

Hello, my name is Emily and today we are going to spend some time meditating on finding balance in our lives through the lens of God's word.

As you enter prayer now, take a moment to settle your mind. Put aside your concerns and what needs to get done today, or what didn't get done today. Take a slow, deep breath. Center yourself in His Presence. He is the Alpha and Omega. The Beginning and End. You are found in Him. So you can be still in this moment.

**Pause and Pray.**

Jesus, I am here because I want to experience You. As I meditate on this passage, draw to mind those things that You would have me become more aware of. Center my heart and mind on Yourself. Use your Word to draw my heart to You. Amen.

**Take a deep breath and listen to this passage on balance:**

**Romans 12:15** Rejoice with those who rejoice; mourn with those who mourn.

**PAUSE**

Rejoice with those who rejoice; mourn with those who mourn.

**REFLECT.**

What stands out for you in this verse?

Think of the stark contrast of these two extremes. God intentionally acknowledges both ends of the spectrum for human emotion. He sees us and knows us. We can trust his direction for our lives and how he asks us to relate to those around us.

Recall a moment in this past week when someone in your life needed you to sit with them.

**PAUSE**

It might've been a moment of rejoicing or a moment of crying out together. Jesus equips us to do both. Through the Holy Spirit's peace and satisfaction of our souls, we are able to meet others wherever they may be today.

Do your current relationships cultivate these moments? Pause

Is there someone in your life who needs you to mourn with them this week? Pause

Is there someone in your life who needs you to rejoice with them this week? Pause

Our world today is full of hard lines, of black and white opinion. But Jesus calls us beyond these out of balance extremes to minister to those in need across the board.

xxWhere in your life do you need to ask God to breathe balance into today?

**PAUSE.**

Ask him for that balance now, for His supernatural interference in your panicked or extreme thought patterns today. PAUSE.

Recall a time someone sat with you in mourning and thank God for that person. PAUSE.

Recall a time someone sat with you in rejoicing and thank God for that person. PAUSE.

Ask Him for the privilege today of seeing where He is working, and who he has put in your path to sit with in their circumstances. PAUSE.

PAUSE, PRAY AND ASK.

Walking with the Lord is a great privilege, and we get to do it every day. Today, let's do it with intentionality.

Lord, today I ask that You would use my life to bless someone else. PAUSE.

Lord, today I ask that You would use my life to be a blessing to You. PAUSE.

Lord, today I ask that You would use my life to bring a blessing to this world. PAUSE.

**Amen**