



# Leaning Into the Heart of the Holy

2016 Lenten Devotions

Tuesday

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**From *Jesus Calling: Enjoying Peace in His Presence***

Thank Me frequently as you journey through today. This practice makes it possible to pray without ceasing as the Apostle Paul taught. If you are serious about learning to pray continually, the best approach is to thank Me in every situation. These thankful prayers provide a solid foundation on which you can build all your other prayers. Moreover, a grateful attitude makes it easier for you to communicate with Me.

When your mind is occupied with thanking Me, you have no time for worrying or complaining. If you practice thankfulness consistently, negative thought patterns will gradually grow weaker and weaker. Draw near to me with a grateful heart, and My presence will fill you with joy and peace.

Sarah Young. "November 25" from *Jesus Calling: Enjoying Peace in His Presence*. Thomas Nelson Publishers, 2004

## **Prayers:**

We thank you, God, for the moments of fulfillment:  
the end of a hard day's work,  
the harvest of sugar cane,  
the birth of a child,  
for in these pauses  
we feel the rhythm of the eternal.

–Prayer from Hawaii

Thank you, Lord, for loving me  
when I am my most unlovable.  
Give me love enough  
to love others as you love me.

–Kathy Keay

I thank Thee, God, that I have lived  
In this great world and known its many joys:  
The song of birds, the strong, sweet scent of hay  
And cooling breezes in the secret dusk.  
The flaming sunsets at the close of day,  
Hills and the lonely, heather-covered moors,  
Music at night and moonlight on the sea,  
The beat of waves upon the rocky shore  
And wild, white spray, flung high in ecstasy.  
The faithful eyes of dogs and treasured books,  
The love of kin and the fellowship of friends,  
And all that makes life dear and beautiful.  
I thank thee, too, that there has come to me  
A little sorrow and sometimes defeat,  
A little heartache and the loneliness  
That comes with parting, and the word “Goodbye,”  
Dawn breaking after dreary hours of pain,  
When I discovered that night’s gloom must yield  
And morning light break through to me again.  
Because of these and other blessings poured  
Unasked upon my wondering head,  
Because I know that there is yet to come  
An even richer and more glorious life,  
And most of all, because thine only Son  
Once sacrificed Life’s loveliness for me—  
I thank Thee God that I have lived.  
—Elizabeth Craven

### **1 Thessalonians 5:16-18**

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

### **Romans 15:13**

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.