



How do we as individuals personally care for our soul in the season in which we live? I want to invite you to a TLCC personal soul care formation that you can do daily to.

Restore: A personal invitation daily to take a short pause during the day to pray, meditate and reflect. This Practice can be 3-8 minutes in length.

Restore: To bring back to a state of health, soundness, or vigor.

December 24, 2020:

Pause: Before you begin sit quietly and open your heart to God's message for you. Invite God into your silence.

Scripture Reading: Matthew 6:9

This is how you are to pray: Our Father in heaven, hallowed be your name.

Insights: Prayer is about putting all else aside, even for a minute, and turning the spotlight away from ourselves and onto God. It's harder than it sounds. Jesus wanted his disciples to practice this kind of prayer. The Our Father is Jesus' response to his disciples' request to teach them how to pray. Prayer begins by acknowledging the presence of God. All else flows from that. When we are aware of God's presence in the daily moments of life, our life is in balance.

Reflection: How do I begin my prayer? Who is the focus of my attention? When I feel as if I don't know how to pray, how comfortable am I asking Jesus to teach me?

Prayer: End your retreat by praying reflectively the words that Jesus taught us. (Matt 6:9)

December 25, 2020: Merry Christmas!

Pause: Before beginning your retreat, pause for a few moments and focus your attention on your breathing. Take several deep breaths. Be aware of God's loving presence within you.

Scripture Reading: Matthew 11:4-5

Jesus said to them in reply, "Go and tell John what you hear and see: the blind regain their sight, the lame walk, lepers are cleansed, the deaf hear, the dead are raised and the poor have the good news proclaimed to them."

Insights: The disciples of John the Baptist are given a message. They are to tell him what they've seen and heard Jesus do. Pure and simple. Or was it? How do you begin to put into words the miracles of healing, of feeding the multitudes, or raising the dead? What do you say about someone who eats with sinners and seeks out the poor and needy? This was no easy task the disciples were charged with. Yet they return to John the Baptist with ample evidence that the Messiah was now in their midst and lived among them. Can you feel the excitement and enthusiasm?

Reflection: If Jesus told you to tell a friend what you've heard and seen him do, what would you say? When have you felt excited about something Jesus has done?

Prayer: Jesus, you walk among us. Help me to speak clearly and boldly about what I see and hear you do.

December 26, 2020:

Good Morning TLCC Staff! It's the day after Christmas Infuse this day with Calm. Wait don't get out of bed linger for a few moments! Follow these 5 simple steps to help you feel calm and restored.

Step 1 - Breathe - Take 5 deep calming breaths.

Step 2- Smile- Allow your lovely smile to light your face.

Step 3- Practice Gratitude- Find at least one thing you are truly grateful for today.

Step 4- Choose an Affirmation for the day - here are some ideas: I Choose Joy Today! I give myself permission to slow down. God will never leave me or abandon me. I am loved by God.

Step 5- Set an Intention: Set an intention to do something just for you today. Here are some ideas: Read a Book, go for a walk, Take a Hot Bubble bath. Take a nap.

REPEAT this ritual often to infuse your day with peace and calm.

Scripture reading: Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile."- Mark 6:31

Insight: We are shown something important about Jesus' concern for us in today's reading. We see how aware Jesus is of the situation we often find ourselves in today, pulled in all directions by the many requirements of family and work. Let Jesus express his sensitivity and compassion for you as well as his desire that you would have time apart where you would find true leisure and an openness to the full life he wants for you.

Prayer: Holy and gentle Shepherd of my soul, thank you for your constant care and loving faithfulness. Please touch my heart as I try to be more disciplined in my rest times with you. Please keep my soul, but even more, please restore my soul as I withdraw to spend time with your Son and my Savior Jesus, in whose name I pray. Amen.

December 27, 2020:

Pause: Take 2 minutes to be Silent, Still and a time of Centering before God

Scripture Reading: I will refresh the weary and satisfy the faint.”- Jeremiah 31:25

Insight: In the overwhelming, hair-raising, and depressing prophecies of Jeremiah, God repeatedly told his people he would destroy them for their obstinate and hardened hearts. Yet in the middle of these powerful and scorching warnings, God also slips in passages that soar with hope and grace. Can you think of anything more reassuring than God's promise to "refresh the weary and satisfy the faint"? For seventy years, that's all Israel had — God's promise. But when the time came, God made good on his word. I believe he will do the same with us today!

Prayer: Great Shepherd, I am tired and weary. Please refresh my Spirit and my body. Please help me find satisfaction in the abundance you have already so graciously shared with me. To you belongs all glory, honor, strength and power. I joyously submit myself in faith, waiting for the rest and satisfaction you have promised. In Jesus' name I pray. Amen.

Reflection: Today spend time in reflection by playing a song that stirs your heart to Worship God!

December 28, 2020:

Pause: Before you begin sit quietly and open your heart to God's message for you. Invite God into your silence.

Scripture Reading: Jeremiah 29:11-13

I say this because I know what I am planning for you,” says the LORD. “I have good plans for you, not plans to hurt you. I will give you hope and a good future. ¹² Then you will call my name. You will come to me and pray to me, and I will listen to you. ¹³ You will search for me. And when you search for me with all your heart, you will find me!

Insight: Do you ever wake up some mornings and say “I really could use a good cup of coffee today”? God says the same thing to us in a different way. Every morning when the sun rises, God waits for us patiently to spend time with Him. If you can visualize God waiting at your coffee table with a cup of Joe, and imagine Him saying “sit down with me for a few minutes and tell me about your day.” Of course, mornings do not always go that way. Some mornings are so busy because we either get up late, or did not sleep well due to worry, or we just don't feel well physically. Make time with God a priority. God loves it when we think about Him. He thinks about us constantly, because He cares about us and about how we spend our time.

Prayer: Holy God, I bow before you, awestruck by who you are. You are light and life, grace and mercy, just and right, and filled with love and power. Let my heart draw near to you today. I seek you with all my heart because I know that my desires are found and fulfilled in you.

December 29, 2020:

Pause: Take 3 minutes to be Silent, Still and a time of Centering before God.

Scripture Reading: Philippians 3:13-14 (NLT)

I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Insight: It is so easy to live in the past. Remorse, grief, disappointment, bitterness, so many painful emotions can keep us in a state of limbo. Paul had regrets; he had persecuted Christians. Paul had disappointments and hardships, but he knew the secret to living with all of life's ups and downs. He pressed on. He knew when the appropriate time came; it was time to forget. It was time to quit looking behind and trust God for the future. God doesn't remain in the past, and neither should we. Today, what is keeping you in the past? What has you locked in painful emotions? Give it to God. Forget the past and look forward to what God has ahead. He is not finished with you yet!

PRAYER: Father, I have hung on to my past. Today, I surrender to You. I quit looking back with regret, sorrow, remorse, and bitterness and will look forward with anticipation, joy, and excitement toward what lies ahead. Today, I choose to trust You. In Jesus' name.

AMEN

Concluded with 2 minutes of Silence.

December 30, 2020:

Silence: Take 4 minutes in silent preparation for sacred reading.

Sacred Reading: Psalm 29 (Read out loud, Read slowly. repeat 2 -3 times)

Praise the LORD, you heavenly beings;
praise his glory and power.

² Praise the LORD's glorious name;
bow down before the Holy One when he appears. ^[b]

³ The voice of the LORD is heard on the seas;
the glorious God thunders,
and his voice echoes over the ocean.

⁴ The voice of the LORD is heard
in all its might and majesty.

⁵ The voice of the LORD breaks the cedars,
even the cedars of Lebanon.

⁶ He makes the mountains of Lebanon jump like calves
and makes Mount Hermon leap like a young bull.

⁷ The voice of the LORD makes the lightning flash.

⁸ His voice makes the desert shake;
he shakes the desert of Kadesh.

⁹ The LORD's voice shakes the oaks ^[c]
and strips the leaves from the trees
while everyone in his Temple shouts, "Glory to God!"

¹⁰ The LORD rules over the deep waters;
he rules as king forever.

¹¹ The LORD gives strength to his people
and blesses them with peace.

Reflect- What word, words, phrase or sentence speaks to you from the text.

Prayer: Pray responding to the words, phrase or sentence that God has stirred within you.

Rest: Rest in the presence of God, allowing the words revealed to take root.

December 31, 2020:

A Reflective Review of the Past Year:

Kobe Bryant, the coronavirus, social justice, wildfires and one of the most contentious elections in American history. As we review 2020 and all that took place one question, we want to ask is how is our soul? This devotional time is more a reflection and review of our soul this year.

Pause: Take a deep breath or two; become aware that you are in the presence of the Holy. Sit in silence today for 5 minutes.

Reflection Examen: The Examen is simply a set of introspective prompts for you to follow or adapt to your own character and spirit.

**As I review the past 12 months, from a year ago through to the present moment -
What am I especially grateful for this year?**

An event that took place
Courage that I mustered
Love and support I received

I ask for the light to know God and to know myself as God sees me.

Where have I felt true joy this year?
What troubled me this year?
What has challenged me?
Where and when did I find an opportunity for renewal and pause?

Have I noticed God's presence in any of this?

In light of my review, what is my response to the God of my life?

As I look ahead, to the coming months what comes to mind?
With what spirit do I want to enter the next few months, the next year?

Pray: Ask for God's presence and grace, for this spirit, as I enter the next year

January 1, 2020:

Happy New Year!

Pause for 7 Minutes of Silence.

Scripture Reading: - 2 Corinthians 5:17

Anyone who is joined to Christ is a new being; the old is gone, the new has come.

As we step into a new year take some time to reflect. What have you learned? Where have you been? What have you come through? As followers of Christ, take a moment to thank God for how He walked with you through every up and down of this past year. Leave behind your past regrets, and endless striving to change in your own strength and accept God's fresh grace for 2021!

The Our Father (slowly pray this)

Our Father which art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one. For yours is the kingdom, the power, and the glory forever, Amen.