Monthly Theme: Compassion December 3 & 4: Acceptance

"Welcome one another, therefore, just as Christ has welcomed you, for the glory of God. For I tell you that Christ has become a servant of the circumcised on behalf of the truth of God in order that God might confirm the promises given to the ancestors...."

~ Romans 15:7-8

"A society is defined as much by how it comes to terms with its past and by its attitude toward the future: its memories are no less revealing than its aims."

- Octavio Paz



How do you experience being WORTHY?
When do you feel POWERFUL?
Take a picture of a scene or object that represents what either/both might look like.

share your pictures on social media or with a friend.



Reflection:

Invitation to Acceptance

The stories we tell to ourselves—and each other—shape what we accept and to whom we give power. What stories are you telling about your worthiness for compassion?

Breathe in:

I welcome my worthiness

Breathe out:

Acceptance is power

What word or phrase is catching your attention? Write about it here: