

# Monthly Theme: Inclusion

## July 25 & 26: **Tenderness**

“...God made you alive together with [God]...erasing the record that stood against us with its legal demands. [God] set this aside, nailing it to the cross.”

~ Colossians 2:13b-14

“I dwell in possibility.”

—Emily Dickinson



**Invitation to Tenderness**

**Center with:** To be human is discovery, God of Possibility. Expectations quench the fire of potential. To be alive is to loosen my grip on what others think of me. My intention: relish the promise of me.

**Breathe In:** The promise of me cannot be contained;

**Breathe Out:** your expectations cannot limit me.



### Reflection:

What might it look like for you to dwell in possibility?

What legal demands do you still grip that limit your potential to become more of you?

My intention to do an (embodied) spiritual spa today is: