

Sunday, April 15, 2018

Scripture: I Corinthians 6:19 ...don't you know that your body is a temple of the Holy Spirit who is in you?

Morning Prayer: God, today as I wake up in body, mind and soul, I begin by thanking you for the priceless gift of my body. Even with parts that are weak and vulnerable You still choose to dwell in my body. Thank you for feet that move me from place to place. Thank you for knees that bend and stretch. Thank you for hands that help me do creative and productive work. Thank you for arms that help me carry things. Thank you for shoulders that help my arms to move. Thank you for my spine that helps me to stand and sit erect. Thank you for my neck that supports and turns my head. From the bottom of my feet to the top of my crown my body is not to be shamed but to be honored as a sacred dwelling place of your Holy Spirit. Thank you God for Your Spirit that gives beauty and value to my body, mind and soul. Amen.

Noontime Pause: What is your body saying to you right now? Listen to the parts giving you pain. Listen to the parts that aren't. God's compassion dwells in all of those parts.

Evening Prayer: God, parts of my body are tight from stress, other parts hurt, and there are parts that are strong. Without any bodily shame may my body rest well tonight.

Monday, April 16, 2018

Scripture: I Corinthians 6:20 ...honor God with your body

Morning Prayer: God, even with aches and pains in my body, I still can't fathom the intricacies of all my human parts. Help me to use my body today, with both its strength and limitations, to honor You, and those I meet. With my arms I can embrace a loved one. With my mouth I can speak a word of encouragement. My face can smile and bring hope. I can hold the hand of someone in need. Instead of being ashamed by the limitations of my body, help me to use my body to bring honor to You, others and myself. Amen.

Noontime Pause: How are you honoring God with your body? Does it need a break? Does it need to move or stretch? Does it need to smile and laugh? Does it need to extend a hand?

Evening Prayer: God, there were times when I felt shame in my body today. As I prepare for sleep may I know with confidence that even in my weaknesses I am wonderfully made.

Tuesday, April 17, 2018

Scripture: Proverbs 20:29 The glory of the young is their strength; the gray hair of experience is the splendor of the old.

Morning Prayer: God, after reading today's scripture I want to begin my day by giving you thanks for the strong bodies of those younger than me. Their strength is an admirable gift to the world. I also want to thank you for those who have acquired a different kind of strength, the kind of strength that I call wisdom, that can only

Tuesday, April 17, 2018 (continued)

come with time and experience. Help me to not be ashamed as I feel my body moving from the strength that I once had as a youth to a different kind of strength that comes with age. May I use whatever strength and experience I have had in my body to be of help to someone today. Amen.

Noontime Pause: In Jesus God took on human flesh. In your flesh and in the flesh of everyone else there is God with skin on. Skin is what we all have in common. Let's honor it.

Evening Prayer: God, today my spirit was willing but my body wasn't always able. Instead of feeling shame, help me to find strength as I rest in the embrace of Your love.

Wednesday, April 18, 2018

Scripture: Philippians 1:20 It is my expectation and hope that I won't be put to shame in anything. Rather, I hope with daring courage that Christ's greatness will be seen in my body, now as always, whether I live or die.

Morning Prayer: God, my intention today is to live with less shame. I begin with the hope of the greatness of Christ already in me. May the light of Christ shine into the dark places that so easily shame me in body, mind and soul. May Your light of love for self, reveal to me the way I need to go. Instead of being ashamed of my body, may my eyes reflect love and compassion, may my face shine with a smile of hope, may my hands help me to do Your healing work, may my feet take me to those places where I might be able to help someone in need. May my shame be healed by the great love that You have for me and the opportunities I have to embody that love today. Amen.

Noontime Pause: How have you welcomed God's love into your body, mind and soul? How is God's love or the absence of feeling God's love affecting your body? Don't be ashamed!

Evening Prayer: God, my intention tonight is to go to bed feeling less shame. So I center my attention on how You see me and love me just as I am. In that reality I can rest.

Thursday, April 19, 2018

Scripture: Romans 12:1 So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering.

Morning Prayer: God, here's what I want to do, with Your help. I want to take this day, another ordinary day—my sleeping, eating, going-to-work, and walking-around life—and place it before You as an offering. I accept who I am and what I am able to do and not do. I will not be shamed by weakness, the past, or physical limitations. I will receive this day as a gift, and I will do my best to give it as a gift to others. Amen.

Noontime Pause: How is your day going? What are you wrestling with? Do you feel shame anywhere in your body? Offer a word of gratitude and begin to feel God's healing presence.

Evening Prayer: God, another day comes to a close. I am ready to rest from the activities of today. May your love hold me in the night. May I rise renewed in the morning.

Friday, April 20, 2018

Scripture: John 1:14 The Word became flesh....

Morning Prayer: God, today in all my dealings and travels may Your Word come alive in me. May I be a physical presence of Your love, grace, forgiveness, compassion, service and wisdom to all that I interact with. Instead of bodily shame, may I remember that I am wonderfully and beautifully made in Your image. Please, help me to see in my body, mind and soul Your Word of hope and love inside of me. Then, may I have the strength to be that same Word of hope with skin on to others. In the name of Jesus who was the Word become flesh, I pray. Amen.

Noontime Pause: How have you been the presence of God's love, grace, forgiveness, compassion, service and wisdom to others? How have you felt the same presence of God in you?

Evening Prayer: God, after a long day my body, mind and soul are tired. Help me to slow down so that my whole self can rest and be renewed. Thank you God, for loving me, as me.

Saturday, April 21, 2018

Scripture: 1 Samuel 16:7 God doesn't look at things like humans do. Humans see only what is visible to the eyes, but the LORD sees into the heart.

Morning Prayer: God, as I prepare for the day I will do my best to look my best. Beyond the time I will take to choose the clothes that I will wear on my body, may I take these few moments to also clothe my inner self with Your compassion, forgiveness, service and wisdom. Help me to love all of me. Help me to find healing for the shame that I feel in my body and so often try to cover up. You know my heart. Fill my heart with an intention to be clothed from the inside out with Your unconditional love so that beyond what I wear on my body, it is my heart full of Your love that others not only see but feel. Amen.

Noontime Pause: Instead of just looking at the outer appearance of others, try to look more deeply and see the heart of God's love that is in them. It is in them. It is in you.

Evening Prayer: God, as I change my clothes for a night of sleep may I be aware of how You clothe my heart with love. From the inside out You love me. In that love I will rest.



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Daily Scriptures and Prayers Week of April 15, 2018



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