



Leaning Into the Heart of the Holy

2016 Lenten Devotions

Monday

February 22, 2016

Leaning Into the Wind

Written by Kathy Painter

at the Lakeside Women's Retreat 2016

I hear the music of the wind
My prayers soothe me
The waters quiet my soul and renew me
I lean into loving myself.

Why does it hurt to find that quiet rest and give myself that gift?
Tears are water - just like the vast water before me, except that they well up from within me.

The wind caresses the water like God's voice caresses my heart
It's time for me to be still and listen; listen to God loving me.
It's time for me to love myself since God loves me.

I'm quiet now- let me open my heart and let the Holy Spirit in.
Quiet.
Calm.
Peace -
The wind is making music for my soul.

Prayer: “Monday Morning Prayer”

Lord, in this morning hour I come boldly to Your throne of grace in full assurance that there I shall obtain mercy and find grace and help in time of trouble. I need Your help and Your grace as I again return to the routine of my vocation and schedule. Grant me true faithfulness in the performance of my calling. Guard me against becoming selfish, careless, and lazy in carrying out my daily work, so that all I do has not only the appearance of being pleasing among men, but is also true service to my neighbor, that I may be a servant of Christ, doing the will of God.

Grant to all who are out of work useful employment. Feed us all with food necessary for our lives, and teach us to receive it with thanksgiving. Grant us the godliness and contentment without which there can be no true happiness, and let us so walk through the things temporal that we may not lose the things eternal; for Jesus' sake. Amen.

By Martin Luther, From the *Lutheran Book of Prayer*

Psalm 51:10 - 12:

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.