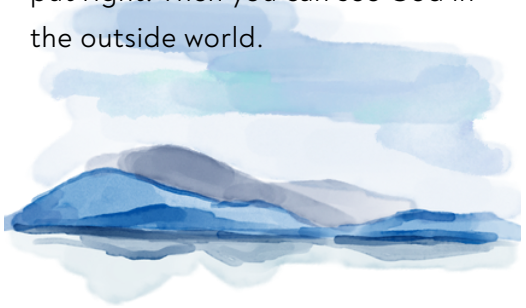
WEEK 5
COMPASSIONATE & FOCUSED

Matthew 5:7-8

New Revised Standard Version
Blessed are the merciful, for they will receive mercy.
Blessed are the pure in heart, for they will see God.

Amplified Bible
Blessed [content, sheltered by God's promises] are the merciful, for they will receive mercy.
Blessed [anticipating God's presence, spiritually mature] are the pure in heart [those with integrity, moral courage, and godly character], for they will see God.

The Message
You're blessed when you care. At the moment of being 'care-full,' you find yourselves cared for.
You're blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world.



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: Have mercy on me…

Exhale: …help me be merciful

Inhale: Purify my heart…

Exhale: …make it clean and undivided

May you go to God with nothing to hide and show mercy with nothing to lose.