

Spiritual Inventory

Catching a Re-Created Breath

The gospel of Mark talks of the change brought about when and as the Kingdom of God draws near to us. It's an proclamation that God moves among us, comes to us, inhabiting our world and context, changing us as we are pulled towards God. That's the theological idea behind the word GOSPEL or εὐαγγέλιόν pronounced euaggelion meaning a good news message of victory.

1. Take a moment to calm and center yourself. Practice some deep breaths which your eyes closed. In the creation story of Genesis 2 the man and woman are mere dirt, fashioned into a body until God breathes the divine breath, the Holy Spirit into their bodies. Then they are alive. Complete. Clean. Pure. Well. Whole. Looking to the next year, from experiences, joys and pains from the past year, how do you long to be healed, or made whole? How do you long for God to restore and re-create that divine breath in you? your life?; your work?; your relationships?

2020

Give thanks to God for the closeness of God's spirit (breath), power and purpose

2. Take a moment to calm and center yourself. Practice some deep breaths with your eyes closed. Pay attention to how the feel of that new breath entering your lungs and body feels. Do you notice a difference in how you feel?; what you hear?; your thoughts? Looking to this next year, how do you want to share the recreating power of God's spirit – that pure breath – with others? How do you want to breathe differently this year....or said in another way, how do you want to engage and commit to paying that redemptive breath forward....in a specific ministry?; in a new commitment?; in something new to learn or fathom?; an intention in this year that promises to turn the volume up on divisive language & destructive tendencies in our politics and culture? Maybe it's an intention to live out in our church community?; or elsewhere? It could be about food insecurity, immigration, poverty, theological issues, political language, social isolation, bullying, depression, mourning, or incarceration (*among other things*).

2020

Give thanks for the powerfully close and fiercely love of God's redemption in our life and our world.