

Sunday, April 29, 2018

Scripture: Colossians 3:12-14 So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it.

Morning Prayer: God, as I get dressed today with clothes, may I also dress myself with self-compassion. May I be kind to myself. May I know that today is not a contest to see who comes in first. May I find strength in humility. May I forgive myself for thinking I don't measure up. May I clothe myself with self-love; with the kind of love you have for me. May I be transformed by the love you have for me, so that I don't transmit my shame and hurt on anyone else. Today I choose to clothe myself in the garment of self-compassion. Amen.

Noontime Pause: How are you doing with self-compassion? Forgive yourself if you have not been compassionate with yourself, then see this moment as the moment to begin again.

Evening Prayer: God, this morning I clothed myself in self-compassion. As I change clothes for bed, I will still wear the garment of Your love. May I rest in self-compassion.

Monday, April 30, 2018

Scripture: Isaiah 54:10 For even if the mountains walk away and the hills fall to pieces, My love won't walk away from you, my covenant commitment of peace won't fall apart. The GOD who has compassion on you says so.

Morning Prayer: God, today may I be aware of any shame, rejection or pain that lies in my body, mind and soul. May I welcome your grace to transform my shame into self-compassion. May I be humble in my work. May I be kind to myself when I fail. May I forgive myself when I fall back into old patterns. May I be transformed by your grace, so that I don't transmit my shame and hurt anyone. Amen.

Noontime Pause: How are you doing with self-compassion, self-kindness, humility and self-forgiveness? Love yourself as God loves you so that your shame has to go silent.

Evening Prayer: God, You have walked with me all day. Thank You for being beside me. Now, may I feel Your all-encompassing love lying beside me while I lay down to sleep.

Tuesday, May 1, 2018

Scripture: Psalm 145:9 The LORD is good to everyone and everything; God's compassion extends, to all his handiwork!"

Morning Prayer: God, this morning's scripture reminds me that you are always good to me and everyone else. May I follow your lead today. May I be good to myself. May I show myself self-compassion, kindness, humility and forgiveness. May

Tuesday, May 1, 2018 (continued)

self-compassion quiet the voice of shame. May self-compassion lead me to showing compassion, kindness, humility and forgiveness to others. May my shame continually be transformed by Your grace so that I can graciously extend compassion to myself and all I meet today. Amen.

Noontime Pause: All day long God has been extending compassion to you and to everyone else. Receive God's compassion as a gift and be an extension of God's compassion to others.

Evening Prayer: God, I receive the gift of rest in a warm and comfortable bed as an extension of Your compassion to me. May I awaken ready to extend Your compassion to others.

Wednesday, May 2, 2018

Scripture: James 4:10 Humble yourselves before the Lord, and he will lift you up.

Morning Prayer: God, today help me to humbly accept my brokenness and limitations. Help me to know that no one is perfect and that a good part of the fuel that ignites my shame is made up of perfectionism. Help me to know that if my best today comes in second, third, fourth, or even last place in other people's opinion, it's okay. Help me to know that You still lift me up and declare that I am still loveable. Amen.

Noontime Pause: You are not perfect but you are perfectly loved by God. Accept your imperfections. Offer yourself compassion, kindness and forgiveness. You are loveable.

Evening Prayer: God, in the quiet of the night may I hear Your tender voice saying to me, "You are loveable; no matter your imperfections I have perfect love for you".

Thursday, May 3, 2018

Scripture: Proverbs 11:2 When pride comes, so does shame, but wisdom brings humility.

Morning Prayer: God, as I open my eyes on this new day may they be focused on the beauty of your creation all around me. May I see beauty in other people, in the springtime breeze, in the sky, in the budding trees, in the greening grass, and in the mirror as I look at myself. Help me to be aware today when I am tempted to cover up my real, true beauty with false pride. Instead of being prideful remind me to be careful and offer myself self-compassion so that I can humbly accept myself, just as I am as a part of your beautiful creation. May my eyes be wide open to see Your grace at work in me and others today. Transform my shame into self-love. Amen.

Noontime Pause: Take a moment to look around. Now look at yourself. You are a beautiful part of all that surrounds you. In this very place God is offering you self-compassion.

Evening Prayer: God, all day my eyes have been open to the beauty of Your creation that includes me. Now, I prepare to close my eyes to rest in the beauty of self-compassion.

Friday, May 4, 2018

Scripture: II Corinthians 12:9a God said to me, "My grace is enough for you, because power is made perfect in weakness."

Morning Prayer: God, on this Friday I reflect on how Your grace has been enough for me this week. Just like most other weeks this one has been a roller coaster of self-love and self-deprecation. Through it all Your grace has been along for the ride. In those low times You have reminded me that self-compassion is the antidote to shame. In the high times You have reminded me to love others as I love myself. So this morning I offer a prayer of gratitude. A prayer thanking You for never leaving me alone on the roller coaster of life. Your grace is enough. Your grace-filled love meets me with the power that I need to restore strength to my body, mind and soul, particularly when I am feeling weak and afraid. Instead of transmitting my shame today, may I shine as a light of Your grace-filled love for others to see. Amen.

Noontime Pause: In this moment God's grace is enough. In your weakness God meets you to offer you courage for the rest of the day. In this moment love yourself with compassion.

Evening Prayer: God, as the day draws to a close I celebrate Your gift of grace that has held me up. As I prepare to lay down I celebrate Your gift of grace still holding me.

Saturday, May 5, 2018

Saturday, Scripture: Isaiah 30:18 ... the LORD is waiting to be merciful to you, and will rise up to show you compassion. The LORD is a God of justice; happy are all who wait for him.

Morning Prayer: God, as I wake up from a night's sleep I am thankful for Your unending mercies and Your tenacious, all compassionate love for me and all of creation. May I be merciful to others. May I love myself fully; offering myself compassion for who I am so that instead of transmitting any shame I only transmit Your love from the very center of my heart. Thank You for this day. Thank You for being present to me in the most loving ways so that I can be more present to myself and to others with love and grace. Amen.

Noontime Pause: This is the day that God has given as a gift of grace. Rejoice in this day. Rejoice in yourself. Rejoice in the gift of others. Rejoice in the gift of creation.

Evening Prayer: God, as the week comes to a close I reflect on Your unending love for me and all people. Thank You for pursuing me with love and grace. Now I rest in that love.



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Daily Scriptures and Prayers Week of April 29, 2018



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