

## **Sunday, April 22, 2018**

*Scripture: Psalm 19:14 Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my rock and my redeemer.*

Morning Prayer: God, as I prepare to enter a lot of different conversations today, I pray that the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer. When I am tempted to speak words that might shame a person, help me to ask, are my words, true, helpful, inspiring, necessary and kind? If not, help me to search my heart to see the shame and hurt that lies there causing my words to be hurtful instead of helpful. Help me to name and heal my own shame, before I speak words of shame to someone else. Amen.

Noontime Pause: How's your language going? Have you remembered to pray asking God to help you think before you speak? Ask God to reveal and heal your own shame then speak.

Evening Prayer: God, as I prepare for rest may the meditations of my heart be honest, forgiving, and grace-full. May I feel less shame tonight, so I shame others less tomorrow.

## **Monday, April 23, 2018**

*Scripture: Luke 6:45 ...out of the abundance of the heart his mouth speaks.*

Morning Prayer: God, as I prepare to enter a lot of different conversations today, I pray that the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer. When I am tempted to speak words that might shame a person, help me to ask, are my words, true, helpful, inspiring, necessary and kind? If not, help me to search my heart to see the shame and hurt that lies there causing my words to be hurtful instead of helpful. Help me to name and heal my own shame before I speak words of shame to someone else. Amen.

Noontime Pause: What's in or on your heart right now? How are you feeling about who you are and what you have done today? Remember your words are formed first in your heart.

Evening Prayer: God as the day winds down, my mind is wound up with all the activities of the day. Help me release the day with no shame. May I rest in Your unconditional love.

## **Tuesday, April 24, 2018**

*Scripture: Ephesians 4:29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.*

Morning Prayer: God, as I prepare to enter a lot of different conversations today, I pray that the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer. When I am tempted to speak words that might shame a person, help me to ask, are my words, true, helpful, inspiring,

## **Tuesday, April 24, 2018 (continued)**

necessary and kind? If not, help me to search my heart to see the shame and hurt that lies there causing my words to be impeding instead of inspirational. Help me to name and heal my own shame before I speak words of shame to someone else. Amen.

Noontime Pause: Words can build up or tear down. What kind of words have you spoken today? What were your thoughts about another person or yourself that directed your words?

Evening Prayer: God, as I meditate on my day I realize how inner thoughts control my words. May I hear Your word of love tonight so that love becomes my primary word tomorrow.

## **Wednesday, April 25, 2018**

*Scripture: Proverbs 15:4 Kind words heal and help; cutting words wound and maim.*

Morning Prayer: God, as I prepare to enter a lot of different conversations today, I pray that the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer. When I am tempted to speak words that might shame a person, help me to ask, are my words, true, helpful, inspiring, necessary and kind? If not, help me to search my heart to see the shame and hurt that lies there causing my words to be needless instead of necessary. Help me to name and heal my own shame before I speak words of shame to someone else. Amen.

Noontime Pause: Are your feeling ashamed? God's grace is the healing balm for all of your shame. Breathe in God's grace and hear God say, in this moment you are loveable.

Evening Prayer: God, as I prepare to rest I pray for forgiveness from all those I may have shamed with my words. Continue to heal my shame so that I shame others less and less.

## **Thursday, April 26, 2018**

*Scripture: Proverbs 11:17 When you're kind to others, you help yourself; when you're cruel to others, you hurt yourself.*

Morning Prayer: God, as I prepare to enter a lot of different conversations today, I pray that the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer. When I am tempted to speak words that might shame a person, help me to ask, are my words, true, helpful, inspiring, necessary and kind? If not, help me to search my heart to see the shame and hurt that lies there causing my words to be cruel instead of kind. Help me to name and heal my own shame before I speak words of shame to someone else. Amen.

Noontime Pause: When you're kind to others, you help yourself; when you're cruel to others, you hurt yourself. Your kindness also helps others to not feel shame. Speak kindly.

Evening Prayer: God, the day has been long and now I long for rest. As I meditate I never forget your unending kindness. Help me tomorrow to give kindness to everyone I meet.

## Friday, April 27, 2018

*Scripture: Proverbs 18:4 Many words rush along like rivers in flood, but deep wisdom flows up from artesian springs.*

Morning Prayer: God, as I prepare to enter a lot of different conversations today, I pray that the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer. When I am tempted to speak words that might shame a person, help me to ask, are my words, true, helpful, inspiring, necessary and kind? If not, help me to search my heart to see the shame and hurt that lies there causing my words to another person tear down instead of building them up. Help me to name and heal my own shame before I speak words of shame to someone else. Amen.

Noontime Pause: Search my heart, O God and see if there is any shame in me. Help me to not be afraid to name it, so that You can help me to heal it and not hurt others by it.

Evening Prayer: God, as I prepare to rest I meditate on how You have named me as Loveable. I don't always feel loveable, but tonight I find rest in how You have named me so.

## Saturday, April 28, 2018

*Scripture: Proverbs 18:20 Make your words good—you will be glad you did.*

Morning Prayer: God, as I prepare to enter a lot of different conversations today, I pray that the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer. When I am tempted to speak words that might shame a person, help me to ask, are my words, true, helpful, inspiring, necessary and kind? If not, help me to search my heart to see the shame and hurt that lies there causing my words to defend my position instead of delighting in the inner beauty of others. Help me to name and heal my own shame before I speak words of shame to someone else. Amen.

Noontime Pause: Make your words good—you will be glad you did. Speak to others the way you would like to be spoken to and you will be in the company of friends.

Evening Prayer: God, though I didn't go to my weekly job, I still had much to do and I am just as tired if not more so. Help me rest so I rise up renewed knowing I am loveable.



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## Daily Scriptures and Prayers Week of April 22, 2018



To receive the daily scripture email in the morning with a scripture verse and a morning prayer, please go to [crossroadsnova.org](http://crossroadsnova.org) to sign up.

Each day at noon we send out an inspirational text that helps us see God in the moment. Each evening we send a special evening prayer by text to help us rest on God's presence and peace before going to bed.

To receive these transformational texts, please text the word Crossroads to phone number 41411.

