



**THURSDAY** **6-17-10**

**Read:** Psalm 42 ([www.biblegateway.com/bible?passage=psalm+42](http://www.biblegateway.com/bible?passage=psalm+42))

**Prayer:** Create in me a clean heart, O God. Renew a right spirit within me. Let me be in touch with You in such an unbroken way, that Your love and grace flow through me and touch all whom I meet today. Remold me, today, O Spirit of Truth. Remold me and make me into the person Christ wants me to be. Amen

**Journal Reflection:** Do you pant for anything substantive? One of the problems in our consumer culture is that we live filled up. Before we can thirst or pant for God we need to become empty. Decide today to be empty in one way today. Maybe being empty means fasting and not eating food? Maybe being empty means spending time alone and listening for God? Maybe being empty means giving up television and doing something for someone who needs your touch? Maybe being empty means doing nothing, letting your carefully crafted schedule be empty for a day?

**Resolve:** I will empty myself today, so that the Holy Spirit might come in.

**FRIDAY** **6-18-10**

**Read:** Ephesians 5: 21-33 ([www.biblegateway.com/bible?passage=ephesians+5:21-33](http://www.biblegateway.com/bible?passage=ephesians+5:21-33))

**Prayer:** Loving God, in my baptism You adopted me, brought me into Your family, washed me from sin, and clothed me in a new righteousness. Continue Your work of grace within me, Holy Spirit. Give me faith to lay aside my old self and daily embrace my new identity as Your child. Do not leave me until You have transformed me into the new creation You intend me to be. Amen

**Journal Reflection:** This Scripture passage is often misquoted. Verse 21 is left out of the interpretation even though it is clearly the topic sentence of the paragraph. Verses 22-24 are quoted without verses 25-29 to create a false hierarchy. The true vision in this passage is of a partnership of two individuals who are within the love circle of Jesus. The image is of two persons so in love with Christ that they can honor and respect each other. Ruth Carter Stapleton used suggested that we replace the word submit with the more accurate contemporary phrase: “be accountable to.” In a marriage or church relationship, we are accountable to Christ first then to each other in such a way that every person is honored for their giftedness, uniqueness, and creativity.

**Resolve:** I will be accountable to Christ and my marriage partner today.

**SATURDAY** **6-19-10**

**Read:** Psalm 43 ([www.biblegateway.com/bible?passage=psalm+43](http://www.biblegateway.com/bible?passage=psalm+43))

**Prayer:** Loving God, there are days I am downcast. My prayers seem lost in a fog. My life is going nowhere. I keep on walking because I know that you will hold out the heart light and protect me from falling. I trust You with my life, God. Amen

**Journal Reflection:** Feeling low is normal. We all can sing the “blues.” What we sometimes forget is that “blues times” are sometimes our best opportunities to get close to God. Bookmark this Psalm so that you will have it next time you feel the “blues” coming at you.

**Resolve:** I will let Christ light my path today and every day.