

WEEK
03

BLESSED ARE



THE CURIOUS

For This Garbage Day

Read:

“For this garbage day” from **page 132**
of *The Lives We Actually Have*

[Psalm](#)
[88](#)

Ask

What is it like to be you right now? No need to be polite. Don't hold anything back. Now that you've spoken that truth, what are the tiny, tiny graces that are noticeable in the midst of the garbage parts? And if you can't do it, thank God for honest communication.

Do

Make a list of five things you are thankful for at this moment, but practice compressing your attention. The smaller the better. (When things were very bad, I could even say things like: “I hate this less than yesterday.” Don't worry about being honest!)



PRAY:

God, show me the life I actually have, the reality that is truest now—the whole of it. Let me hold the doubts and questions together with the graces that are here too. And in your kindness, help me begin to understand how to live more, with fewer explanations. Amen.

For When You Are Afraid

Read:

“For when you are afraid” from
page 134 of *The Lives We Actually Have*

[Psalm
23](#)

Ask

How and where in your body does fear affect you? Ask God to comfort you there.

Reflect

Play the song, “The House of God, Forever” by Jon Foreman.
What phrases, words, or themes do you need to cling to today?



LISTEN HERE



05

OR IN THE [SPOTIFY PLAYLIST](#)



PRAY:

Read today's blessing again, adding your own thoughts, feelings, questions, and needs. Be specific.

For When You Can't Love Yourself

Read:

“For when you can’t love yourself” from
page 138 of *The Lives We Actually Have*

[John
10:10-11](#)

“Rejoice that you are what you are; for our Lord loves you very dearly.”

— Abbe Henri de Tourville

Ask

What would “life in all its fullness” look like for you?

Listen

What do you do with a world that is full of things to fear, people we won’t please, kids who die, and parents who don’t change? Writer Anne Lamott doesn’t sugar-coat a single terrible thing, but knows that we also need the kinds of truths we can stand on—like that we, warts and all, are loved and chosen by God.



LISTEN HERE



06

OR IN THE [SPOTIFY PLAYLIST](#)

PRAY:

God, who do I need to become, now that this is the world we have and this is the people we are—holy, imperfect, sloppy, joyful, angry, irritated, tired, or maybe just hungry, loved and chosen. So let’s start there. Let’s be people together with all of our frayed edges, with the things we admit only to our best friends, with the people who are hard to love, impossible to forgive—beginning with ourselves. Amen.

For When You're Feeling Grouchy

Read:

"For when you're feeling grouchy" from
page 140 of *The Lives We Actually Have*

[Isaiah
43:1-7](#)

Ask

Redeemed. It's a word we use today only transactionally, like when we have a voucher we redeem for a discount. In Isaiah 43, the meaning is love in action. It is what God did through Jesus, whose dying became our living. Re-read this passage, inserting your name: "I have redeemed you, _____. I have called you by name, _____. You, _____, are mine." Bring all your frustrations out into the light of this unconditional love for you.

Reflect

Listen to Mary Gauthier's song, "Mercy Now." Where could you use a little mercy today? Where could you offer it to others?



LISTEN HERE



07

OR IN THE [SPOTIFY PLAYLIST](#)

PRAY:

God, let me crawl up into your lap, and rest my head on your chest and hear you say to me again, "You are loved. You are safe. You are chosen." Let me stay and stay and stay, knowing that this is that starting place. For everything. Amen.

For When You're Not Getting Any Better

Read:

"For when you're not getting any better"
from **page 142** of *The Lives We Actually Have*

[Psalm](#)
[131](#)

Ask

Where is contentment possible within the small space that is your life today?

Reflect

Listen to "Poetry" by Taylor Leonhardt. Reflect on Taylor's lyrics—that you are God's poetry. What does it mean to you to hear that the poet God doesn't waste a word?



LISTEN HERE



08

OR IN THE [SPOTIFY PLAYLIST](#)



PRAY:

God, I want to believe that I am as precious and thoughtful to you as poetry. But my mind is racing to keep everything held together. Calm my mind from the things of tomorrow. Settle me in today. Help me find a place of contentment and peace right here, with you. Amen.

For When You Feel Stuck

Read:

“For when you feel stuck” from **page 148**
of *The Lives We Actually Have*

[Rev](#)
[22:1-5](#)

“I do not understand the mystery of grace—only that it meets us where we are and does not leave us where it found us.”

— Anne Lamott

Ask

Being stuck may feel like living in a deserted place, with no landmarks and no map. The river of the water of life and the beauty of the garden might feel unattainable. But don't forget that it flows underground. Ask yourself, what do I already know of love, even here? How can I send down roots into the hidden places where love still lives?

Do

When we are stuck spiritually or emotionally, we could use a spiritual reset, but we often can't engineer it for ourselves. If we could, we would! But what we can do is to use our physical bodies to playfully disrupt our habits. We can deliberately switch things up, to see how unclenching from our patterns can create new ones. For example, if you usually sit down to pray, then stand or walk or kneel or lie face down on the floor. Or get into a pool or bathtub and float through your prayers. Somehow, changing one thing can lead to the sense that other things are possible.



PRAY:

God, release what is stuck, and let all that I am holding flow into the vast ocean of your love. Let all that I desire flow to your heart of compassion. Let all that I long to do mingle with your power already at work in the world. Amen.

The Third Sunday

A Mini-Easter

Did you know that in the midst of Lent, toward the darkness and sorrow of the cross, there are regular parties? Every Sunday, we get to take a pause and celebrate a mini-Easter. So today, search around inside, rummage through the stuff of gloom and penitence, and find those Eastery feelings that are longing to come out. Splurge a little as a symbol of God's extravagant love. And be sure to cast aside any Lenten practices. Sundays are Feast Days.

