

“All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God’s anger, just like everyone else. But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God’s grace that you have been saved!)” Ephesians 2:3-5 NLT

lectio // Ephesians 2:1-10

The older I get the more I realize what a sinner I am. Paul’s words, “all of us!” I also recognize that God’s rich mercy and grace are working in me and through me. My sin keeps me humble, his grace keeps me encouraged. The past decade has been more introspective, you might say soul-searching. A more modern phrase might be “self aware.” That deeper look inside my thoughts (before God), my heart and my feelings has really flattened the judgement curve (thanks CDC & WHO). I haven’t been super judgey in my past, but one can’t help it when a part of our church culture breeds pharisaical ideas like a 🦠. Still, I’m responsible for my thoughts and words, no one else, right? So I keep my mouth shut more often now and think of grace-filled ways to love and ask better questions. Sometimes it works, other times it fails.

oratio

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

I can only be thankful because of your grace. I can only see with eyes of mercy, because you have freely extended mercy to me. I can choose to see others as you see me, treat others as you treat me and speak to others as you have spoken to me - extraordinary, extravagant love!

contemplatio

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