

Monthly Theme: Inclusion

August 1 & 2: Rest

“And he said to them, ‘Take care! Be on your guard against all kinds of greed; for one’s life does not consist in the abundance of possessions.’”

~ Luke 12:15

“Cut the desire for many things out of your heart and so prevent your mind being dispersed and your stillness lost.”

—Evagrius Ponticus



**Invitation
to Rest**

Center with: My mind tends toward greediness, Generous God. I lack nothing with grace. There is no end to my potential. I receive it all with grace. My intention: welcome all of me.

**Breathe
In:**

I am not lacking.

**Breathe
Out:**

**No one can
limit who I am.**



Reflection:

What might it look like for you to rest in the fullness of who you are?

How does you **being you** bring grace to the community right now?

My intention to welcome all of someone else today is: