

Summer Soul Care

You will pray to Him , And He will Hear you.

Job 22:27

Prayerfully created for Rest, Reflection & Renewal

Invitation

The Lord of all Creation
The One True and Holy God
The Creator of all things
The Great I Am
Cordially Invites you to Come
And Fellowship with Him today

Find a place that is free from distractions.

Once you are at that solitary place, picture Jesus waiting for you with outstretched arms.

There is pure joy on His face at the sight of you. The Lord longs for you and treasures time with you more than you realize.

Take a deep breath and welcome God's presence.

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SoulShepherding.org

Notice and name

Take time to reflect on your current “state of being”.

Ask: How am I showing up today?

This is simply about noticing and naming, not judging or trying to fix, but simply acknowledging where you are right now.

Here are some words that might express your current reality. Circle those words that resonate with you currently. Write out other words that you might describe how you are feeling.

Physically	Relationally	Vocationally	Spiritually	Emotionally
Exhausted	Isolated	Overwhelmed	Dry	Numb
Energetic	Accepted	Inspired	Seeking	Anxious
Drained	Known	Busy	Trusting	Thankful
Vigorous	Loved	Confused	Indifferent	Loving
Wearry	Discouraged	Optimistic	Fruitful	Depressed

In my physical body? (Pain, tension, tightness, stress)

In my mind? (What is most often occupying my thinking these days?)

In my emotions? (What emotions am I feeling most strongly these days? How about today?)

In my spirit? (How would I describe my spiritual life lately: more like a lush garden or a dry patch?)



Welcoming prayer

After you've spent some time reflecting, I invite you to pray this adapted version of the Welcoming Prayer.

Prayer

Welcome, welcome, welcome.

I welcome everything that comes to me today because I trust it's for my growth & healing.

I say, "Welcome!" to it all:

All the thoughts and feelings, every situation I am facing,

Everything that "comes up" in me.

And as I welcome. I say YES to you, God.

I invite Your work in me: in this moment,

In this feeling, in this experience. I say Yes.

And as I do, I open myself to You: Your love, Your presence, Your Grace, Your activity in my life. Amen.

Amen



Entering His Presence

Spend a few minutes placing your trust in God's hands. We can trust Him with all the things that lay heavy on our hearts.

Slow your mind down as you breathe deeply and still your body.

What is it on your heart today that you need to trust God with?

Read the following Scripture



“I will bless the Lord who guides me; even at night my heart instructs me. I know the Lord is always with me. I will not be shaken, for He is right beside me.”

Psalm 16:7-8



“Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.”

Deuteronomy 31:8



“I am with you always, even to the end of the age.” **Matthew 28:20**

How did David anticipate God's presence? When? *Read Psalm 16:7-8 again.*

In what ways do you think you might be able to establish the habit of anticipating God's presence when you come to prayer?

How do these truths encourage you right now?

Write some things you might say to God to acknowledge His presence during your time alone with Him in a journal. Take a few moments to spend in this space.

Entering His Presence

As you continue to sit in His presence – close your eyes and take a few deep breaths. Open your eyes, but continue breathing as follows:

☐ ***Inhale*** Lord Jesus, I receive your Love

☐ ***Exhale*** I release guilt and fear.

☐ ***Inhale*** Lord Jesus, I receive your truth

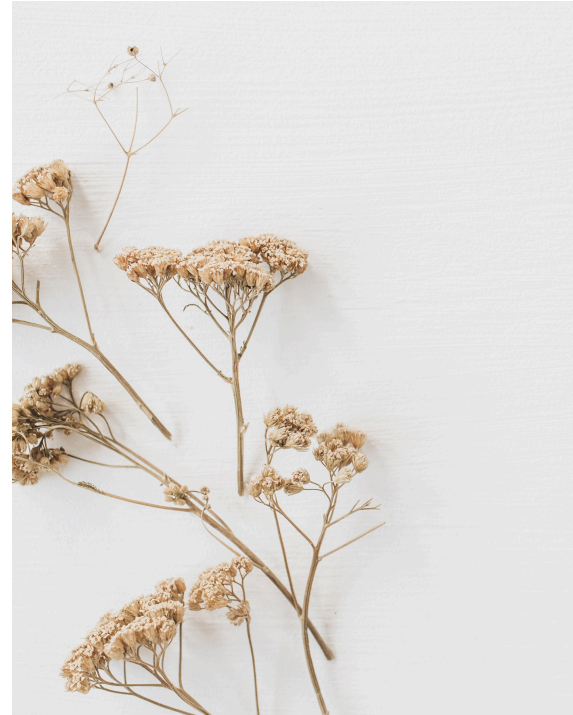
☐ ***Exhale*** I release anxiety and distrust.

☐ ***Inhale*** Lord Jesus, I receive your peace.

☐ ***Exhale*** I release tension and fretfulness.

☐ ***Inhale*** Lord Jesus, I receive your light.

☐ ***Exhale*** I release sin and disobedience.



Prayer Thank You God for your gentle care and reminders every day that you can be trusted and that you'll never leave me. Help me to fully trust you today. Amen.

Joy in His presence

Because our brains often go to the negative, we need to slow down and savor the blessings and joyful moments in our lives. Pause and recognize God's Presence and savor those moments of beauty that have come your way.

Who are the people around you who give you joy?

What places bring you joy?

What does joy sound like?

Do you remember a time when life was hard, but you grasped and found joy-filled moments?

Where in your life do you see the goodness of God?

Take some time to Thank God for His goodness and blessing over your life.

"My heart is full today. I am grateful for all that God has done for me."

Psalms 111:1



Savoring Your Blessings



Thank you, God, for this incredible world full of so much beauty, so much goodness, so many blessings.

Hold your hands in front of you in a fist and count off on your fingers, 10 things that come to mind that you are thankful for. Hold your hands open in gratitude at the end.

What happened in the last few days that you are especially grateful for?

As you think of the things that you are thankful for, where in your life have you been tempted to focus on how life isn't good enough. Where you have been tempted to slip into dis-content?

Where you have been tempted to complain?

Is there anything in those situations that you can be thankful for?

Prayer God with open hands, I think about how I hold all these blessings I have received from you, and I give you thanks. Whether they are big things or small things, I acknowledge them. I acknowledge God that you don't owe me anything. All of this is a gift of you. Thank you.

Praying Psalm 23

I have more than enough

“The Lord is my Shepherd; I shall not want.”

Lead me, Shepherd. Through the cluttered junkyard of my desires.
Through the noisy bazaar of all the stuff I think I need,
to the quiet meadow of Your love
Where I have everything, I need.

Breath Prayer I have enough... I am at peace.

I am at Rest

“You make me lie down in green pastures.”

*God, I am trying so hard to keep up, to maintain,
to produce, to perform. Give me energy and give me rest.
For there is no need, no such thing as good enough.
There is only my belovedness. Your love for me is fierce and unending.
You are my resting place. Lead me aside from the hustle,
To a quiet place in you to find my rest.*

Breath Prayer I rest... in You.

You Restore Me

“He restores my soul.” Psalm 23:3

O Lord, sometimes I am under so much pressure,
Sometimes I am in grief and my heart falters,
My breath goes shallow. Revive me, Lord.
Be my heartbeat, be my breath.
And restore me deep within. I breath you, deep and easy.

Breath Prayer In You... I am whole.

You Guide Me

“You lead me in the right path for your name’s sake.” Psalm 23:3
Lead me, loving Father. Lead me in a way of grace and forgiveness,
A path of beauty and kindness. Lead me toward justice and mercy.
May each step be a step of love and courage.

Breath Prayer Your Love... leads me.

Praying *Psalm 23*

In Dark Valleys

“Even though I walk through the darkest valley, I fear no evil;
for you are with me; Your rod and your staff they comfort me.” Psalm 23:4

*The way to love and light leads through pain and loss,
and the darkness of not seeing.*

*And You, O Lord, my Faithful One,
You go with there with me.*

*Through the unknowing, Through the powerlessness,
Through the grief, there you are,
until I reach another green meadow.
Thank you. Lead me.*

Breath Prayer In the unknown... I feel Your Presence.

Come to the Table

“You prepare a table before me in the presence of my enemies.” Psalm 23:5

Holy God, In the face of all I fear,
You spread a feast of sustenance and beauty.
Though I flee from hurtful conflicts sometimes you invite me to your table
Where I share with my enemies, and we are reconciled.
For provision and safety, For abundance overflowing, I thank You!

Breath Prayer Despite all... I trust You.

Your Goodness

“Surely goodness and mercy shall follow me all the days of my life, And I shall dwell in the house
of the Beloved My whole life long. Psalm 23:6

Beloved, wherever I am,
I am at home in You.
Every moment I am in your presence,
Surrounded by Your goodness.
Your gentle mercy shadows me, clings to me, belongs to me.
Unseen, unfelt, Your spirit hovers.
Your grace enfolds me.
Your mystery breathes in me.
Your love abides. I thank You.
I give myself to you.

Breath Prayer At home... In You.

Visual Contemplations



Mark 4:35-41 tells the story that inspired Rembrandt's painting of Jesus and His disciples during a storm on the Sea of Galilee. Read the passage prayerfully and slowly. Envision the scene as it unfolds.

Now look at the picture "The storm on the sea of Galilee" by Rembrandt (full page version on the next page.) Ask God to guide and direct your thoughts as you focus on the details captured in this scene and reflect upon the scripture. Allow a little silence between each question.

What do you notice?

What part of the picture does God draw your attention to?

Quietly pray and reflect on this for a couple of minutes.

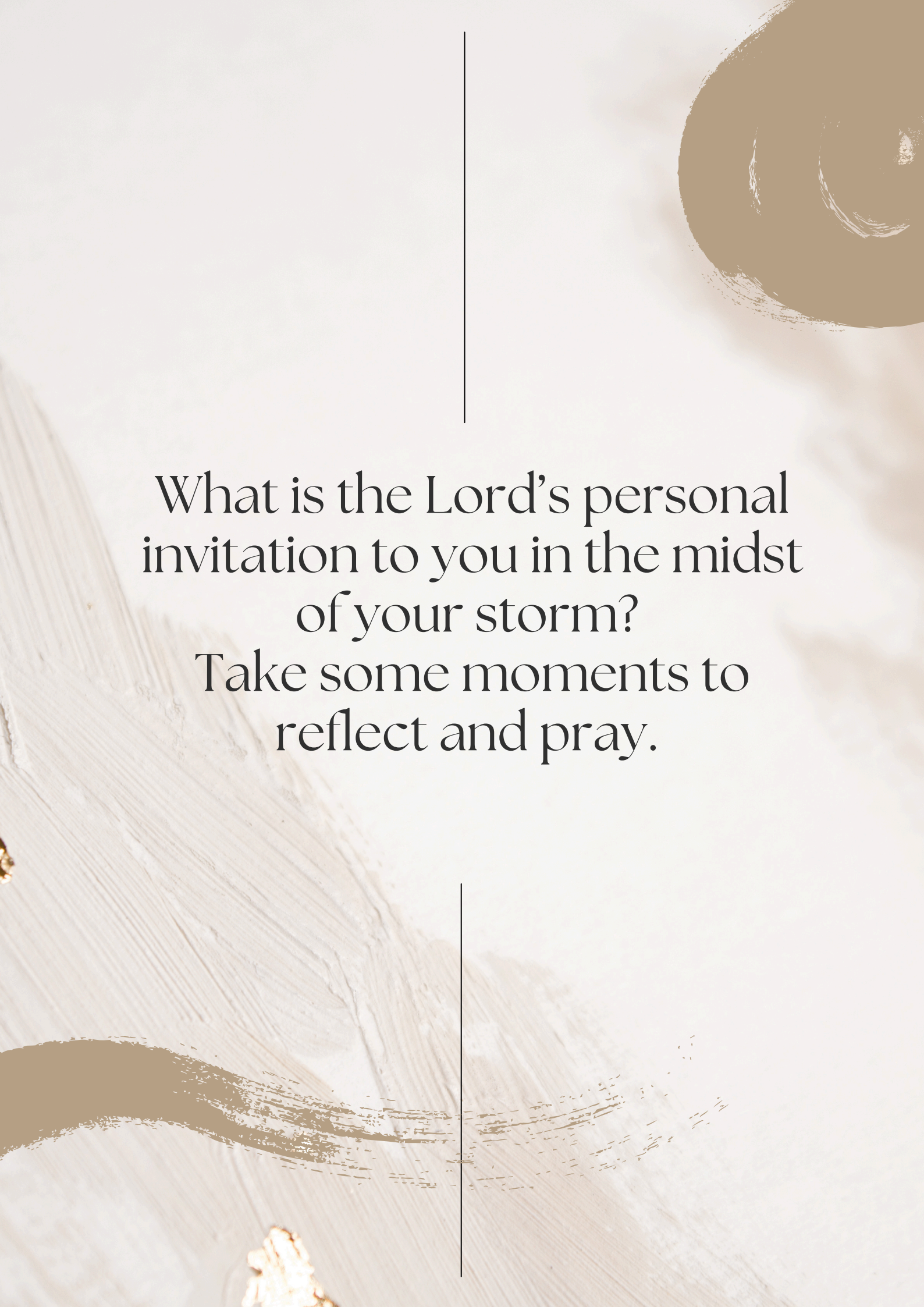
As you look at the picture again enter imaginatively into the scene. Where do you see yourself in this picture? Are you the person trying to fix the sails? Are you the one barely hanging on? Are you hurled over sick from all the commotion of life? Are you afraid? Are you sitting quiet and alone? Or are you sitting at Jesus feet feeling calm and at peace?

Take a moment to reflect on what character in the picture you identify with.

Take some time to pray quietly about this.

Now bring your attention to Jesus in the picture. How could Jesus be so relaxed while there was a storm raging and the disciples were in such great danger? Jesus knew the outcome of the situation. They were safe in the Father's arms, and He trusted His Father to care for them.





What is the Lord's personal
invitation to you in the midst
of your storm?
Take some moments to
reflect and pray.

What do you want me to do for *you*?

“What do you want me to do for you? Lord, I want to see, he replied.” Luke 18:41

Settle down into the silence. Close your eyes.

Inhale.

Speak the name/title of God that rises to your lips: Creator, Abba, Yahweh, El Roi (The God Who Sees), The Holy One, Deliverer of My Soul, My Strong Tower, My Shepherd, Alpha and Omega, Everlasting God, Mighty One, God of My Salvation, Jehovah Jireh (My Provider), The Most High God, The Lord My Refuge, The Lord My Strength, The Lord My Rock, God of Mercy.

Exhale.

Imagine God calling you by your name. And hear Him say to you, as Jesus said to the blind man who called out to Him, What do you want Me to do for you?

Journal your answer
