

soul talk

remember you are dust

day 1 ~ READ genesis 2:7; 3:4-5,19

These verses remind us that we are dust. What does that mean? Why is it that we have a recurring identity crisis thinking we're more than dust? How often do we need a reminder that we're not God?

days 2-5 ~ READ psalm 103

being dust brings God's love and freedom

Remembering we are dust puts us in a constant position of reliance. We're then free to follow as He leads knowing that even though we don't understand and we don't have control and we don't know what direction we're heading in, we can have peace and joy and rest on the journey knowing that we're in God's hands. Living in His love is more freeing than having to be in control all the time.

What does humility mean to you? How does remembering you are dust bring God's love for you? What are you free from or free to do? What can you find in Psalm 103 that brings rest to your soul?

learning to live as dust ...

1. Embrace your limitations

Society tells us we can live the dream and have it all. We can have the career and family and do it all well because we have these great tools to help us keep track of all the details. IT'S A BIG LIE! Don't believe it. God designed you to be reliant on Him. Your body needs to rest, so you have to rely on His safety while you sleep as well as getting work done in a smaller time frame. God designed you to be different from everyone else. You will have different skills and limitations and experiences than anyone else. He has a specific plan designed around your limitations. When you try to live outside of those plans, you'll find yourself angry, bitter, jealous and exhausted.

We can take it one step further and say that we need to live within our family's limitations. Your family is unique! Your family also has their own skills, experiences, and limitations. Learning to live within your limitations frees your family to be who God designed you to be.

SPEND some time journaling your answers to the following questions or **TALK** them through with your family. What are your/family limitations? How much sleep do you need? Do you eat well or have special dietary needs? Do you get enough exercise to stay healthy, or do your kids have opportunities to burn off some energy? Do you have people you can ask for help when you're feeling overwhelmed? Do you take on too much responsibility? Maybe you have conflict because you don't take on enough responsibility? Have you discovered the things that feed your soul? Have you learned how to find God in the small moments in life?

2. Recognize your mortality and reject the lies of infinitude

In reading Psalm 103, what can you find in this Psalm about your mortality and how it fits into God's plan? What can you learn about being mortal? How can it be a gift to you?

3. Accept the love of YHWH the Creator

Many of us have been deeply hurt by life, by others, and maybe you even feel you've been hurt by God. Sometimes it's hard to accept God's love for us. But when we have a true heart level understanding of the depth of love He has for us, it's transformational. What does Psalm 103 say about God's love for you? Are you in need of a heart level transformation? Take some time to **PRAY** for God to come and speak to your heart of His love and mercy and freedom.

4. Awaken to who you were made to be

READ through Psalm 103 and find who you were made to be. **WRITE** these down. For example, in the first few verses you can see that you were made to be healed and redeemed and renewed. **PRAY** for God to open your eyes to who you were meant to be. **THINK** about how He created you and the gifts He's given you. How can all of these things, even your limitations, work together for His benefit and yours?

next steps

- o Join us in Lenten prayer beginning February 17 @ 6pm
- o Pursue community
- o Choose one practical aspect of limitation you will start embracing