



THE WAY OF LOVE

Practices for Jesus-Centered Life

ADULT FORUM

St. Luke's Episcopal Church

Week 5: BLESS

Share faith, and unselfishly give and serve

Daily Devotions

Daily Devotions for The Way of Love Week Five: BLESS

Each day take 10 minutes and sit in a comfortable chair.

Breathe in and exhale deeply, paying attention to the motion of your breath.

Allow yourself to imagine God's presence surrounding you as you pray.

Read slowly the passage below, several times. As you rise from your time of prayer, know that Jesus remains with you always.

Day One

Genesis 32:26

Then he said, 'Let me go, for the day is breaking.' But Jacob said, 'I will not let you go, unless you bless me.'

Can you remember a time when you disagreed or argued with someone but you refused to give up on reconciliation? Can you think of a time when someone was committed to reconciliation with you, even if you had given up?

Prayer: Loving God, you bless the peacemakers. Help me to see that peace is possible with your love and help me to bless others by sharing your peace today.

Day Two

Psalm 23

Even though I walk through the darkest valley, I fear no evil;
for you are with me; your rod and your staff— they comfort me.

Can you remember a time when you were in a dark valley and could not find light? In what ways did you experience comfort? What did that experience teach you about how to comfort others?

Prayer: Loving God, now we see through a glass darkly. I face darkness in my days and I pray for your comfort and light. Help me to share your light into the darkness of others.

Day Three

Romans 12:9-10

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor.

What has loving another person taught you about what is good? Have the lessons you have learned from love matured your ability to love? How?

Prayer: Gracious God, your love for me is perfect, patient and kind. Teach me to love others as you have loved me.

Day Four

Romans 12:14

Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep.

In what ways do you feel persecuted? In what ways do you tolerate or contribute to the persecution of others?

Prayer: Creator God, teach me to seek and serve Christ in all people. Teach me to see the rejoicing and the weeping of my neighbor so that I can bless others with the Christ in me.

Day Five

Matthew 25:37, 40

"Lord, when was it that we saw you hungry... And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'"

Which person or people in your life are the hardest to notice, to serve or to love? Why?

Prayer: Gracious God, give me eyes to see Christ in those who are invisible and help me to better understand or forgive those I have put outside of my care, so that I love and serve them as my siblings in your family.