

Monthly Theme: Inclusion

July 23 & 24: **Tenderness**

“As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and established in the faith, just as you were taught, abounding in thanksgiving.”

~ Colossians 2:6, 7

Faith is relational; it is dynamic. Faith creates and recreates; it is organic. Faith must expand, grow as you become more—as you understand more about what embodying the divine means: uniquely you.



Invitation to Tenderness

Center with: Change is often confusing, Creator God. When I become more of me, perspectives shift, expectations are revised. My heart can endure it. My intention: be tender with change.

Breathe In:

I can change my mind.

Breathe Out:

I don't owe an explanation for my growth.



Reflection:

What happens in your body when you've grown into your own perspective now different from an important person in your life?

We are socialized to think we must explain ourselves if we discover a better way to express our faith. What makes it so hard to accept a different perspective as valid?

My intention to show tenderness to my heart today is: