

Monthly Theme: Reflection

September 29 & 30: **Compassion**

“By the rivers of Babylon—there we sat down and there we wept when we remembered Zion. On the willows there we hung up our harps.”

~ Psalm 137:1, 2

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

—Audre Lorde



**Invitation to
Compassion**

Center with: God of green pastures,
You create rest. Pretending will not save me.
Rest delivers me.

**Breathe
In:**

**I can pause
from giving**

**Breathe
Out:**

**I will not
be owned.**



Reflection:

Do you feel like you have to pretend to be something you are not? If yes, what does that look like?

How does acting like everything is ok, when things are not, affect your body and overall health?

I will protest the culture of not-God by caring for myself in this way: