

HEALTHY CHURCH INITIATIVE

“UNBINDING YOUR HEART

Peace and Safety: What are you afraid of? Who are you afraid for? We live in a world where fear is pervasive. We follow a God whose word says, "Perfect love casts out all fear" (I John 4:18). We follow a God whose invitation is to "Rejoice in the Lord always; again I will say rejoice" (Philippians 4:4). Those words are easier to read than they are to live out.

One of the “Unbinding Your Heart” prayer exercises is an invitation to still ourselves for a moment. Repeat "Rejoice Always" or "Perfect Love Casts Out All Fear." After a few moments of repeating these words of reassurance, place your hands loosely in your lap, palms up, pinky fingers pressed together. Imagine someone who is afraid; imagine this person shrunk to a size small enough to be held in your hands. Ask for the peace of God to permeate this person's life. Ask God who else might need your prayers. Pray that God's perfect love may cast out their fears. You may even find when holding another in prayer, your own fears begin to dissipate.

Prayer for the Day: I arise today, Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left. ... I arise today through the mighty strength (of God in Christ). Amen.

Devotional Idea from "Unbinding Your Heart," Martha Grace Reese, p. 143 with a prayer from the 7th century Celtic Tradition.