

MONDAY

THE PROBLEM OF EMOTIONALLY UNHEALTHY SPIRITUALITY

Does the Lord delight in burnt offerings and sacrifices as much as in obeying the voice of the Lord? To obey is better than sacrifice, and to heed is better than the fat of rams, for rebellion is like the sin of divination, and arrogance like the evil of idolatry. 1 Sam. 15:22-23

O God, I thank you for your grace and mercy in my life. If it were not for you, I would not even be aware of you or my need for your transforming work deep beneath the surface of my life. Lord, give me the courage to be honest and to allow the Holy Spirit's power to invade all of who I am below the surface of my iceberg so that Jesus might be formed in me. Lord, help me to grasp how wide and long and high and deep is the love of Christ is for me personally. In Jesus' name, amen.

PATHWAY 1 — KNOW YOURSELF THAT YOU MAY KNOW GOD

David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel... Today I will give the carcasses of the Philistine army to the birds of the air and the beasts of the earth, and the whole world will know that there is a God in Israel. All those gathered here will know that is not by sword or spear that the Lord saves; for the battle is the Lord's. 1 Sam. 17:45-47

Lord, help me to be still before you. Lead me to a greater vision of who you are, and in so doing, may I see myself for who I truly am. Grant me the courage to follow you, to be faithful to become the unique person you have created me to be. I ask you for the Holy Spirit's power to not be anybody but me. God, may I not find my identity in what I do, what others think or what I possess, but rather live out of the reality of your love and do your will this day. In Jesus' name, amen.

TUESDAY

PATHWAY 2 — GO BACK IN ORDER TO GO FORWARD

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. So then, don't be afraid. I will provide for you and your children. Gen. 50:20-21

Lord, I believe you are a God with great purposes. You placed me into my particular family in a particular place in a particular time in history. I don't see what you see, but I ask you to show me, Lord, the revelation and purposes you have for me in your decision. Lord, I do not want to betray or be ungrateful for what was given to me. Yet at the same time, help me discern what I need to let go of from my past, and what my essential discipleship issues are in the present that must be addressed. Grant me courage; grant me wisdom to learn from the past, but not be crippled by it. And may I, like Joseph, be a blessing to my earthly family, spiritual family and the world at large. In Jesus' name, amen.

PATHWAY 3 — JOURNEY THROUGH THE WALL

The Lord said to Abram, "Leave your country, your people and your father's household and go to the land I will show you... By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going. Gen. 12:1; Heb. 11:8

Heavenly Father, teach me to trust you even when I do not know where you are going. Help me to surrender and not turn inward out of fear. The storms and winds of life, O Lord, blow strongly all around me. I cannot see in front of me. Sometimes I feel like I am going to drown. Lord, you are centered, utterly at rest and peace. Open my eyes that I might see you are with me in the boat. I am safe. Awaken me, Jesus, to your presence within me, around me, above me and below me. Grant me grace to follow you into the unknown, into the next place in my journey with you. In Jesus' name, amen.

WEDNESDAY

PATHWAY 4 – ENLARGE YOUR SOUL THROUGH GRIEF AND LOSS

Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Matt. 26:39

Lord Jesus, when I think about my losses, it can feel that I have no skin to protect me. I feel raw, scraped to the bone. I don't know why you have allowed such pain. Looking at Jesus helps, but I must admit that I struggle to see something "new being birthed out of the old." Lord, grant me the courage to feel, to pay attention, and then to wait on you. You know that everything in me resists limits, humility, and the cross. So I invite you, Father, Son, and Holy Spirit, to make your home in me as you describe in John.14:23, to freely roam and fill every crevice of my life. And may the prayer of Jesus, finally, be mine: "Yet not as I will, but as You will." In Jesus' name, amen.

PATHWAY 5 — DISCOVER THE RHYTHM OF THE DAILY OFFICE

Three times a day (Daniel) got down on his knees and prayed, giving thanks to his God, just as he had done before... I wait for the Lord, my soul waits, and in his word I put my hope. – Dan.6:10; Ps. 130:5

Lord, help me to grab hold of you as my rope in the blizzard today. The idea of stopping to be with you one, two, or three times a day seems overwhelming, but I know I need you. Help me to be still and to wait patiently for you (Ps. 37:7). Teach me to be prayerfully attentive to you not only when I stop and pause, but also throughout the rest of this day. In Jesus' name, amen.

THURSDAY

PATHWAY 5 — DISCOVER THE RHYTHM OF SABBATH-KEEPING

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work... For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy... The Sabbath was made for man, not man for the Sabbath." Ex. 20:8-11; Mk. 2:27

This idea of Sabbath, Lord, will require a lot of change in the way I am living life. Lead me, Lord, in how to take the next step with this. Help me trust you with all that will remain unfinished, to not try to run your world for you but to rest in your love and grace for me. Set me free to begin reorienting my life around you and you alone. In Jesus' name, amen.

PATHWAY 6 — GROW INTO AN EMOTIONALLY MATURE ADULT

If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging symbol. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. I Cor. 13:1-3.

Lord Jesus Christ, Son of God, have mercy on me. I am aware, Lord, of how often I treat people as It's, as objects, instead of looking at them with the eyes and heart of Christ. Lord, I have unhealthy ways of relating that are deeply embedded in me. Please change me. Make me a vessel to spread mature, steady, reliable love—so that people with whom I come in contact will sense your tenderness and kindness. Deliver me from false peacemaking that is driven by fear. Lord Jesus, help me love well like you. Grow me, I pray, into an emotionally mature adult through the Holy Spirit's power. In Jesus' name, Amen.

FRIDAY

PATHWAY 7 — GO THE NEXT STEP TO DEVELOP A "RULE OF LIFE"

They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread, and to prayer... No one serving as a soldier gets involved in civilian affairs – he wants to please his commanding officer. Similarly, if anyone wants to compete as an athlete, he does not receive the victor's crown unless he competes according to the rules. The hardworking farmer should be the first to receive a share of the crops. Acts 2:42; 2 Tim. 2:3-6

Lord, I just need to be with you— for a long time. I know that at other times I have rushed and cut you short, but I can see there are a lot of things in me that need to change. Let this time be different, Lord. Show me what one small step I can take to begin to build a life around you. Help me pay attention to your voice. By your grace, I obey, trusting that even small changes will grow into powerful winds of the Holy Spirit blowing through and overtaking all of the areas of my life. Thank you. In Jesus' name, amen.

PATHWAY 7 — GO THE NEXT STEP TO DEVELOP A "RULE OF LIFE"

Though an army besiege me, my heart will not fear, though war break out against me, even then will I be confident. One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple. Ps. 27:3-4.

Lord, help me to keep you at the center of everything I do, for your love is truly better than life itself (Ps. 63:3). Deliver me from the powerful external distractions that pull me away from you. Free me from my stubborn tendency to do my will, not your will. Guide me in developing the combination of spiritual practices in my life that will both fit me and enable me to prefer the love of Christ above all else, In Jesus' name, amen.



GUIDELINES:

- This prayer guide explores the biblical truths and principles found in the book *Emotionally Healthy Spirituality* (Integrity, 2006). Emotional health and contemplative spirituality, when interwoven, offer opportunities to transform the hidden places deep beneath the surface of our lives. It is our prayer that the Holy Spirit will be your guide for this inward journey into the deep parts of your inner self. May He lead you into all truth so that you experience the gift and the beauty of the love of God, as well as the gift and beauty of your own life.
- Remember, an Office is a time to STOP, SLOW DOWN, CENTER and PAUSE to be with Jesus. Our goal is to create a continual familiarity with God's presence in each day.
- This tool offers you a structure for two offices per day from Monday to Friday, and can be used for morning, midday or evening prayer. Asterisks divide the prayers for each day.
- I recommend you meditate on and perhaps memorize the Scripture texts, allowing them to soak into the depth of your being. Listen to God as you are with Him. And, of course, go at your own pace.