



FAITH WALK

Finding God
in the
Everyday

Volume One

Stillness, Renewal,
Belief, Growth,
Letting Go, Gratitude

Welcome to Faith Walk: Finding God in the Everyday

Volume I

Stillness, Renewal, Belief, Growth,
Letting Go, Gratitude

How To Use This Resource

This series of booklets is designed to be used for individual devotional time or as a discussion guide for small groups interested in a short-term 6-week group experience.

Beginning on page 2, you will find writings, quotes and scriptures divided into six chapters, each focusing on a different topic for each week. We suggest that you engage each week's readings multiple times, allowing the scripture and writings to sink into your mind and heart as you reflect on each chapter. As each week comes to a close, note which readings and scriptures seem to draw your attention. You may want to journal your thoughts as you consider what these writings mean for you.

May your faith be deepened and your soul restored as you engage the wide range of wisdom and inspiration within these pages.

Small Group Discussion Guide

1. From this week's collected writings, which reading or quote stood out for you? What thoughts have come to mind?
2. Was there a passage of scripture which particularly caught your attention? What has come to mind as you have reflected on these words?
3. How can we pray for you this week?

WEEK ONE

Stillness

WITHIN YOUR HEART,
KEEP ONE STILL SECRET SPOT WHERE DREAMS MAY GO.

Louise Driscoll

You can decide to turn to God at any time.
Merely open your mind to God's holy presence
and let it settle over all your thoughts.

Hugh Prather

*Be still and know that I am God.
Be still and know that I am.
Be still and know.
Be still.
Be.*

Psalm 46:10

WHEN YOU LOOK INTO YOUR HEART
MAY YOUR EYES HAVE THE KINDNESS AND REVERENCE
OF CANDLELIGHT.

John O'Donohue

*Create in me a clean heart, O God;
and renew a right spirit within me.*

Psalm 51:10

MAY YOU TAKE TIME TO CELEBRATE
THE QUIET MIRACLES
THAT SEEK NO ATTENTION.

John O'Donohue

Inner stillness is the key to outer strength.

Jared Brock

MAY YOU RECOGNIZE IN YOUR LIFE
THE PRESENCE, POWER, AND LIGHT
OF YOUR SOUL.

John O'Donohue

In the stillness of the quiet,
if we listen, we can hear the whisper of the heart
giving strength to weakness, courage to fear,
hope to despair.

Howard Thurman

*I wait for the Lord,
my whole being waits,
and in his word I put my hope.*

Psalms 130:5

MAY YOU REALIZE THAT YOUR SOUL IS UNIQUE,
THAT YOU HAVE A SPECIAL DESTINY HERE,
THAT BEHIND THE SURFACE OF YOUR LIFE
THERE IS SOMETHING BEAUTIFUL AND
ETERNAL HAPPENING.

John O'Donohue

A place to be quiet, listen, and be still
is a rich and precious resource where we are
informed, taught, and reminded of the deepest knowings
we require to choose carefully and live well.

Wayne Muller

*Likewise, the Spirit helps us in our weakness;
for we do not know how to pray as we ought,
but that very Spirit intercedes for us
with sighs too deep for words.*

Romans 8:26

Most of the things we need to be most fully alive
never come in busyness.

They grow in rest.

Mark Buchanan

MAY YOUR PRAYER OF LISTENING DEEPEN ENOUGH TO HEAR
IN THE DEPTHS THE WARM LAUGHTER OF GOD.

John O'Donohue

*The Advocate, the Holy Spirit,
whom the Father will send in my name,
will teach you everything,
and remind you of all that I have said to you.
Peace I leave with you; my peace I give to you.*

John 14:26-27

Without stillness of attention how can we ever
possibly know what treasures surround us every moment?

Wayne Muller

MAY YOU LEARN TO SEE YOURSELF
WITH THE SAME DELIGHT, PRIDE,
AND EXPECTATION WITH WHICH
GOD SEES YOU IN EVERY MOMENT.

John O'Donohue

*Whatever is true, whatever is noble,
whatever is right, whatever is pure, whatever is lovely,
whatever is admirable, if anything is excellent
or worthy of praise, think on these things.*

Philippians 4:8

JUST PUT YOUR EAR DOWN NEXT TO YOUR SOUL AND LISTEN HARD.

Polly Adler

WEEK TWO

Renewal

Let yourself be silently drawn
by the strange pull of what you really love.
It will not lead you astray.

Jalaluddin Rumi

IF YOUR COMPASSION DOES NOT INCLUDE YOURSELF,
IT IS INCOMPLETE.

The Buddha

*If anyone be in Christ, there is a new creation!
The old has passed away;
behold, all things are new.*

II Corinthians 5:17

I do not at all understand the mystery of grace -
only that it meets us where we are
but does not leave us where it found us.

Anne Lamott

DANCING, SINGING, STORYTELLING AND SILENCE
ARE THE FOUR UNIVERSAL HEALING SALVES.

Angeles Arrien

*Those who wait for the Lord will gain new strength;
they will mount up with wings like eagles,
they will run and not grow weary,
they will walk and not faint.*

Isaiah 40:31

I wish I could show you, when you are alone or in darkness,
the astonishing light of your own being.

Hafiz of Persia

If we ask anyone, child or sage, to point to himself or herself,
their finger points invariably to their heart.
Only within the quiet intention and fierce clarity
of our heart can we find sanctuary for
ourselves, our calling, our souls.

Wayne Muller

*Jesus said,
"Come to me, all you who are weary
and heavy burdened, and I will give you rest.
Take my yoke upon you
and learn from me for I am gentle
and humble in heart,
and you will find rest for your souls."*

Matthew 11:28-29

EMBRACE YOUR UNIQUENESS.
LIFE IS TOO SHORT TO BE LIVING SOMEONE ELSE'S LIFE.

Unknown

Your present circumstances
don't determine where you can go;
they merely determine where you begin.

Nido Qubein

*Let us approach the throne of grace
with confidence, so that we may receive
mercy and find grace to help us
in our time of need.*

Hebrews 4:16

EVERY BLADE OF GRASS HAS ITS ANGEL
THAT BENDS OVER IT AND WHISPERS, "GROW, GROW!"

The Talmud

WE DO NOT HEAL THE PAST
BY DWELLING THERE;
WE HEAL THE PAST
BY LIVING FULLY IN THE PRESENT.

Marianne Williamson

He has shown you what is good.
And what does the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God.

Micah 6:8

Transformation does not start
with someone else changing you;
Transformation is an inner self-reworking
of what you are now into what you will be.

Byron Pulsifer

IF YOU CAN DREAM IT, YOU CAN DO IT.

Walt Disney

Be transformed
by the renewing of your minds,
so that you may discern what is the will of God -
what is good and acceptable and perfect.

Romans 12:2

Every day is a renewal,
each morning the daily miracle.
The joy you feel is life.

Gertrude Stein

THE LITTLE THINGS? THE LITTLE MOMENTS?
THEY AREN'T LITTLE.

Jon Kabat-Zin

WEEK THREE

Belief

Faith is the assurance of things hoped for,
the conviction of things not seen.

Hebrews 11:1

When you come to the end of all the light you know
and it's time to step into the darkness of the unknown,
faith is knowing that one of two things shall happen:
either you will be given something solid to stand on
or you will be taught to fly.

Edward Teller

Trust in the Lord with all your heart
and do not lean on your own understanding.
In all your ways acknowledge Him
and He will direct your path.

Proverbs 3:5-6

GOD HAS NOT PROMISED SUN WITHOUT RAIN,
JOY WITHOUT SORROW, PEACE WITHOUT PAIN.
BUT GOD HAS PROMISED STRENGTH FOR THE DAY,
REST FOR THE LABOR, LIGHT FOR THE WAY,
GRACE FOR THE TRIALS, HELP FROM ABOVE,
UNFAILING SYMPATHY, UNDYING LOVE.

Annie Johnson Flint

O Lord, blessed is the one who trusts in you.

Psalms 84:12

May God bless you with the foolishness to believe
that you can make a difference in the world,
so that you will do the things
which others tell you cannot be done.

Unknown

People are like stained glass windows;
they sparkle and shine when the sun is out,
but when the darkness sets in,
their true beauty is revealed only if there is a light within.

Elisabeth Kubler-Ross

I WOULD RATHER WALK WITH GOD IN THE DARK
THAN GO ALONE IN THE LIGHT.

Mary Brainerd

For we walk by faith, not by sight.

I Corinthians 5:7

Toss your faded dreams not into a trash bin
but into a drawer where you are likely
to rummage some bright morning.

Robert Brault

TWO GREAT FORCES OPERATE IN THE MIND:
FEAR AND FAITH.
FEAR IS VERY POWERFUL, BUT FAITH IS MORE POWERFUL.

Norman Vincent Peale

*"For I know the plans I have for you,"
declares the Lord,
"plans to prosper you and not to harm you,
plans to give you hope and a future."*

Jeremiah 29:11

GO CONFIDENTLY IN THE DIRECTION OF YOUR DREAMS.
LIVE THE LIFE YOU HAVE IMAGINED.

Henry David Thoreau

Heaven often seems distant and unknown,
but if he who made the road is our guide,
we need not fear to lose the way.

Henry van Dyke

*As a man thinks within himself,
so is he.*

Proverbs 23:7

A revered Cherokee elder
was teaching the children about life.
He said to them, "A terrible fight is going on inside me.
It is a fight between two wolves.
One is the wolf of joy, peace, love, hope,
Kindness, and compassion.
The other is the wolf of fear, anger, judgment,
Indifference, and greed.
The same fight is going on inside of you
and every other person, too."
The wide-eyed children thought about this
for a moment, and then one child asked,
"Grandfather, which wolf will win?"
The wise elder replied,
"The one you feed."

Native American Legend

*Trust in him at all times, O people;
pour out your hearts to him,
for God is our refuge.*

Psalms 62:8

IT IS NOT WHO YOU ARE THAT HOLDS YOU BACK,
IT'S WHO YOU THINK YOU'RE NOT.

Unknown

Once we believe in ourselves,
we can risk curiosity, wonder, spontaneous delight,
or any experience that reveals the human spirit.

E.E. Cummings

WEEK FOUR

Growth

The only real failure
is the failure to grow from what we go through.

Marianne Williamson

If any of you lacks wisdom,
you should ask God,
who gives generously to all without finding fault,
and it will be given to you.

James 1:5

DO YOURSELF A FAVOR. IGNORE AT LEAST 2 THINGS TODAY.

M.J. Ryan

One thing that is really hard and really amazing
is giving up on being perfect
and beginning the work of becoming yourself.

Anna Quindlen

Remain in me and I will remain in you.
No branch can bear fruit by itself;
it must remain in the vine.
Neither can you bear fruit
unless you remain in me.
I am the vine; you are the branches.

John 15:4-5

YOU CAN'T CHANGE THE WORLD FROM THE REARVIEW MIRROR.

Anita Roddick

When there is a disappointment,
I don't know that it's the end of the story.
It may be the beginning of a great adventure.

Pema Chodron

CONFUSION IS THE WELCOME MAT
AT THE DOOR OF CREATIVITY AND DISCOVERY.

Michael Gelb

You do not need to know precisely what is happening
or exactly where it all is going. What you do need is to
recognize the possibilities and challenges offered
by the present moment and to embrace them
with courage, faith, and hope.

Thomas Merton

*Whatever you do in word or in deed,
do all in the name of the Lord Jesus Christ.*

Colossians 3:17

IN THE WORLD TO COME I SHALL NOT BE ASKED,
“WHY WERE YOU NOT MOSES?”
I SHALL BE ASKED,
“WHY WERE YOU NOT ZUSYA?”

Rabbi Zusya

Be careful how you interpret the world. It is like that.

Erich Heller

*As God's chosen ones, holy and beloved,
clothe yourselves with compassion, kindness,
humility, meekness, and patience.
Bear with one another and if anyone
has a complaint against another,
forgive each other, just as the Lord has forgiven you.*

Colossians 3:12-13

AT FIRST GLANCE IT MAY APPEAR TOO DIFFICULT.
LOOK AGAIN. ALWAYS LOOK AGAIN.

Maty Anne Radmacher

CHANGE IS INEVITABLE. GROWTH IS OPTIONAL.

John Maxwell

If we don't change, we don't grow.
If we don't grow, we aren't really living.

Gail Sheehy

*Make every effort to add to your faith goodness,
and to goodness, knowledge; and to knowledge,
self-control; and to self-control, perseverance;
and to perseverance, godliness; and to godliness,
mutual affection; and to mutual affection, love.*

II Peter 1:5-7

IT ISN'T ABOUT FINDING YOURSELF. IT IS ABOUT CREATING YOURSELF.

George Bernard Shaw

Everything that is past is either a learning experience
to grow on, a beautiful memory to reflect on,
or a motivating factor to act upon.

Denis Waitley

*Show me your ways, O Lord,
Teach me your paths;
guide me in your truth and teach me,
for you are God my Savior,
and my hope is in you all day long.*

Psalms 25:4-5

Challenges are what make life interesting.
Overcoming them is what makes life meaningful.

Joshua Marine

OTHERS CAN STOP YOU TEMPORARILY.
YOU ARE THE ONLY ONE WHO CAN DO IT PERMANENTLY.

Zig Ziglar

WEEK FIVE

Letting Go

Some people believe that holding on
and hanging in there are signs of great strength.
However, there are times when it takes much more
strength to know when to let go and then do it.

Ann Landers

IN THE PROCESS OF LETTING GO,
YOU GAIN THE POWER TO UNFOLD YOURSELF LIKE A FLOWER.

Debasish Mridha

*Who of you by worrying can add
a single hour to your life?*

Matthew 6:27

When we see life as a series of obstacles to be hurdled,
rather than moments to be relished,
we spend our days preparing to live, rather than living.

Linda Douty

LIFE WITHOUT FORGIVENESS IS LIKE A TEMPLE
WITHOUT LIGHT.

Dada Vaswani

*Do not worry about anything,
but in everything by prayer and supplication
with thanksgiving let your requests
be made known to God.
And the peace of God, which surpasses
all understanding, will guard your hearts
and your minds in Christ Jesus.*

Philippians 4:6-7

Jesus called a child to himself
and set him before them saying,
“Truly I say to you, unless you change
and become like little children,
you will not enter the Kingdom of Heaven.”

Matthew 18:2-3

To replicate a childlike approach to happiness
is not to behave as children behave,
but to **see** as children **see**.

It is **letting go** of narrow perceptions
and habitual responses.

It is **relaxing** and **restfully acknowledging**
that the people around us
are the way they are
and that we
are here with them.

To “become like a little child” is merely
to relinquish our need to
judge all things,
change all things
and be right on all occasions.

There are only three things you need to let go of:
Judging,
Controlling,
and Being Right.

Release these three and you will have
the whole mind and twinkly heart of a child.

(Hugh Prather - The Little Book of Letting Go)

WHAT IS IT TIME TO DO IN YOUR LIFE?

Hugh Prather

STOP STRUGGLING WITH WHAT OCCURS
AND SEE ITS TRUE FACE
WITHOUT CALLING IT THE ENEMY.

Pema Chodron

*The Lord himself goes before you
and will be with you,
He will never leave you nor forsake you.
Do not be afraid, do not be discouraged.*

Deuteronomy 31:8

DON'T JUDGE THE FUTURE WITH
THE EYES OF THE PAST.

Akiroq Brost

Imagine all the wondrous things your arms might embrace
if they weren't wrapped so tightly around your struggles.

Sheila Burke

SOMETIMES LETTING GO IS SIMPLY
CHANGING THE LABELS YOU PLACE ON AN EVENT.
LOOK AT THE SAME EVENT
WITH FRESH EYES.

Steve Maraboli

I believe deeply that there is a Love out there
greater than any leap our minds can make,
a Mystery that is beyond us, yet a part of us,
that is willing to guide us through
the minefields of letting go.
Because the very Love that invites us
to release what burdens us
is the Love that bears the burden away.

Linda Douty

WEEK SIX

Gratitude

The root word of *gratitude* is the Latin word *gratus*, whose strongest English translation leans toward our word *grace* - free, unmerited gift. To live a life of astonished gratitude for God's amazing unconditional love is to live a life of joy, regardless of circumstances.

William Willimon

THERE IS A POSITIVE SIDE
AND THERE IS A NEGATIVE SIDE
AND EVERY MOMENT I GET TO DECIDE.

William James

Give thanks to the Lord, for he is good;
his steadfast love endures forever.

Psalms 118:1

Our lives should be a joyful response of thanksgiving and gratitude for all God has done for us and all God is - Creator, Redeemer, Sustainer.

We must ask if the life we are living is a worthy expression of gratitude for the lavish outpouring of good which God has done for us.

Gregory Clapper

Rejoice always, pray continually,
give thanks in all circumstances;
for this is God's will for you in Christ Jesus.

I Thessalonians 5:16-18

GIVE THANKS FOR UNKNOWN BLESSINGS
ALREADY ON THE WAY.

Native American prayer

YOU LIVE MORE FULLY ONCE YOU REALIZE THAT
ANY TIME SPENT BEING UNHAPPY IS WASTED.

Ruth Renkl

One of the great illusions is that the present hour
is not the critical, decisive hour.

Write it in your heart that every day is the best day of the year.

Ralph Waldo Emerson

*Just as you received Christ Jesus as Lord,
continue to live your lives in him,
rooted and built up in him,
strengthened in the faith as you were taught,
and overflowing with thankfulness.*

Colossians 2:6-7

LIFE IS A COIN.
YOU CAN SPEND IT ANY WAY YOU LIKE,
BUT YOU CAN SPEND IT ONLY ONCE.

Lillian Dickson

Let us keep ourselves open to the power that carries our lives
in every moment... that we may be filled with silent gratitude.

Paul Tillich

*Every good and perfect gift is from above,
coming down from the Father of Light,
who does not change like shifting shadows.*

James 1:17

Gratitude turns what we have into enough, and more.

It turns denial into acceptance, chaos into order,
confusion into clarity...

It makes sense of our past, brings peace for today,
and creates a vision for tomorrow.

Melody Beattie

The rapture of being alive - it is pure gratitude,
flowing freely through the body, heart and soul.

It is a willing engagement with the whole
messy miracle of life.

Elizabeth Lesser

O give thanks unto the Lord,
for he is good;
his steadfast love endures forever!

I Chronicles 16:34

FEELING GRATITUDE AND NOT EXPRESSING IT
IS LIKE WRAPPING A GIFT AND NOT GIVING IT.

William Arthur Ward

Gratitude begins in our hearts and then dovetails into behavior.

It almost always makes you willing to be of service,
which is where the joy resides.

Anne Lamott

Through Jesus, therefore, let us continually
offer to God a sacrifice of praise—the fruit
of lips that openly profess his name.

And do not forget to do good
and to share with others,
for with such sacrifices
God is pleased.

Hebrews 13:15-16

YESTERDAY IS HISTORY. TOMORROW IS MYSTERY.

TODAY IS A GIFT.

THAT'S WHY THEY CALL IT THE PRESENT.

Unknown

Notes

*For where two or
three are gathered
in my name,
there I am with them.*

Matthew 18:20