



SEE
JEREMIAH 1:11-19



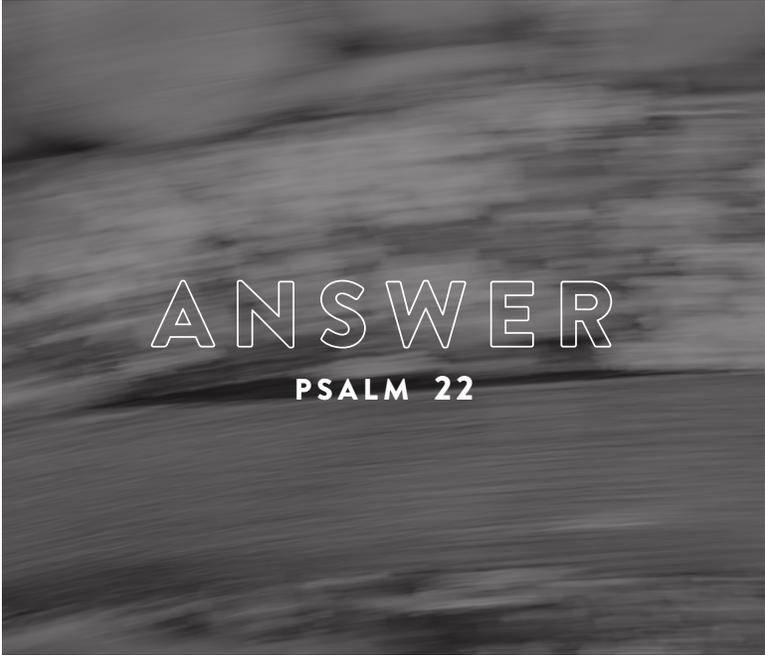
LIVE
JOHN 4:43-54



WELL
JOHN 5:1-18



SHELTER
PSALM 27



ANSWER
PSALM 22



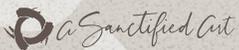
SPEAK
OPENLY
JOHN 7:1-13

REFLECT

When do you feel most alive?
What does it feel like?
When are you the furthest from feeling alive?
What can you change?

PRAY

Jesus of Nazareth,
Over and over and over again, you choose life. You heal us
with your hands and your words, saying, “Go, you shall live.”
So now that I have this wild and wonderful life, help me to use
it to the best of my ability. I see now—this is a gift. Amen.



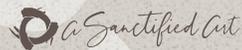
LIVE

REFLECT

If God were to ask you, “What do you see?”
What would you say?
How would your answer impact your actions?

PRAY

God of visions,
You ask me, “What do you see?” And in this moment, I’m not
sure how close I’ve been looking. There is so much suffering in
the world. It’s easy to turn away. It’s tempting to curate our
lives to see what we want to see. Open my eyes to truthfully
and honestly see what you see. Amen.



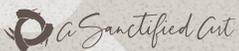
SEE

REFLECT

Psalm 27 is a morning song, designed to start your day.
What is your favorite part of your morning ritual?
Where could you include more gratitude and praise?

PRAY

God of the dawn,
If you were a home, I would pray: Put me inside those four
walls. Open the door and pull me in. Let me walk your
hallways and sit on your couch. Teach me the flow of the
floors as I memorize the flow of your voice. I want to be close
to you. Help me get there. Amen.



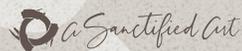
SHELTER

REFLECT

What would life look like for you to be well?
What visible or invisible things in your life need healing?

PRAY

Patient healer,
I need your healing words, but the things that ail me are not
obvious to the eye. They are internal—hurtful narratives,
doubt in myself, doubt in you. I long for you to see all of
me and to make me well. Show me how to get off my mat.
Gratefully I pray. Amen.



WELL

REFLECT

What prevents you from speaking openly?
What would it look like to be empathetic to your neighbor,
affirming of all, and still authentic to yourself when you speak?

PRAY

Holy God,
There are all sorts of narratives about what it means to be
a Christian. I am quick to defend myself, but am I quick to
defend you? Do not let me be silent, allowing false truth to
hang in the air. Let me be one who speaks openly of your love
for all, and how your love has changed my life. Amen.



SPEAK OPENLY

REFLECT

What hurt do you take to God?
Knowing that Jesus quoted this passage on the cross,
how does that change your perspective of this psalm?

PRAY

Creator God,
I cry out to you, but I often hear nothing. I want easy answers
but I am coming to see, you are not a vending machine. I
cannot always force what I want. Are you silent? Are you
speaking and I’m missing it? Are you trying to teach me how
to rest in you without frantically finding solutions? Whatever
the answer, I trust that you’re here. Grant me peace. Amen.



ANSWER

NAME

MARK 5:1-10

DWELL

JEREMIAH 7:1-7

THIRST

JOHN 7:37-44

GATHERS

PSALM 147:1-11

FREE

JOHN 8:31-32

WAIT

PSALM 130

REFLECT

When do you feel the closest to God?
When do you feel the furthest from God?

PRAY

Holy God,
It is easy for me to go through the motions, to say the words without feeling, to act the part without conviction. But I don't want a life that lacks feeling or conviction. I want people to know I'm a Christian by my love, not by an outward shallow appearance. So dwell in me, God. Dwell in me, dwell in me, dwell in me. Amen.



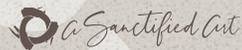
DWELL

REFLECT

Take inventory of your soul.
What do you carry that weighs you down?
What do you carry that brings you to life?
Know that God sees it all, and calls you by name.

PRAY

Gracious God,
You see me when I am down, and you invite me to tell you about it. You ask me, "What is your name?" And in that moment, I can respond with the lies that cover me, or I can respond, "I am a child of God." No matter what I say, I know that you love me. What a gift to be seen and called by name. Amen.



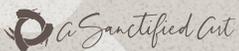
NAME

REFLECT

When was a time when you felt gathered in?
How can you be a gatherer alongside God in your own life?

PRAY

God of wide arms,
Sometimes I feel scattered, a little like an outcast, a little too familiar with the edge. I long for you to gather us up and pull us together into community, into you. For you are the God of the brokenhearted. You are the God of the edge. For that, I am eternally grateful. Amen.



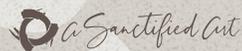
GATHERS

REFLECT

What in your life feels like water—thirst-quenching, healing, renewing?
What leaves you thirsty?

PRAY

God of renewal,
You invite me to the water's edge. You invite me to drink big, messy, two-handed gulps of your living water. You invite me to wade in, to float, to no longer feel thirsty. I want all of that. I want it more than I can say, but I don't know how to get to the river. Show me the way. Amen.



THIRST

REFLECT

What do you wait for in this life?
What do you long for? Make a list of these things.

PRAY

Holy God,
I am waiting for the sun to rise. I am waiting for the day with no more pain. I am waiting for peace and joy like a river. So as I wait, give me the will to move my feet. I will watch for morning. I will watch for morning. Amen.



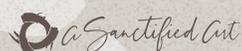
WAIT

REFLECT

When you think of the word free, what comes to mind?
What things in this world prevent you from being free—spiritually, mentally and emotionally?

PRAY

God of truth,
I long to be free. I long for an untethered heart, for an unbound mind, for the freedom to move toward you with every breath. Help me to see where I am confining myself. Help me to break the patterns and systems that confine. Help me to see the truth, to follow you, and to be truly free. Amen.



FREE