

Friday - March 26

Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

Ephesians 4:23-24 (NLT)

Recently I participated in part of the One Conference through the school district where I teach focusing on Inclusion and Diversity. Sitting by myself staring at my screen I learned about resiliency and how to build that in my students. Days later I continue to wonder and reflect on key takeaways regarding being resilient like: start with myself-stand tall and firm in my values, name and recognize my own emotions then invite them for tea, and work to build a better community through truly listening and engaging in healing conversations. I don't know about you, but those three items could take me all of 2021 to process, negotiate, and develop!

Today I am reminded that this Christian journey is ongoing. Paul encourages us to renew our spirits and minds, to daily put on our new selves, and to walk in love. This process of renewal is not a one and done, but a perpetual choosing and requires a resilient spirit. May we step up to the call and align ourselves with Christ as we cling to hope and renewal on this day and each day going forward.

Join me in pondering: What are three words that reflect the world you want to live in? What are three words that represent your values? How do you want to be remembered? What healing conversation can you be a part of?

Heidi

Prayer: Yahweh Nissi, you are the guide of my life. I need you as I can't do this alone. I know you are on all sides of me, my past, my present, and my future. I offer you my life and continue to look to you for guidance as I renew my mind, my thoughts, and my faith. Increase in me a resiliency that allows for growth of your kingdom here on Earth. May I choose the better road as I put on my new nature. May I go into the world, listen and love and press into a renewed relationship with you today and every day. Amen.