

# a new name

## Day 1: beloved

read | John 3:1-2

Several years ago, Edward Farrell of Detroit took his two-week summer vacation to Ireland to celebrate his favorite uncle's eightieth birthday. On the morning of the great day, Ed and his uncle got up before dawn, dressed in silence, and went for a walk along the shores of Lake Killarney. Just as the sun rose, his uncle turned and stared straight at the rising orb. Ed stood beside him for twenty minutes with not a single word exchanged. Then the elderly uncle began to skip along the shoreline, a radiant smile on his face. After catching up with him, Ed commented, "Uncle Seamus, you look very happy. Do you want to tell me why?" "Yes, lad," the old man said, tears washing down his face. "You see, the Father is so very fond of me."

The Wisdom of Tenderness by Brennan Manning

Do you believe the Father is so very fond of you? That you are His beloved? Are you surrounding yourself with people who believe this truth? Get connected, join a small group, look for people who believe this truth.

## Day 2: nothing I can do

read | John 4:9-10

The word beloved means:

*adored \* darling \* dear \* dearest \* precious \* much Loved \* cherished \* treasured \* prized \* highly regarded \* admired \* favorite \* worthy of love*

◇ God has chosen to love me, not because of who I am, but because of who He is.

◇ There is nothing I can do to add to His love.

◇ There is nothing I can do to make Him love me less.

Choose one of the words that beloved means. Why did that one stand out to you? Spend time being still and thinking on that word. When we are still, our soul speaks to us. Let your soul speak to you today.

## Day 3: alone

read | John 20:1-2, Matthew 11:28-30

"We need to find God and He cannot be found in noise and restlessness. God is a friend of silence. See how nature--trees, flowers, grass--grow in silence. See the stars, the moon, the sun, how they move in silence." Mother Theresa Make time today to be alone and quiet.

A simple prayer to pray in the quiet is, "Father, I belong to you."

Inhale on Father; exhale on I belong to You.

Some days, this might be all you can pray, and that's okay.

## Day 4: your name

read | John 20:10-16

Mary's life just changed forever--her hopes, her dreams, her future--we're swallowed up in the darkness of the tomb. She was empty, afraid, and alone, but she was where things made sense to her--with Jesus--or where she thought He was. She was going to do anything she could to find Jesus' body. She begged the "gardener" to tell her where Jesus' body was. She would go get it herself! Then the "gardener" said her name. "Mary." She knew then that it was Jesus, not the gardener. She knew because He said her name. She had heard Him say her name so many times before. She knew Him.

Jesus says our name daily.

Stop. Slow down. Sit. Breathe. Listen.

## Day 5: wanted

read | Psalm 139:13-14

"I have called you by name, from the very beginning. You are mine and I am yours. You are my Beloved, on you my favor rests. I have molded you in the depths of the earth and knitted you together in your mother's womb. I have carved you in the palm of my hands and hidden you in the shadow of my embrace. I look at you with infinite tenderness and care for you with a care more intimate than that of a mother for her child. I have counted every hair on your head and guided you at every step. Wherever you go, I go with you, and wherever you rest, I keep watch. I will give you food that will satisfy all your hunger and drink that will quench all your thirst. I will not hide my face from you. You know me as your own and I know you as my own. You belong to me."

Souvenirs of Solitude by Brennan Manning

Beloved. There is no other name that will do anymore. Accept the new name he has for you.

## Next steps:

\*Read Life of the Beloved by Henri Nouwen

\*Pray the simple prayer of, "Father (inhale), I belong to You (exhale).

\*Spend time just being. Allow your soul time to speak to you.

\*[Chattingatthesky.com](http://Chattingatthesky.com)