

Monthly Theme: Inspiration

October 15 & 16: Purpose

“Then they said to him, “What must we do to perform the works of God?” Jesus answered them, “This is the work of God, that you believe in the one whom God has sent.””

~ John 6:28, 29

We carry wounds and hurts, making tender our most vulnerable spaces. We forget healing already exists, and looking anywhere else to find purpose, we forget who we are. We don't need to perform; only believe...and be.



**Invitation
to Purpose**

Center with: my healing is already within. God who heals. I don't need to perform to be valuable. The work is complete and in the making. I am enough.

**Breathe
In:**

**I own my
healing**

**Breathe
Out:**

**My work
is complete**



Reflection:

When do you feel most helpless? What makes it seem so helpless?

How do you find your strength or what inspires you to gather your strength?

I will pay attention to my healing today by: