

**Starting Right: Original Blessing**

**Monday, 9/7/09 – Read Genesis 1:1-13**

My Observations \_\_\_\_\_

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A Question to Answer: The Bible begins with the creative word of God speaking the natural world into existence. The whole universe naturally expresses the creativity and beauty of God. God then simply observed that it was good. This divine observation actually is repeated over and over (Genesis 1:4, 10, 12, 18, 21, 25, 31). ... Have you noticed the goodness of creation in the last few days? Describe the experience and the feeling ... and say “thank you” in your prayer.

**Tuesday, 9/8/09 – Read Genesis 1:26-31**

My Observations: \_\_\_\_\_

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A Question to Answer: It’s easy for us humans to conclude that there is something wrong with our humanity. We are fragile, vulnerable, mortal creatures. And that tempts us to draw the wrong conclusion about ourselves. But the creation story in Genesis insists that our humanity is part of God’s good creation. Do you ever have trouble affirming the goodness of your humanity? As you pray today, ask God to help you affirm and celebrate your very human life.

**Wednesday, 9/9/09 – Read Deuteronomy 8:1-10**

My Observations: \_\_\_\_\_

A Question to Answer: When the Hebrew scriptures think of God’s blessings, they are very concrete, very “real world” in their understanding. God’s blessings are fertile land, springs and flowing water, nourishing grains, grapes, and honey. When we enjoy the goodness of God’s natural blessings, we are enjoying the goodness of God! Try this today: Notice the pleasure that delights you when you enjoy sunshine and beautiful hills and good food. And feel that pleasure as an enjoyment of the presence of God.

**Thursday, 9/10/09 – Read Psalm 8:1-9**

My Observations: \_\_\_\_\_

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A Question to Answer: When we pay attention to God’s good world, we sometimes simply stand in awe before it’s immensity, its grandeur and majesty -- stars, galaxies, the immensity of space. In the Bible this awe evokes a reverence -- which, at the same time, celebrates the place of the human in this majestic creation. When have you felt awe before the majesty of the universe? Makes some notes about your experience. ... In your prayer today, thank God for giving you a place within all this beauty.

**Friday, 9/11/09 – Read Matthew 6:25-34**

My Observations: \_\_\_\_\_

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A Question to Answer: Our human insecurity tempts us to live more out of worry and anxiety than trust and confidence. Jesus claims that the abundance of God’s good world provides enough. What do you think? Is there really enough? ... What do you worry about? Write it down. Most of the time we worry about things that never happen; we worry about things that

are not as catastrophic as we imagine. ... Spend a moment today paying attention to birds and flowers. Are you willing to let them teach you about trust?

*My Faith Journal*, September 6, 2009

You Asked for It, #1

**Got to Start Right ...**

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**Saturday, 9/12/09 – Read Psalm 104:10-24**

My Observations: \_\_\_\_\_

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A Question to Answer: Make a list of God’s good blessings that gladden your heart. Be specific and real -- just the way today’s psalm is. ... What’s on your list? The beauty of the hills and the ocean? The gleeful laughter of children? The smile of a spouse or friend? ... Pay attention to all this holy goodness that’s right there in your life right now. In your prayer, give thanks.

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**Sunday, 9/13/09 – Read Psalm 103:1-5**

My Observations: \_\_\_\_\_

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A Question to Answer: Notice that today’s psalm blesses the Lord for ALL that is within. Can you say thanks to God for ALL that is within you? Is there something within that you have a hard time including? Anger, sexuality, insecurity? What? ... Remember, God has created us as human beings -- not as disembodied angels. We are part of God’s natural order, and God has observed: That’s very good! (Look back at Monday and Tuesday.) ... As you pray today, let the words of Psalm 103 help you bring ALL that’s within you to God.

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**What do I hear God saying to me today?**

Genesis 1:4, 10, 12, 18, 21, 25, 31

Psalm 8, Psalm 103

Matthew 6:25-34

**What action do I intend to take this week?**

*Each day this week, take a few minutes. Begin with PRAYER. Then READ through the Bible passage indicated on the inside of this guide. WRITE down your own thoughts, reactions, observations. ANSWER THE QUESTION to begin connecting the Bible with your life. Use additional paper or your own notebook if you need more space to write.*