

Simple Supernatural

Living Life Aligned to the Holy Spirit

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Welcome

Advent is a time to settle into God, to hear from Him in a refreshing way, and to celebrate the birth of Jesus. It's in this season that we can be swayed in so many directions, all demanding our attention and our energy. It's my heart that though life can be busy, we make time to enjoy stillness. As we reflect on how Jesus was born of a virgin, I pray that we would take the time to align ourselves with how Jesus is also born through us. Sometimes a practical daily blessing can be the focus we need each day to turn our eyes toward God and to allow ourselves to receive His grace and truth.

It is my hope that these daily prayers would be an asset to times of stillness and presence for you, not only through Advent, but during any time of the year. If you so choose, you can read them in order or select them as you feel led. Each day, you can decide what place in your heart God may like to refresh, heal, and restore.

His grace and His truth are as simple as a humble prayer. His life and His works are as supernatural as God becoming man. It's my hope that as both of these intersect in beautiful union, we would daily see Heaven come to Earth in us and through us.

Sarah Humphrey

Foreward

Have you ever read the Word while knowing that it's not penetrating or sinking deeply into your spirit? Where it felt like it met your intellect but what you desire is for it to be written on your heart? Have you ever felt thirsty for more of God, more alignment in Him to truly receive and understand His manifest blessings?

I have. I know that I'm a spirit being, a living Essence from God, who is Spirit. He has given me expression through my soul, but at various points in my life--whether due to trauma, struggle, or wrong thinking--I've let my soul and its dysfunction take over and take charge. It is much more life-giving to read the Scriptures when I'm aligned: with my spirit leading, my soul and my body following according to Father God, His son Jesus, and the Holy Spirit.

When I respond to Him and my life circumstances out of my spirit, led by His, I receive unimaginable breakthrough. In Sarah's "Simple Supernatural," she has crafted specific blessings to strengthen your spirit, let your soul rest, and your body heal.

Each day I wait on Him and ask what blessing I am to read. As I read aloud God's Word and the blessing, I can feel strength arising, my soul resting, and my body releasing the stress of the day bringing me into proper alignment.

Sarah's blessings bypass your intellect, and they go directly to where the heart of the matter is, where it's needed. I am then released, blessed, strengthened, and

see my breakthroughs begin to take place. Day by day, little by little, God is faithful to lavish His love through her words and His word. I find myself soaring in my spirit with new life, hope and love. My soul and body become healthier as they take their proper place in God's design.

Just as I might focus on posture alignment in regards to physical well-being, taking the time to focus on intentional blessing and alignment of my spirit and soul is a must for my body to function properly. As a mom of three young boys, these blessings were just what I needed during my day with limited spare time.

Each blessing carries an intensity that allows me to rest in the moment while also space to revisit them later as I'm given more time to reflect and unpack with God. I'm so grateful for the work Sarah has done in blessing her own spirit in order that I may receive blessing and breakthrough in mine and in my life!

Kate Lemons

Occupational Therapist, Mother, Faithful Sister-in-Love

Introduction

What was it like being pregnant with the King?

We all know what it's like to feel fallen, to enhance and express the failure of Eve. We know what it's like to put ourselves down, to try to correct behavior, and to want to feel clean and worthy. Eve made a mistake. Mary was chosen to redeem it.

She was chosen without a conventional method that included a plan or an outline or even any kind of roadmap. She was chosen to birth redemption for mankind by the visitation of an angel. She was chosen as she became pregnant by the Holy Spirit as she yielded her "yes" to the One who created her, in her humanity and in her uncertainty.

Can you truly imagine this scenario? Every Christmas, it transforms me. It's easy to sometimes separate the stories of the Bible into that, stories. Yet when you're tending your own business, perhaps praying, perhaps asking God to give you wisdom or direction or comfort, and all of a sudden, an angel shows up and tells you "You are going to be pregnant with God," I think we need to take a deeper look at our faith.

What did this story look like? What simplicity did Mary need to bring into her life in order to birth the supernatural? As women, we are all chosen to redeem. It's our God-given gift as females and as creators. We have wisdom from Scripture and yet

we also need the Holy Spirit's alignment to the Father in order to birth His design through us. And it's in Mary's story, that each one of us can find similarities in how to steward the simple supernatural of our lives.

Jesus' birth foretold {Luke 1: 26-38}

26 When Elizabeth was six months pregnant, God sent the angel Gabriel to Nazareth, a city in Galilee, **27** to a virgin who was engaged to a man named Joseph, a descendant of David's house. The virgin's name was Mary. **28** When the angel came to her, he said, "Rejoice, favored one! The Lord is with you!" **29** She was confused by these words and wondered what kind of greeting this might be. **30** The angel said, "Don't be afraid, Mary. God is honoring you. **31** Look! You will conceive and give birth to a son, and you will name him Jesus. **32** He will be great and he will be called the Son of the Most High. The Lord God will give him the throne of David his father. **33** He will rule over Jacob's house forever, and there will be no end to his kingdom."

34 Then Mary said to the angel, "How will this happen since I haven't had sexual relations with a man?"

35 The angel replied, "The Holy Spirit will come over you and the power of the Most High will overshadow you. Therefore, the one who is to be born will be holy. He will be called God's Son. **36** Look, even in her old age, your relative Elizabeth has conceived a son. This woman who was labeled 'unable to conceive' is now six months pregnant. **37** Nothing is impossible for God."

38 Then Mary said, "I am the Lord's servant. Let it be with me just as you have said." Then the angel left her.

Here she is, a teenager, who was just told by an angel, that she is pregnant with God. Who would even believe her? What would people say? Would she be completely rejected and shamed? And her response is: "I am the Lord's servant. Let it be to me just as you have said."

We don't know a lot about Mary's pregnancy or even what it looked like when Joseph was about to divorce her quietly, until He too was visited by an angel telling him to marry her, that she—indeed—was pregnant with the Savior. What we do

know is that they had to travel a long, long way to find a place to have this baby. And it seemed that everywhere they turned, there wasn't any room for them. Who would even believe that they were to be God's parents? Until finally, it no longer mattered. They found a barn, and they gave birth to their son. And it was after that time, that more friends started showing up. And bringing gifts. And celebrating with them. And to me, if I make an assumption, this is where worship began again.

Worship was with Adam and Eve in the Garden before they ate from the Tree of the Knowledge of Good and Evil; they walked with and were friends with God. But once the apple was eaten, humanity's whole existence became about making its way back to pure worship. It became rituals and sacrifice and rules. Intimacy became tainted, which meant worship became tainted. And it took a virgin teenager, responding to an angel with a prophetic message, to bring us back to purity in worship. She had to birth Jesus in order to create true life again.

In sin, there is death. In creativity, there is life. And she said yes to a supernatural, creative miracle.

As I think about women, and as I think about the desire for women to be heard, to be honored, and to be whole, I think about Mary. And I want to be like her.

I want to say yes. I want to be faithful to what God has asked of me. Even when I don't understand, even when I'm totally overwhelmed, even when I have no language to express what I need to express. Even when I've been rejected and have been told: "There's no room for you here", I want to say yes to Jesus being

birthed through me, in whatever way He chooses and in whatever capacity He desires. Because what is Christmas, if it isn't a beautiful story of how God loves women? And how He chose the woman. How He chose the teenage mother. How He teaches women to nurture, and develop, and care take after their family and friends.

That's who women are. We are birthers. We are creators. We are supernatural beings. And what we create has the capacity to bring others back into a place of worship, to experience Jesus.

It's no doubt that women and mothers this day in age are bombarded with things to do and places to be with the internet abounding, selfies on a stick, and a million and one ways to work out. Yet what I've found is that my greatest accomplishments have come not from the outside, but instead from reconciling what is inside me. We each birth our own story; we each can relate to Mary. We each have our own testimony. Jesus shows up to be born within each one of us in His own way, and we get to rest in the fact that He's wired us with exactly what we need to just be His. There's no stress and no performance. There's often a mess, but that's what birthing is like. He welcomes the mess. He welcomes the mistakes, our past and our future, and He redeems and reconciles it all.

Through these daily blessings, it's my prayer that we will be available for Christ to be made manifest within us. May we nurture the God-ordained supernatural creativity in us. May we rest in Jesus, because we move forward from rest not from stress. May we protect our borders and our space by giving Him first place. And as

we are intimate with Him, may we be re-born and give life and creativity and joy to others.

A Special Note

If being used during the Advent season...

The prayers and reflections found in this book really apply no matter what time of year and no matter what season and stage of walk you find yourself. I personally love finding refreshment during the Advent season. Perhaps you do too. The holiness and the humanity of Christ shines through each Advent, and if we don't honor His holiness, we misunderstand what it means to be free. If we don't experience His humanity, we misunderstand what it is to be unconditionally accepted. Each of these has its place in our walk with God; it's a delicate balance of humility and expression. If not at Christmas, what other time do we so honestly see the picture of a royal baby being born in a barn? How do we reconcile what we cannot obtain in our humanity yet what is given as a gift because of His purity? I'm still learning to fully understand acceptance, but as I am continually awed by His kindness, affection, and grace toward me, I can honor His holiness when I walk by faith and obedience.

Christmas is counter-culture. Everything that He was worthy of (even a proper place to be born) was not provided, yet He came anyway. He didn't mind taking the last seat. Those who know their true identity are not in need; they serve instead. Those who understand true mercy and acceptance will always gravitate toward Who is holy and deserves first place. My spirit resonates with acceptance because Jesus lives there. My soul will be weaved with understanding as my eyes

are continually opened to love. My body heals and moves in miraculous ways as I come into agreement with both. We are made in His image--holy and human. When acceptance and truth arrives, gratitude always ensues. What was it like when an angel appeared to Mary and summoned a supernatural birth? What type of holiness met with humanity to produce a baby to an unwed mother? What peace and acceptance did she need as she moved toward birth? What gratitude was manifested when she realized what she was doing? Raising the King the Kings, born from a barn, into a dying world. When we only know sacrifice, we often forget thankfulness. When pain and rejection have been a commonality, who would have thought love would be born? It's true that in our suffering comes great reward. He comes in humility and in glory. Holiness is birthed from the acceptance of who we are with the acceptance of Whose we are. And every time a newborn baby is given a first bath, we rejoice. What once was messy, has now become clean.

In the gratitude of His story, we find our true selves. When praise becomes a lifestyle, we no longer see lack but gain access to our inheritance. There may have been no room at the Inn, but there was a wide open sky underneath stars that gave light. There was also a manger, a swaddling cloth, and new friends. When the labor has passed but the baby needs nourishment, a mother knows. She innately knows what the baby needs, and if it doesn't come naturally, she searches it out. In all ways, may our needs be known and so may our souls. Let us be nourished in the fact that He is always with us. Even as a baby, He has numbered our days and provided for our hearts.

When known and loved, we will produce fruit. In legitimacy, we honor God, ourselves, and others. We give a dying world a breath of fresh air. When the root goes deep and supernatural grace is offered, a King is raised. When He comes as a child and rides on a donkey, He knows humanity. As He carries a cross and is raised back to life, He becomes power. In the middle, He is hemmed in. And so are we. As our identity, passion, and birthing is funneled through the lens of humility, service, and gratitude, He transforms the world through us. Joy to the World, the Savior Reigns. May we extend ourselves enough to yield to His pleasure and to His purposes in us. And in doing so, may we be healed as the hem of His garment is revealed to us.

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Philippians 4:4-9

Be glad in the Lord always! Again, I say, be glad! Let your gentleness show in your treatment of all people. The Lord is near. Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving of thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.

From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, all that is worthy of praise. Practice these things: whatever you learned, received, heard, or saw in us. The God of peace will be with you.

P e a c e

I call my spirit forward in the name of Jesus, to be honored and to be blessed. Scriptures say that your peace passes all understanding, and so I bless myself to receive that peace within my deepest turmoil.

May my heart not fret but know your Hand. May my spirit seek wisdom, and may patience be rooted within me. May I trust your love, your plan, and your grace. May I give you my fear in exchange for your protection. May courage rise up where my life has been hindered. May strength fill me where I've been weakened by battle.

May my soul rest under the faith of my spirit. May my body connect where trauma once was. May I be blessed with peace in my innermost being.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Ephesians 1:3-13

Bless the God and Father of our Lord Jesus Christ! He has blessed us in Christ with every spiritual blessing that comes from heaven. God chose us in Christ to be holy and blameless in God's presence before the creation of the world. God destined us to be his adopted children through Jesus Christ because of his love. This was according to his goodwill and plan and to honor his glorious grace that he has given to us freely through the Son whom he loves. We have been ransomed through his Son's blood, and we have forgiveness for our failures based on his overflowing grace, which he poured over us with wisdom and understanding. God revealed his hidden design to us, which is according to his goodwill and the plan that he intended to accomplish through his Son. This is what God planned for the climax of all times: to bring all things together in Christ, the things in heaven along with the things on earth. We have also received an inheritance in Christ. We were destined by the plan of God, who accomplishes everything according to his design. We are called to be an honor to God's glory because we were the first to hope in Christ. You too heard the word of truth in Christ, which is the good news of your salvation. You were sealed with the promised Holy Spirit because you believed in Christ.

A c c e p t e d

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say I am fully accepted into the heart of the Father, and so I bless myself with belonging.

Within each day, let my heart know acceptance. May my spirit comprehend the fruitfulness and the complete satisfaction of God. May I align to be loved, to be valued, and to be lead.

May my soul come into submission to love. May my mind be available for self-control, long-suffering, and peace. In my thoughts, may I be willing to yield to holiness as it makes its way in me. May my body resonate with gladness, fully open to its best care and available for movements of grace.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Psalm 138

I give thanks to you with all my heart, Lord.
I sing your praise before all other gods.
I bow toward your holy temple
and thank your name
for your loyal love and faithfulness
because you have made your name and word
greater than everything else.
On the day I cried out, you answered me.
You encouraged me with inner strength.
Let all the earth's rulers give thanks to you, Lord,
when they hear what you say.
Let them sing about the Lord's ways
because the Lord's glory is so great!
Even though the Lord is high,
he can still see the lowly,
but God keeps his distance from the arrogant.
Whenever I am in deep trouble,
you make me live again;
you send your power against my enemies' wrath;
you save me with your strong hand.
The Lord will do all this for my sake.
Your faithful love lasts forever, Lord!
Don't let go of what your hands
have made.

G r a t i t u d e

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that a thankful heart is a happy heart, and so I bless myself with gratitude.

Let everything within me sing with thanks. Let old thoughts turn into new perspectives. May suffering result in the deepest joy. May my needs be met with the simplest of touch. In this place of praise, may my heart understand your sacrifice. May my soul understand your peace. May my body resonate with gratitude because you paid to give me both--humility and fulfillment.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Psalm 139

Lord, you have examined me.
You know me.
You know when I sit down and when I stand up.
Even from far away, you comprehend my plans.
You study my traveling and resting.
You are thoroughly familiar with all my ways.
There isn't a word on my tongue, Lord,
that you don't already know completely.
You surround me—front and back.
You put your hand on me.
That kind of knowledge is too much for me;
it's so high above me that I can't fathom it.
Where could I go to get away from your spirit?
Where could I go to escape your presence?
If I went up to heaven, you would be there.
If I went down to the grave, you would be there too!
If I could fly on the wings of dawn,
stopping to rest only on the far side of the ocean—
even there your hand would guide me;
even there your strong hand would hold me tight!
If I said, "The darkness will definitely hide me;
the light will become night around me,"
even then the darkness isn't too dark for you!
Nighttime would shine bright as day,
because darkness is the same as light to you!
You are the one who created my innermost parts;
you knit me together while I was still in my mother's womb.
I give thanks to you that I was marvelously set apart.
Your works are wonderful—I know that very well.
My bones weren't hidden from you
when I was being put together in a secret place,
when I was being woven together in the deep parts of the earth.
Your eyes saw my embryo,
and on your scroll every day was written that was being formed for me,
before any one of them had yet happened.
God, your plans are incomprehensible to me!
Their total number is countless!
If I tried to count them—they outnumber grains of sand!
If I came to the very end—I'd still be with you.

K n O W n

I call my spirit forward in the name of Jesus, to be honored and to be blessed. The Scriptures say every hair on my head is numbered, that you keep record of all my days, and so I bless myself with identity.

May I be blessed with a deep and profound understanding that you know my heart and every need before I speak it. May I be blessed with the abundance of your presence, knowing you plan for my best, and prepare me for it during my days. May the hidden chores of my day be an offering to you, and may my sacrifices be of great worth toward restoration on Earth.

May my soul rest under the shadow of my filled and quiet spirit. May it breathe in peace and legitimacy, expressing that you are all-seeing and all-knowing. May my body receive fulfillment in my bones, as it moves and has its being in you.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

1 John 4:7-18

Dear friends, let's love each other, because love is from God, and everyone who loves is born from God and knows God. The person who doesn't love does not know God, because God is love. This is how the love of God is revealed to us: God has sent his only Son into the world so that we can live through him. This is love: it is not that we loved God but that he loved us and sent his Son as the sacrifice that deals with our sins.

Dear friends, if God loved us this way, we also ought to love each other. No one has ever seen God. If we love each other, God remains in us and his love is made perfect in us. This is how we know we remain in him and he remains in us, because he has given us a measure of his Spirit. We have seen and testify that the Father has sent the Son to be the savior of the world. If any of us confess that Jesus is God's Son, God remains in us and we remain in God. We have known and have believed the love that God has for us.

God is love, and those who remain in love remain in God and God remains in them. This is how love has been perfected in us, so that we can have confidence on the Judgment Day, because we are exactly the same as God is in this world. There is no fear in love, but perfect love drives out fear, because fear expects punishment. The person who is afraid has not been made perfect in love.

H e m m e d

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that perfect love casts out fear, and so I bless myself with protection and passion.

May my spirit gather all I need to receive unconditional love.

May I accept, allow, and yield to truth. May I grieve where needed, empty out until I create, and then give out what I have received. Would love guide me and my motivations with each step. Would humility guard me and your right hand uphold me.

May my soul be willing to yield and to rest. May my mind be willing to release what no longer is needed. May my body come into a state of peace, protected by the choice of righteousness and by the passion of God.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Matthew 19:13-15

Some people brought children to Jesus so that he would place his hands on them and pray. But the disciples scolded them. “Allow the children to come to me,” Jesus said. “Don’t forbid them, because the kingdom of heaven belongs to people like these children.” Then he blessed the children and went away from there.

C r e a t i v e

I call my spirit forward in the name of Jesus, to be blessed and to be honored. Jesus said "Let the little children come to me; for theirs is the Kingdom of Heaven", and so I bless myself with creativity.

May my spirit remember the nature of childlike faith. May I take delight in His redemption through me. May I be free to explore, play, and create. May the Holy Spirit lead me into the restoration of my inherent gifts. As my spirit fills with purity, may my soul rest with joy. As my mind is renewed with hope and laughter, let my body be exalted into your healing and grace.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Ephesians 2:1-10

It wasn't so long ago that you were mired in that old stagnant life of sin. You let the world, which doesn't know the first thing about living, tell you how to live. You filled your lungs with polluted unbelief, and then exhaled disobedience. We all did it, all of us doing what we felt like doing, when we felt like doing it, all of us in the same boat. It's a wonder God didn't lose his temper and do away with the whole lot of us. Instead, immense in mercy and with an incredible love, he embraced us. He took our sin-dead lives and made us alive in Christ. He did all this on his own, with no help from us! Then he picked us up and set us down in highest heaven in company with Jesus, our Messiah. Now God has us where he wants us, with all the time in this world and the next to shower grace and kindness upon us in Christ Jesus. Saving is all his idea, and all his work. All we do is trust him enough to let him do it. It's God's gift from start to finish!

S a v e d

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that you are the God who saves with grace, and so I bless myself with vision and purpose.

May my spirit understand the depths of your sight toward me. May my faith rise as I ponder all the ways I am known by your care. May my soul rest in the gentleness of your thoughts about me, and may my mind come into agreement with the way in which you love.

May you give my body the grace to exhibit and express what is known in my heart, that I would reflect in the physical realm what has been made manifest in the spiritual realm. Let me be fulfilled in my salvation, so that I can give from abundance.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Romans 8:31-39

So, what do you think? With God on our side like this, how can we lose? If God didn't hesitate to put everything on the line for us, embracing our condition and exposing himself to the worst by sending his own Son, is there anything else he wouldn't gladly and freely do for us? And who would dare tangle with God by messing with one of God's chosen? Who would dare even to point a finger? The One who died for us—who was raised to life for us!—is in the presence of God at this very moment sticking up for us. Do you think anyone is going to be able to drive a wedge between us and Christ's love for us? There is no way! Not trouble, not hard times, not hatred, not hunger, not homelessness, not bullying threats, not backstabbing, not even the worst sins listed in Scripture:

They kill us in cold blood because they hate you.

We're sitting ducks; they pick us off one by one.

None of this fazes us because Jesus loves us. I'm absolutely convinced that nothing—nothing living or dead, angelic or demonic, today or tomorrow, high or low, thinkable or unthinkable—absolutely nothing can get between us and God's love because of the way that Jesus our Master has embraced us.

V i c t o r i o u s

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say I am more than a conqueror in Christ, and so I bless myself with victory.

May all the weak places within me meet strength. May my heart grow mighty in battle through the power of rest. May I soak deeply in the delight of Presence. May I become the author of my life through the power of my testimony. May my actions be bold and kind, truthful and loving, affectionate and full of grace.

May my mind match with understanding the tenderness of Your heart. May my body move swiftly with steadfastness and poise. May I increase in favor with both God and men.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Hebrews 12:1-13

So then let's also run the race that is laid out in front of us, since we have such a great cloud of witnesses surrounding us. Let's throw off any extra baggage, get rid of the sin that trips us up, and fix our eyes on Jesus, faith's pioneer and perfecter. He endured the cross, ignoring the shame, for the sake of the joy that was laid out in front of him, and sat down at the right side of God's throne.

Run the race with discipline.

Think about the one who endured such opposition from sinners so that you won't be discouraged and you won't give up. In your struggle against sin, you haven't resisted yet to the point of shedding blood, and you have forgotten the encouragement that addresses you as sons and daughters:

My child, don't make light of the Lord's discipline

or give up when you are corrected by him,

because the Lord disciplines whomever he loves,

and he punishes every son or daughter whom he accepts.

Bear hardship for the sake of discipline. God is treating you like sons and daughters! What child isn't disciplined by his or her father? But if you don't experience discipline, which happens to all children, then you are illegitimate and not real sons and daughters. What's more, we had human parents who disciplined us, and we respected them for it. How much more should we submit to the Father of spirits and live? Our human parents disciplined us for a little while, as it seemed best to them, but God does it for our benefit so that we can share his holiness. No discipline is fun while it lasts, but it seems painful at the time. Later, however, it yields the peaceful fruit of righteousness for those who have been trained by it. So strengthen your drooping hands and weak knees! Make straight paths for your feet so that if any part is lame, it will be healed rather than injured more seriously.

Self-Control

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that self-control is one of the fruits of the Spirit, and so I bless myself with wisdom and peace.

May my spirit be enriched with the hand that teaches me and shows me kindness through authority. May I heed warning and stay within healthy boundaries in all areas of life. May my soul be refreshed by obedience in God, and may it also relish in protection through grace. May my body reveal fullness through the beauty of holiness and refined expressions of mercy.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Philippians 1:12-27

Brothers and sisters, I want you to know that the things that have happened to me have actually advanced the gospel. The whole Praetorian Guard and everyone else knows that I'm in prison for Christ. Most of the brothers and sisters have had more confidence through the Lord to speak the word boldly and bravely because of my jail time. Some certainly preach Christ with jealous and competitive motives, but others preach with good motives. They are motivated by love, because they know that I'm put here to give a defense of the gospel; the others preach Christ because of their selfish ambition. They are insincere, hoping to cause me more pain while I'm in prison.

What do I think about this? Just this: since Christ is proclaimed in every possible way, whether from dishonest or true motives, I'm glad and I'll continue to be glad. I'm glad because I know that this will result in my release through your prayers and the help of the Spirit of Jesus Christ. 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. Because for me, living serves Christ and dying is even better. If I continue to live in this world, I get results from my work. But I don't know what I prefer. I'm torn between the two because I want to leave this life and be with Christ, which is far better. However, it's more important for me to stay in this world for your sake. I'm sure of this: I will stay alive and remain with all of you to help your progress and the joy of your faith, and to increase your pride in Christ Jesus through my presence when I visit you again.

Most important, live together in a manner worthy of Christ's gospel.

A l i v e

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say to live is Christ, to die is gain. And so I bless myself with resurrection life.

May my spirit drink of the fullness of the Trinity. With ease and with grace, may I be nurtured and nourished. Dry bones come back to life in Christ; so may the weakened parts of my mind be brought into alignment and Christlikeness. May my body rejoice in movement, and may my physicality be cleared, healed, and infused with the blood of Jesus.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Zephaniah 3:17

Rejoice, Daughter Zion! Shout, Israel!
Rejoice and exult with all your heart, Daughter Jerusalem.
The Lord has removed your judgment;
he has turned away your enemy.
The Lord, the king of Israel, is in your midst;
you will no longer fear evil.
On that day, it will be said to Jerusalem:
Don't fear, Zion.
Don't let your hands fall.
The Lord your God is in your midst—a warrior bringing victory.
He will create calm with his love;
he will rejoice over you with singing.
I will remove from you those worried about the appointed feasts.
They have been a burden for her, a reproach.
Watch what I am about to do to all your oppressors at that time.
I will deliver the lame;
I will gather the outcast.
I will change their shame into praise and fame throughout the earth.
At that time, I will bring all of you back,
at the time when I gather you.
I will give you fame and praise among all the neighboring peoples
when I restore your possessions and you can see them—says the Lord.

Delighted

I call my spirit forward in the name of Jesus, to be honored and to be blessed. The Scriptures say you sing songs of deliverance over me, and you rejoice over me with singing. Not only do you care about me, but you also delight in me. And so I bless myself with adoration.

May my spirit completely cultivate an understanding of delight.

May I rest in the guidance and trust of your good will toward me. May my soul heal from all the places I've been wounded, neglected, or abused. May stillness be birthed where fear once lived. May my body exalt a sound mind, moving with grace, power and purity, manifested from a spirit who embraces belonging in the Son.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Song of Songs 6

[Daughters of Jerusalem]

Which way did your lover go,
you who are the most beautiful of women?
Which way did your lover turn,
that we may look for him along with you?

[Woman]

My lover has gone down to his garden,
to the fragrant plantings,
to graze in the gardens,
to gather the lilies.
I belong to my lover and my lover belongs to me—
the one grazing among the lilies.

An overwhelming sight

[Man]

You are as beautiful, my dearest, as Tirzah,
as lovely as Jerusalem,
formidable as those lofty sights.
Turn your eyes away from me,
for they overwhelm me!
Your hair is like a flock of goats
as they stream down from Gilead.
Your teeth are like a flock of ewes
as they come up from the washing pool—
all of them perfectly matched,
not one of them lacks its twin.
Like a slice of pomegranate is the curve of your face
behind the veil of your hair.
There may be sixty queens
and eighty secondary wives,
young women beyond counting,
but my dove, my perfect one, is one of a kind.
To her mother she's the only one,
radiant to the one who bore her.
Young women see her and declare her fortunate;
queens and secondary wives praise her.
Who is this, gazing down like the morning star,
beautiful as the full moon,
radiant as the sun,
formidable as those lofty sights?

[Man]

To the nut grove I went down
to look upon the fresh growth in the valley,
to see whether the vine was in flower,
whether the pomegranates had bloomed.

I hardly knew myself;
she had set me in an official's chariot!

[Man]

Come back, come back, Shulammitte!
Come back, come back, so we may admire you.
How you all admire the Shulammitte
as she whirls between two circles of dancers!

W o r t h y

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that I am my Beloved's and He is mine, and so I bless myself with belonging. This desire for expression is released through creation.

May my spirit be filled with attachment to my Creator. May I rise to meet my Maker with confidence and assurance, that He is for me, with me, and in me. May my soul rest in the presence of love and acceptance. May my mind be still in the oneness of God, gathered and refreshed. May my body move with freedom and mercy as it reflects the wholeness of divine adoration.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Psalm 46:1

God is our refuge and strength, a very present help in trouble.

R e f u g e

I call my spirit forward in the name of Jesus, to be blessed and to be honored. Scriptures say that you are our refuge and strength, and so I bless myself with security. It is within our place in you that we gain rest, peace, and protection.

May my spirit hide in the Presence of God. May I allow myself the grace to let go, to be, and to breathe. May I find quiet where needed, healing where wounded, and authority where weak. May my heart be open to the still beating of your heart, the one that always matches the ache in mine.

May my soul understand that you provide. It is in times of movement and in times of rest that your feathers cover me and the mind of Christ is received. You are all I need. May my body relax in the supernatural flow of peace. Your security covers me.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Isaiah 30:18

Therefore the LORD waits to be gracious to you, and therefore he exalts himself to show mercy to you. For the LORD is a God of justice; blessed are all those who wait for him.

P a t i e n c e

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say you renew those who wait on you, and so I bless myself with patience and rest. It is in your timing that we receive freedom, promotion, and exultation.

May my spirit be blessed with the understanding of rest. May I give myself the grace to slow down, to listen, and to trust. May my heart be softened, may my story be strengthened, and may my voice be tuned to your heart and your life.

May my soul take deep breaths as it learns to abide in you. May my body release stress and let go of anxieties and strife. In your timing is the peace and the success of all things.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Hebrews 11:6

And without faith it is impossible to please Him, for he who comes to God must believe that He exists and that He is a rewarder of those who seek Him.

S u r r e n d e r

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that pleasing you requires faith, and so I bless myself with the ability to fall into your grace. It is in our surrender that your perfect peace and power can be made manifest.

May my spirit be blessed with the desire to yield. May my actions and my creativity come from a place of oneness and trust. May my heart be magnified by your filling of me with your divinity.

May my soul work out its salvation with fear and trembling. May I listen to your voice, and may my mind be diligent to align. May my thoughts be those of integrity, wholeheartedness, and sacrifice. May my body be filled with the joy of childlike movement. May my steps be made manifest by your hand.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Romans 12:2

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

B e c o m i n g

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that the old passes away and the new has come, and so I bless myself in becoming. It's in the transformation from what was to what will be that we find ourselves in you.

May my spirit be blessed to pursue your will. May my initiation into creativity and inspiration be birthed in your time and presence. May I rest into your care as you make the miraculous come alive in me.

May my soul breathe in new desires as it aligns to your power and righteousness. May my thoughts line up with the joy of your heart, and may my actions give way to the purity in arriving. May my body come forth to be alive and well and release its motion as it blooms.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

1 Thessalonians 5:12-24

We ask you, Christian brothers, to respect those who work among you. The Lord has placed them over you and they are your teachers. You must think much of them and love them because of their work. Live in peace with each other.

We ask you, Christian brothers, speak to those who do not want to work. Comfort those who feel they cannot keep going on. Help the weak. Understand and be willing to wait for all men. Do not let anyone pay back for the bad he received. But look for ways to do good to each other and to all people.

Be full of joy all the time. Never stop praying. In everything give thanks. This is what God wants you to do because of Christ Jesus. Do not try to stop the work of the Holy Spirit. Do not laugh at those who speak for God. Test everything and do not let good things get away from you. Keep away from everything that even looks like sin.

May the God of peace set you apart for Himself. May every part of you be set apart for God. May your spirit and your soul and your body be kept complete. May you be without blame when our Lord Jesus Christ comes again. The One Who called you is faithful and will do what He promised.

Prayerful

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say to rejoice always, to pray without ceasing, and to give thanks in all circumstances. And so I bless myself with the grace and power of intercession.

May my spirit rise above all circumstances, and may it always live to give you praise. May I believe in your goodness toward me and for me, and may I always be alive to your Spirit living in me. May my soul release the words and groans of prayer, even when I feel empty or without a voice. May my mind come into form as it agrees with you in intercession. May my body heal and release healing as fulfillment is made between Heaven and Earth, my future and my past. May my Present reflect your Presence.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

James 1:17

Whatever is good and perfect comes to us from God. He is the One who made all light. He does not change. No shadow is made by His turning.

P r o v i d e d

I call my spirit forward in the name of Jesus, to be honored and to be blessed. The Scriptures say that all have sinned and fallen short of the glory of God but that you have provided all that I need and desire within your Son. You not only provided but you provided abundantly, and so I bless myself with fulfillment.

May my spirit fully embrace the death and the resurrection of Christ in my midst. May I be fulfilled in presence and companionship with the God of the Universe. May my soul rest in the fact that I need not provide for myself in works of performance but only in cooperation with the Holy Spirit. May my body truly resonate with the fact that my debt has been paid and that movement is freedom.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Psalm 150

Praise the Lord.

Praise God in his sanctuary;
praise him in his mighty heavens.

Praise him for his acts of power;
praise him for his surpassing greatness.

Praise him with the sounding of the trumpet,
praise him with the harp and lyre,
praise him with timbrel and dancing,
praise him with the strings and pipe,
praise him with the clash of cymbals,
praise him with resounding cymbals.

Let everything that has breath praise the Lord.

Praise the Lord.

Joy

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say let everything that has breath praise the Lord, and so I bless myself with joy.

In the deepest sense of longsuffering comes the greatest sense of joy. May I learn how to offer my struggles and my shame daily, remembering that your burden is easy and your yoke is light. May I see from the perspective of depth instead of from the quick fix of immediate gratification. May my faith rise as I lean into your presence, knowing that as you are the highest choice, I can always be filled with hope.

May my soul be healed in the most broken of parts. May portions in darkness receive your light. May my mind rest under the leading of my spirit. May my body be filled to overflowing under the joy of my spirit and soul.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Ephesians 2:8-9

Although I am less than the least of all the Lord's people, this grace was given me: to preach to the Gentiles the boundless riches of Christ, and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things.

G r a c e f u l

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say it is by grace we have been saved so that no man can boast, and so I bless myself with humility.

Let everything within me receive and express grace. Let guilt from the past be washed white as snow. May my actions match your deeds as I release my mistakes and advocate for understanding. May your salvation permeate my mind and my thoughts. In this place of surrender, may I gather my healing. May my soul be aligned with truth, for it is finished. May my body resonate with strength because in your death, you gave me wholeness.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

John 16:33

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

S e r e n i t y

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that in this world there is trouble yet you have overcome the world, and so I bless myself with peace and wisdom.

Let everything within me understand this peace that passes understanding. Let anxiety be stilled as your hand is swift in battle. May my heart take joy in the fact that you are my provider and my help. May my mind rest under the supreme rule of the mind of Christ. In this place of surrender, may I honor the creation you have bestowed within me. May my soul be aligned with your healing touch. May my body release stress, fear and contention.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

1 John 4:18

Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

F e a r l e s s

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that perfect love casts out fear, and so I bless myself with faith.

May my spirit come into full rest because your hand is peace. May I delight in knowing that when I am still, I invite you to be God in my life. May my soul give itself the space to accept this type of courage. May my heart be guided by gentleness and truth. May my body be released of its worries and tension. May it heal inside-out by this gift that is grace.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Ephesians 3:16-20

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

G r o u n d e d

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say we are rooted and grounded in love, and so I bless myself with stillness, balance, and depth.

May my spirit be girded and guarded with faith. May I be blessed with roots that grow as deep into the ground as they go high into the sky. May my soul be magnified by the steadiness of this love. May I be gentle in my manners and sure in my direction. May my body be healed and strengthened by this resolve and this focus.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Genesis 46:2

God spoke to Israel in visions of the night and said, "Jacob, Jacob." And he said, "Here I am."

D r e a m

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that God spoke to Israel in visions of the night, and so I bless myself to listen.

May my spirit be awake to hear the voice of God. May my receptivity be open to wisdom, instruction, nurturing, and creativity. May my heart be alive with the joy of new hope. May my mind fall into rest as the heart of God speaks to my desires. May my body be awakened and refreshed with peace and satisfaction in God's voice inside my circumstance.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Psalm 119:30

The unfolding of Your words gives light; it gives understanding to the simple.

C l e a r

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say your Word gives light, and so I bless myself with clarity and with wisdom. Who you are is bright and just, and it's in the clarity of you that we find ourselves.

May my spirit be blessed to hear the sound of your voice. May the light of your Word illuminate what is true. May I rest in the simplicity of your steadfastness over me. May my soul be nourished in the understanding of your heart, and may my mind be brought into focus by the clarity of what is right. May my body find strength in the structure of God, and may I be blessed with abundance from the overflow of this design.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Jeremiah 33:3

Call to me and I will answer you, and will tell you great and hidden things that you have not known.

I n t i m a t e

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say you share great and hidden things when we call to you, so I bless myself with desire.

May my spirit be guided by your righteous love for me, and may I long for the security of intimacy and legitimacy. May I endure the stillness that brings peace and lasting joy. May my soul be quiet in vulnerability and be awakened to the deeper places of love. May my mind receive the freedom that comes with true life. May my body rejoice in the healing and fulfillment that intimacy offers.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Colossians 3:12

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Gentleness

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say to clothe ourselves with gentleness, and so I bless myself with perseverance, joy, and compassion. It is by our own inner peace that we can give away tenderness and affection.

May my spirit be touched by the compassion of God. May I be open and available to hear His words of sensitivity and correction in my heart. May my mind rewire and change direction where needed. May my soul be rested and honored by His kindness that leads to repentance. May my body fall in line by the peace and honor of a gentle spirit.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

H O N E S T

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say to think on whatever is true and noble, and so I bless myself with honesty. It is when we live with integrity that we can understand your heart and your provision over us.

May my spirit be blessed to be humbled, aware, and open to what is true. May I rest in the divinity of that truth while working it out in the humanity of my journey. May I be enlarged with the obedience to be truly me with each step of my walk. May my soul rest in the fact that you are God, and I am not. May my mind be renewed with the joy of your salvation over me. May my body be freed and delivered from the confinement of denial. May it live and move and have joy in imperfect perfection.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Psalm 147:11

The Lord delights in those who fear him,
Who put their hope in his unfailing love.

H o p e f u l

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that you give us a hope and a future, so I bless myself with expectancy. It is in our trust and anticipation of your coming that we develop fulfilled desires like the Tree of Life.

May my spirit be still enough to believe in your hope. May my heart be guided by love as I wait on you and also take steps forward in faith. May my soul be refreshed by the reality of grace in my midst. May my mind be opened to your best plan in my life. May my body be brought into flight as it heals and is refreshed deep down in my bones. May I rest in your plan and in your time.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Psalm 16:11

You make known to me the path of life; you will fill me with joy in your presence,
with eternal pleasures at your right hand.

H O M E

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that you fill me with joy in your presence, and so I bless myself with going home. It is when we are sober and aware in our current moments that we are available for the Holy Spirit to heal, to counsel, and to move in us.

May my spirit be aware and awake to your presence. May I gently allow myself the space and the time to come home into you. May my mind be renewed and refreshed in the safety of your heart and your desire over me. May my soul be made free in your presence, and may my body come into alignment, healing, and strength by the power of your work on the cross.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Psalm 63:1-5

A psalm of David. When he was in the Desert of Judah.

You, God, are my God,
earnestly I seek you;

I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.

I have seen you in the sanctuary
and beheld your power and your glory.

Because your love is better than life,
my lips will glorify you.

I will praise you as long as I live,
and in your name I will lift up my hands.

I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.

S a t i s f i e d

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that your love is better than life, and so I bless myself to be satisfied in you. It is your presence that brings us hope, joy, and peace. You fulfill your promises and your love through ache and also through contentment.

May my spirit be filled with gratitude, awareness, and sight.

May I experience your intent and your provision for all my needs. May my mind be consecrated to your goodness and your faithfulness. May my soul be healed from disappointment, unmet longing, and unmerited suffering. May I trust in your leadership, in your timing and in your perfect outcome for my life and body.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Ephesians 3:14-21

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

S t r o n g

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that you strengthen us with power in our inner beings through your Spirit, so I bless myself with truth. It is in communion with you that we grow, are nourished, are nurtured, and are built into all that we can become.

May my spirit be filled with joy, peace, and unwavering confidence. May I experience your heart and your works in all ways that lead to fruitfulness and abundance. May my mind be girded with truth and passion. May my soul be refreshed by the strength of productivity. May my body flourish as I work and grow in the ways you have set before me.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Psalm 46:10

He says, “Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”

S t i l l

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say to be still and know that you are God, so I bless myself with anchored hope. When we are still, we allow you to fight for us, provide for us, and show us your grace.

May my spirit be filled with stillness, quiet love, and unwavering strength. May I experience your heart fill in any weak spots or burdens that I am not intended to carry. May my mind be aligned and refreshed by your work on the cross. May my soul be nourished and rested in your power. May my body flourish as I am healed, restored, and honored.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Psalm 12:6-8

God's words are pure words,
Pure silver words refined seven times
In the fires of his word-kiln,
Pure on earth as well as in heaven.

R e f i n e d

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that your words are pure and refine us as silver. It is your presence and power that cleanses us, heals us, and purifies us, and so I bless myself with redemption through gentle correction and guidance.

May my spirit be filled with openness, understanding, and wisdom. May I experience your comfort and your care for all my needs. May my mind be consecrated to your thoughts and your shepherding. May my soul be made aligned with truth, peace, and strength. May I trust in your leadership, in your words and in your glorious plan for my service with you.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Romans 2:4

Or do you think lightly of the riches of His kindness and tolerance and patience, not knowing that the kindness of God leads you to repentance?

K i n d

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that your kindness leads us to repentance. It is your heart and your generosity, even in our sin, that paves a way for our redemption. You fulfill your work in us as you guide us, correct us, and help us turn around, and so I bless myself with kindness.

May my spirit be filled with awareness, honesty, and instruction. May I experience your provision and your understanding in all my circumstances. May my mind be healed of incorrect thinking and hurts. May my soul be made aligned with truth, peace, and strength. May I trust in your heart for me, in your Word and in your joy in my creation.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Ephesians 3:20-21

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

A b u n d a n t

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that you provide immeasurably more than we could ever ask or think, and so I bless myself with abundance. It is your presence that brings us fulfillment, empowerment, and excellence. You fulfill your promises and give us joy greater than we can imagine or do ourselves.

May my spirit be filled with gratitude, faith, and obedience. May I experience your heart for me as I put all my hope in you. May my mind be consecrated to your joy and your faithfulness. May my soul grow in purposeful works, provision of health, and stillness. May I trust in your leadership, in your timing and in your plan as you work all things for my good.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Deuteronomy 31:6

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”

C O U R A G E O U S

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say to be strong and courageous and not to fear. It is your power and confidence that brings us faith, strength, and victory. You fulfill your promises and your love through trust in your strong hand, and so I bless myself with steadfast faith.

May my spirit be filled with gratitude, bravery, and courage. May I experience your victory and your provision over all my fears. May my mind be consecrated to your promises and your covenant. May my soul be healed from anxiety, unmet needs, and unmerited pain. May I trust in your leadership, in your voice and in your strengthened plan and purpose for my body and health.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Hebrews 10:10

And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.

S a n c t i f i e d

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that we are sanctified by the offering of your body for us, and so I bless myself with the joy of being set apart. When we are chosen, we surrender our lives in all ways, shapes, and forms.

May my spirit be filled with stillness, holiness, and unwavering faith. May I experience your love to carry the fulfillment of the calling you've given me. May my mind be preserved and inspired by your work on the cross. May my soul be rested and motivated by your heart. May my body flourish as I dedicate it fully to your care.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Isaiah 55:11

So shall my word be that goes out from my mouth;
it shall not return to me empty,
but it shall accomplish that which I purpose,
and shall succeed in the thing for which I sent it.

F u l f i l l e d

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that the word you send out of your mouth will not return void, so I bless myself with fulfillment. It is in communion with you that we grow, are satisfied, are strengthened, and are radiant as children of God.

May my spirit be filled with joy, fullness, and overflowing grace. May I experience your heart and your works in all ways that lead to mission and purpose. May my mind be girded with the spirit and the truth. May my soul be refreshed by the grace of Your hand. May my body flourish as I finish the assignments you've divinely assigned to me.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Psalm 98:2

The Lord has made known his salvation;
he has revealed his righteousness in the sight of the nations.

R e v e a l e d

I call my spirit forward in the name of Jesus, to be blessed and to be honored. The Scriptures say that you have revealed your righteousness to the Nations, and so I bless myself with sight. It is your work on the cross that saves us in all ways abundantly. You make known who you are and what you have graciously done for us.

May my spirit be filled with the fear of the Lord, the grace of your heart, and the agreement of my will. May I experience your heart for me as I put all my faith in you. May my mind be consecrated to your plan and your path. May my soul grow in mindful work, obedience, and prayer. May I trust in your leadership and be fruitful through my body.

I ask for alignment in all these things. May God, Jesus, and the Holy Spirit fill and align me spirit, soul, and body today. May I receive revelation from your Voice and confirmation in your Word. May my mouth always praise You.

Sacred Space

For thoughts, prayers, and writing

Daily Prayer For Kids!

For the creation waits in eager expectation for the children of God to be revealed (Romans 8:19). Let everything that has breath praise the LORD! (Psalm 150:6)

Every morning
We start this way
The perfect posture
To begin our day
We once were sleeping
But came to the light
So we open our hearts to be
Big and bright
Our spirit comes forth to sing its song
Our soul then gently plays along
Our body coming into full bloom
We dance together to our favorite tune
Our Father in Heaven
Hear us now
We lift our voices
To give you a shout
Your Kingdom Come
Your will be done

Here on Earth as it is in Heaven
Give us this day our food to eat
As we forgive those who need to retreat
Your love is good
And we thank you now
So we take our heads
Down to a bow
We worship you, Jesus,
For the life you gave
Please fill us up
So we can do the same
Direct our day
And protect us close
We'll listen and obey
And give thanks the most.
We love you, Jesus,
And give you our lives
Because You are always the greatest prize.

And everyone in God's big family exclaimed:

Amen!