love in this moment.

Thursday, March 8, 2018 (continued)

Evening prayer: At day's end I'm ready for sound sleep. Help me to relax from the stresses of the day. Help me to enjoy a deep and much needed rest this night.

Friday, March 9, 2018

Scripture: Exodus 33:14 My presence will go with you, and I will give you rest.

Morning prayer: God, I am grateful for yet another day that you have given to me as a precious gift. I am forever thankful for the privilege to be alive today. You are the one who calls me to rest and renewal. Help me to slow down today so that I can be mindful of your presence in a hundred and more ways. In all the busyness of this day, help me to remember that you are as close as my breath. You are the air that I breathe.

Noontime text: Wherever you are, there is God's presence. In this moment close your eyes, slowly breathe in and out and feel God's embrace. Even if for a moment, find rest.

Evening prayer: At day's end I'm ready for sound sleep. As I prepare to lay down for rest tonight, help me to feel your presence. May your presence calm my body, mind and soul.

Saturday, March 10, 2018

Scripture: Mark 2:27 Then Jesus said, "The Sabbath was made to serve us; we weren't made to serve the Sabbath."

Morning prayer: God, I am grateful for yet another day that you have given to me as a precious gift. I am forever thankful for the privilege to be alive today. On this first day of the weekend help me to not cram so many things into it that I don't have time to retreat from my normal days' work. May I find rest with my family and friends today. May I remember that rest and renewal is the means to the greater end of rising up in body, mind and soul.

Noontime text: Take in a deep breath while saying, I'm rising up. Exhale while saying, in body, mind and soul. Remember you are a human being, not a human doing.

Evening prayer: At day's end I'm ready for sound sleep. As I release anxieties, stresses, and fears to you, God, may my body, mind, and soul rise up renewed in the morning.



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Daily Scriptures and Prayers Week of March 4, 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.

