

Friday - February 19

But those who trust in the LORD will find new strength. They will soar high on wings like eagles.

They will run and not grow weary. They will walk and not faint.

Isaiah 40:31 (NLT)

If your path has not crossed with the Ohio poet Barbara Fant, I highly encourage seeking her out. This powerful word slammer and artistic being has been sharing her gift with Columbus for years now. She has provided hope and healing for our community. Barbara has been weaving together her love of poetry with her passion for God for her whole lifetime. What a gift for us! I received healing myself through her and a simple writing activity she asked me to attempt. I'd like to share it with you today and then encourage you to find new strength through participating yourself.

Name the thing that has helped you survive 2020. Write a letter to yourself from that item in 5-7 minutes. Can you guess who my letter is from below?

Dear child,

Just like you I am created anew each and every day.

Just like you I am ever changing, ever growing, and moving through seasons.

There is much to discover and rejoice in.

Time is needed.

Slow down.

Breathe.

Engage with me.

I long to connect with you...to gather you up and to bless you.

Come. Come away.

Pause to Listen.

Open your eyes. Open your heart.

There is more to discover and learn.

Thank you for seeing me.

For noticing what I have to offer.

Just like you I am created anew each and everyday.

Anonymous

Prayer: Father God, thank you for words, for art, and for your creation all around us! You are an amazing God. When the days are hard, the struggles real and the worries high Lord may we turn to you again and again. May we not give up but seek your face and your strength anew. Open my eyes and my heart. May I seek you today and every day. Amen and Amen.