

“The life of the godly is full of light and joy, but the light of the wicked will be snuffed out.” Proverbs 13:9 NLT

[lectio] // PROVERBS 13:9-14

listen to the text by reading out loud slowly and repeat up to 3x if desired

Simply elegant and beautiful! How often do we think of being full? We want full tummies, bank accounts, tanks of gas and lives. Do we think about being full of light (truth, clarity, honest, open, vulnerable, transparent and pure) and joy (unshakable smile, sparkle, attitude, approachable, infectiously kind). This would be a burst of energy to walk into any situation where there is darkness or light, conflict or camaraderie and bring the FULLNESS of who God is into that space, that place. If there is love, now there's more. If there is hate, it shrinks when light and joy flood the environment.

[oratio]

Dad,

When I walk into a room I don't want to bring POWER, I want to bring your fullness of light and joy! I want your presence in me to overwhelm the atmosphere of the space and have it change the context of every feeling, every conversation, every mood, every evil plan, thought or idea. I want people to know you through me, before I ever open my mouth. And even then, may the words of my mouth and the meditations of my heart be pleasing to you.

[contemplatio]

rest in the presence of God, allowing the words revealed to take root