

Daily Disciplines

Devotion:

By virtue of creation and, still more, of the incarnation, nothing below is profane for those who know how to see.

--Pierre Teilhard de Chardin

Journal Prompt:

Rejoice in the Lord always. I shall say it again: Rejoice!
Your kindness should be known to all. The Lord is near.
Have no anxiety at all.

--Philippians 4:4-5

What would it mean to have no anxiety at all? Where do you find yourself rejoicing?

Prayer Prompt:

We who mystically represent the cherubim, singing the hymn "Thrice Holy" to the life-giving Trinity, let us now lay by all earthly cares, that we may receive the king of all things who comes amid unseen armies of angels. Alleluia. Alleluia. Alleluia.

--Orthodox liturgy

Lectio Divina:

Practice lectio divina using:

Sing, we a song of high revolt;
Make great the Lord, God's name exalt:
Sing we the words of Mary's song
Of God at war with human wrong.

Sing we of God who deeply cares
And still with us our burden shares;
God, who with strength the proud disowns,
Brings down the mighty from their thrones.

By God the poor are lifted up;
God satisfies with bread and cup
The hungry folks of many lands:
The rich are left with empty hands.

God calls us to revolt and fight,
To seek for what is just and right.
To sing and live *Magnificat*
To ease all people/s sorry lot.

--Fred Kaan