

WEEK 1

OUR NEED FOR GOD



Matthew 5:3

New Revised Standard Version

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

New Living Translation

God blesses those who are poor and
realize their need for him,
for the Kingdom of Heaven is theirs.

The Message

You're blessed when you're at the end
of your rope. With less of you there is
more of God and his rule.

Amplified Bible

Blessed [spiritually prosperous, happy,
to be admired] are the poor in spirit
[those devoid of spiritual arrogance,
those who regard themselves as
insignificant], for theirs is the kingdom
of heaven [both now and forever].



Breath Prayer

Breath Prayer matches a word or
phrase to the rhythm of our breath,
calming the mind and inviting a sense
of God's peace.

Inhale a truth and exhale a humble
petition in a short, continuous prayer
rhythm.

Inhale: Jesus, help me become truly
humble...

Exhale: ...and recognize my need for
you.

Week 1 Prayer

Lord, today I humbly come before you
knowing I need you. I confess that at
times, I have tried to hold everything
together in my own strength or I've
been so busy I've not come to you.
Please forgive me. Fill me with your
presence, peace, and love. Breathe
new life into my soul, fill me with your
joy, and give me the endurance I need
for today. In Jesus' name, Amen.