



Let's Pray

Theme: Blessings for today

Verses:

"Yes, God is more than ready to overwhelm you with every form of grace, so that you will have more than enough of everything - every moment and in every way.

He will make you overflow with abundance in every good thing you do."

- 2 Corinthians 9:8

"For we are convinced that every detail of our lives is continually woven together for good, for we are his lovers who have been called to fulfill his designed purpose..."

- Romans 8: 28

Prayer:

Dear Precious Lord,

Help me to live this day in your power, strength and joy.

Let me live this day as if it is a gift from you, for I do not know how many days on this earth I will have.

Let me have a heart of giving and blessing others, for you say "Giving brings a far greater blessing than receiving." (Acts 20:35 TPT).

Let me live in your spirit's power and guidance, for then I will live in accordance with your will.

May I speak with your words, think with your thoughts, and love with your love.

May I have a heart of gratitude today, no matter what trials I go through.

May I remember that my hope and joy are found in being your precious daughter, your willing servant, your beloved bride.

I love you Lord!

Let's Pray

Claim it! Truths about who we are:

I am called
I have a purpose
I am empowered by God
I am God's precious daughter
I am God's beloved
I am God's willing servant
I am given power to advance God's kingdom

Breathing Meditation:

I take in and give out the gifts of MY God! We overflow with the gifts of God - May the peace and strength God fills us with spread to all those in our presence this week! God is as close as our very breath, and the giver of each one that we take. Use your breath and this moment to be still and know God deeper.

We encourage you to sit and take deep belly breaths, in and out through the nose. You can also do walking meditation. Quiet your mind and focus on one sentence at a time. Use one sentence per breath, usually to the count of 4 if possible. You can speak the sentence out loud or say it in your head. Smile as you breathe out. The purpose of meditating on God's word is to allow the truths to go deeper into our mind and heart and to quiet our mind enough to truly grasp them, and then to hear more from God.

Thank you Lord (breathe in) / Thank you Father (breathe out) / I am yours / I am loved / This day is a gift / Thank you for today / Thank you for your power / Thank you for your strength / Thank you for your joy / I have more than enough / every moment / in every way / I overflow with your abundance / I am blessed

"Behold, I have engraved your name upon the palms of my hands."