

Lenten Devotional 2021



Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing." — Arundhati Roy

IT BEGINS INSIDE US.

Each Day close your eyes and with your finger pick one of the following squares for your day.

"Saying no to one thing
is saying yes to the
possibility of another."
— 12 Tiny Things

Say no to one thing
today.



Go outside and
walk on a path
you haven't been
on before.

Listen to
"Breathe it in"
by Beautiful Chorus

"This is the season she will
make beautiful things. not
perfect things, but honest
things that speak to who she
is and who she is called to
be" — Morgan Harper Nichols

Write down one beautiful
thing you are making right
now.

"Maybe our world will grow
kinder eventually. Maybe
the desire to make
something beautiful is the
piece of God that is
inside each of us."
— Mary Oliver

Where is God in you today?

Tonight write down
three things for which
you are grateful.



Where do you find
hope?

How can you
nourish that hope?

Light a candle for
yourself today to make
part of your day extra
special.

Write someone a
handwritten letter.



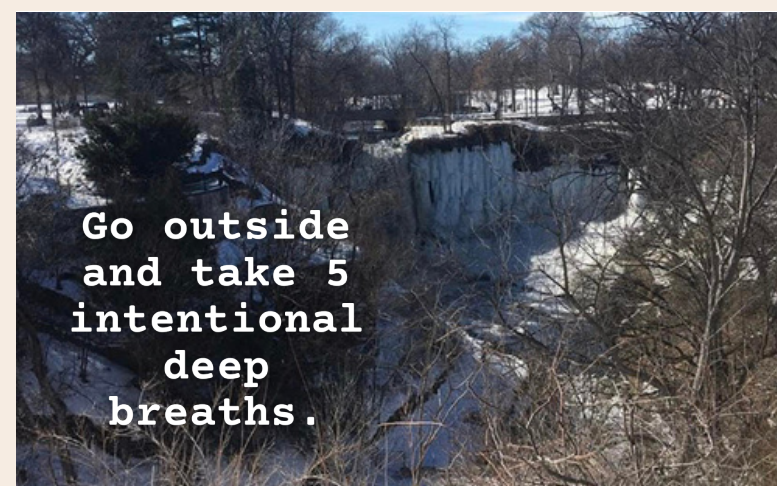
Check out: "Nobody's
Stopping You Now" by
Lake Street Dive

Make a warm drink and
sip it slowly.

"In the beginning God
created the heavens and
the earth... God saw all
that God had made, and it
was very good."

Genesis 1:1, 31

Where do you see something
very good?



Go outside
and take 5
intentional
deep
breaths.

Podcast Rec:
On Being

"Jane Goodall on What
it Means to Be Human"

"Don't be intimidated by what
you don't know. That can be
your greatest strength and
ensure that you do things
differently from everyone
else." — Sarah Blakely

Where do you see strength in
you today?



Notice how the
sunshine is
coming through a
window.

Listen to "I choose"
by India Arie



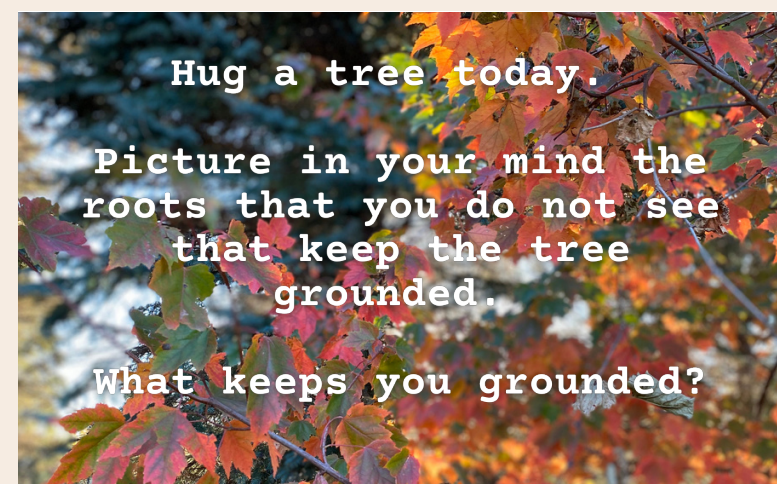
Treat yourself to a
yummy snack.

Check out the podcast:
The Morgan Harper
Nichols Show

Take three deep
intentional breaths.



Read Mary Oliver's The Journey..."But little by little, as you left their voice behind, the stars began to burn through the sheets of clouds, and there was a new voice which you slowly recognized as your own..."



"Asking for help isn't giving up." said the horse.

"It's refusing to give up."
- Charlie X

Ask for help today.

Where do you see hope today?



Deep Spirit breaths for rest, resistance, and rising together.

- Romans 8:11

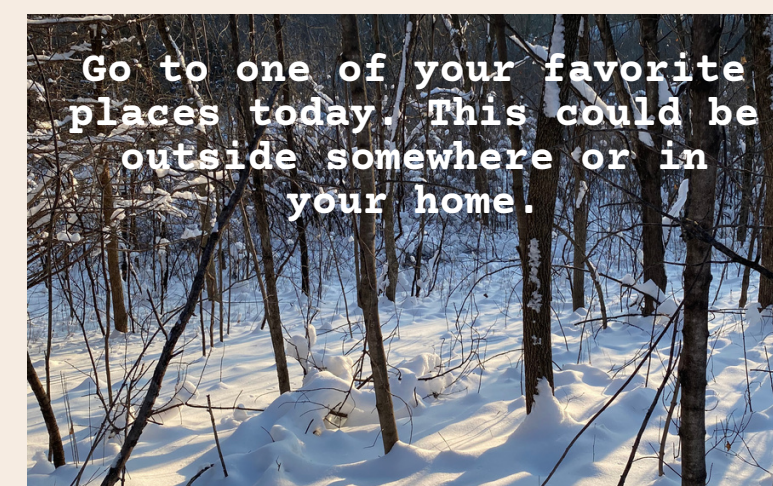
Set an alarm to remind you sometime today to take 3 deep breathes.

Set up a small space in your home for reading, reflecting, praying. Create it with a table, votives, books, photos or keep it simple in a quiet corner space with a pillow.

"yesterday I was dreaming of tacos + tonight I'm having tacos..."

follow your dreams"

Today follow one small part of a dream.



Pslam 23:4 "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."

Find something that comforts you today.

Write 3 good things about yourself on a post-it note. Place it in a spot where you tend to visit when you are having a hard time. Let it be a reminder to yourself that you are enough.



Little things are big things.

Do 1 little thing just for you.

What can you let go of today?

Take 3 intentional breaths. On your exhales let it go.



We hold hope and despair, one in each arm, and we cradle them close to our chest, because they both have something important to say at every moment.—
Glory Happening

Where are you holding both hope and despair?

"The funny thing is," said the mole... the tiniest act of kindness can save a life."
- Charlie X

Do a small act of kindness today.



if you were born with the weakness to fall you were born with the strength to rise

- rupi kaur

Rise today.

"Because there's nothing more beautiful than the way the ocean refuses to stop kissing the shoreline, no matter how many times it's sent away."
— Sarah Kay

What or who continues to show up for you?

