

# *Cultivating an Inspired Life*



## *What's New*

WEEK 3  
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A PRAYER  
.....

SCRIPTURE  
.....

PRACTICE  
.....

A LETTER FROM MARY

## *Welcome to Week 3*

Welcome to week three of "Cultivating an Inspired Life." In week one, we talked about what it means to "cultivate" and to be "inspired". In week two we discussed the idea of "opening our eyes and our hearts" to see those things around us that are good in our lives and learning to recognize them--training our eyes to see and our hearts to feel.

I'm so glad that you are here to study more on this discipline in week three! Let's get started!

## *A Prayer to Guide You*

Heavenly Father, as we embark on this continued journey of learning what it means to cultivate good things in our lives, we ask that you guide us.

Read this as though it is a prayer from your heart and your words. You may add to it, expand it and continue the conversation with God:

Lord, open my heart and my mind to discover all that you have for me. Open my eyes to see the beauty that you have bestowed upon my life. Open my heart to more fully recognize the people who are part of my journey. Open my eyes to the circumstances that keep me focused on the hope that I find in you. Let me not be disappointed in this hope, Lord. Support me in this new learning and quicken to me the inspiration which is all around me. I give glory to you, that you have rekindled my Spirit Almighty God, it is by your blessing that my strength arrives and that I find the knowledge of your goodness. Amen.

Take a moment to sit in silence and rest in this prayer. What does God reveal to you? Make sure to take notice.

May the King of Peace guide you this week and may He fill your heart with inspiration from His Glory, joy and the peace which only He gives.

I lift my eyes to the mountains: from where shall come my help? My help shall come from the Lord who made heaven and earth.

May he never allow you to stumble! Let him sleep not, your guard. No, he sleeps not nor slumbers, Israel's guard.

The Lord is your guard and your shade; at your right side he stands. By day the sun shall not smite you nor the moon in the night.

The Lord will guard you from evil, he will guard your soul. The Lord will guard your going and coming both now and for ever. Psalm 120





## *Scripture for the week:*

Do not be afraid, little flock, for your Father has been pleased to give you the Kingdom. Luke 12:32

I keep my eyes always on the LORD. With him at my right hand, I shall not be shaken. Psalm 16:8

What, then, shall we say in response to these things? If God is for us, who can be against us? Romans 8:31

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13

But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. Isaiah 40:31

Jesus looked at them and said, 'With man it is impossible, but not with God. For all things are possible with God. Mark 10:27

I can do all things through him who strengthens me. Philippians 4:13

As you meditate upon one scripture per day, think about it in the context of your life, your spiritual strength, courage and ability to believe that good things can happen for you. You deserve good things in your life. You deserve a continual fountain of inspiration. See it, feel it, receive it. Sometimes we have to be willing to see what's right in front of us, to feel the emotions of what we see and to receive those things that are not as though they are. We do this through the power of the Holy Spirit, prayer and verbal confession.

***I can do all things through him who strengthens me. Philippians 4:13***

Open your eyes, darling. Inspiration is all around you.



## *Practice*

Your practice in inspiration this week is to turn each of the scripture passages into a personal prayer and answer the questions for each passage:

Day 1:

Do not be afraid, little flock, for your Father has been pleased to give you the Kingdom. Luke 12:32

Day 2:

I keep my eyes always on the LORD. With him at my right hand, I shall not be shaken. Psalm 16:8

Day 3:

What, then, shall we say in response to these things? If God is for us, who can be against us? Romans 8:31

Day 4:

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13

Day 5:

But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. Isaiah 40:31

Day 6:

Jesus looked at them and said, 'With man it is impossible, but not with God. For all things are possible with God. Mark 10:27

Day 7:

I can do all things through him who strengthens me. Philippians 4:13

Pray over each scripture passage and how it is relative to your life. Write a prayer, using each scripture passage as a guide. Afterward, describe in your journal how each passage inspired you as you were praying and as you were writing your prayer.

See it. Feel it. Receive it. You see the scriptures by reading them. As you pray over them, you feel them or have feelings associated with them. The last part is sometimes more difficult, and that is to receive and believe with your heart what you have just prayed for and the absolute truth of God's word. It never returns void.



## *A Letter From Mary...*

Friend,

I want you to know how happy I am that you have reached out to try something new!

As we commit to learning new things, there may be challenges. It's difficult to change our patterns of thinking and being. The spiritual quest is a lifelong journey and there is no end. Each new idea, each new way of seeing things, each ahhh moment when we really recognize the hand of God propels us forward.

Let me remind you dear friend, that happiness is something we must choose in times like this. It doesn't come from external forces, but rather, the state of our hearts and our minds and our connectedness with the Great Physician. We grow through painful seasons and gain a wisdom that we may otherwise not have known.

Part of the wisdom that stays with us is contemplation. As we contemplate our relationship with Jesus, we think upon the marvelous things He has done for us. As we contemplate, we see inspiration all around us, even in the midst of pain or uncertainty.

The pursuit of inspired living is a pursuit in flourishing. We can flourish in our hearts, our minds and our spirit. As we move forward on this journey; let us think upon this:

Finally brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Philippians 4:8

Open your eyes to see with your eyes what is before you. Allow yourself to be vulnerable enough to feel it. Look for the silver lining in every situation and believe it. See it. Feel it. Believe it.

Our thoughts have power. Our words have power. They feed our hearts, our minds and our souls.

Sending you peace and love,  
Mary

