

Day Four

Awakening to God's Presence

Have you ever
cut a limb from a tree
or a branch from a plant?
Even in the driest weather,
you may have noticed the moisture,
the juices, the sap that maintain life
and nurture its growth.
Blood does the same for us,
and for all in the animal world.
Being a liquid,
it takes our shape.
It moves with us
and keeps us alive.
Such is faith for the soul.
It is food for the soul,
nourishment for the heart.
It gives shape to our daily lives.
We can exist without it,
only as a biological entity.
But to be human,
to know that we are created
in God's image and likeness,
to reach the potential
that creation holds for us,
we need faith.
The limb and the branch
wither apart from their sustaining sap.
We will wither without faith.
With faith, we flourish
and so live for God and with God
in everything we do.

Living by God's Grace

Act as one created in God's image and likeness.

Acknowledging God's Gifts

May this night's rest
revitalize my faith
and my conviction
that I am God's creation.
I am imperfect, but precious.
I am incomplete, but developing.
Take this day, God,
and grace it in my memory
as a ready reminder
of my growth in days to come.
Help me to continue on my way
tomorrow—and during the days that follow.
Help me to know who you are, and
to know who I am.
Teach me to live in the beauty of both.
I want to reflect God.
For this day, thank you.
Bless this night.
May tomorrow be a fresh beginning.

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