

WEEK 3

STRENGTH UNDER CONTROL



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: Make me like you...

Exhale: ...gentle and humble in heart.

Week 3 Prayer

Dear God, thank you for the example of Jesus—one with all power, yet gentle and lowly in heart. Forgive us for contending for status, defending our pride, and confusing worldly control with real strength. Anchor our worth in Christ so we can stop striving to prove ourselves. Grant us the courage to live with power under your direction this week—patient, gracious, and resting in the eternal inheritance you have secured for us. In Jesus' name. Amen.

Matthew 5:5

New Revised Standard Version

Blessed are the meek, for they will inherit the earth.

Amplified Bible

Blessed [inwardly peaceful, spiritually secure, worthy of respect] are the gentle [the kind-hearted, the sweet-spirited, the self-controlled], for they will inherit the earth.

The Message

You're blessed when you're content with just who you are—no more, no less. That's the moment you find yourselves proud owners of everything that can't be bought.

New Living Translation

God blesses those who are humble, for they will inherit the whole earth.

