

WEEK 4

CULTIVATING AN INSPIRED LIFE

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WEEK 4

Congratulations!

Congratulations! You have worked through to the last session of our coursework, and yet, there is so much more ahead. Can you now see what it means to cultivate an inspired life? There is not a specific formula that will tell you when you have arrived. Rather, inspiration is an ongoing flow of our hearts, our minds and our spirit melded together to create something lovely and acknowledge the lovely that already exists.



A PRAYER TO GUIDE YOU

God our Father,

May you be merciful to us as we begin the process of recognizing your Light in all that is true, all that is honest, just, pure, lovely, of good report. If there be any virtue or praise—let us think on these things. (Philippians 4:8) Amen.

Friend, I have asked God to plant joy into your heart today, that you may rejoice in this day and be glad in it! John 15:11 says, "These things I have spoken to you, that My joy may remain in you, and that your joy may be full."

I pray that as you go about your day and as you complete this study, you will be reminded that each day is a gift and this will help you to remain fully present, seeing, feeling and receiving all the goodness and beauty God has for you.

"So teach us to number our days, that we may present to You a heart of wisdom." Psalm 90:12

Friend, I challenge you to write a love letter/prayer to Jesus today. Talk to him in thanksgiving and praise, telling him about the beauty that you have in your life and how His wonder inspires you. Ask him to remove your worries and concerns and replace them with inspiration and peace.

***Each day is a beautiful gift.
Choose to be fully present and
acknowledge the beauty
around you.***



SCRIPTURE

Some scripture passages for your journey:

Meditate upon one passage per day and what it means to you as you cultivate inspiration. How does each particular passage inspire you to be the best you and serve God?

Monday:

When doubts filled my mind, your comfort gave me renewed hope and cheer. Psalm 94:19

Tuesday:

This is the day which the LORD has made; let us rejoice and be glad in it. Psalm 118:24

Wednesday:

So teach us to number our days, that we may present to YOU a heart of wisdom. Psalm 90:12

Thursday:

Now I am coming to You, and I speak these things in the world so that they may have My joy completed in them. John 17:13

Friday:

Thou wilt shew me the path of life: in thy presence is fullness of joy; as thy right hand there are pleasures for evermore. Psalm 16:11

Saturday:

Those who listen to instruction will prosper; those who trust the LORD will be joyful. Proverbs 16:20

Sunday:

When a believing person prays, great things happen. James 5:16

"Prayer is our lifeline to God."

Billy Graham

I said a prayer for you today. I believe in the power of prayer.



PRACTICE

Some exercises in the spiritual practice of cultivating inspiration:

As with all things that we desire to grow in our lives or perfect, we must practice. Cultivating inspiration in our lives takes practice as well. Sometimes we go through seasons of feeling uninspired. The luster has faded from the magical wonder of our eyes and hearts. In the Bible, Jesus says that we must come to him as little children. Inspiration is like that too. Our eyes must be filled with wonder, our hearts reflective of those things which are pure and lovely. Receiving the lovely, cultivating the lovely understanding and receiving the lovely into our lives is a matter of allowing ourselves to be as little children and be receptive to all that is beautiful and wondrous around us.

When we experience challenges, seasons of difficulty or grief in our lives, perspective is everything. We can choose to see things through God's eyes and experience joy by keeping His perspective.

Take a look at the questions in the sidebar and focus on one each day. Answer them prayerfully and then write a prayer for each one. When we practice prayerfully journaling and writing our own prayers, it helps us to see what might be below the surface in our hearts.

1. What inspires you today? Describe and explain.
2. What is your perspective when you experience challenges?
3. What activities do you plan to add to your daily/weekly routine to help you cultivate inspiration?
4. What have you asked God for? Explain.
5. What is beautiful about today? Describe.
6. When did you last feel a sense of childlike wonder? Describe.
7. What has your heart received as a result of this 4 week study? Explain

Don't forget to write a prayer and open up a dialog with Jesus with each question in this exercise!



A LETTER FROM MARY

Until now you have not asked for anything in my name. Ask and you will receive, so that your joy will be the fullest possible joy. John 16:24

My beautiful friends in Christ, it is my personal prayer that you continue on in the pursuit of inspiration and the fullness of acknowledging every good and perfect gift from our Savior. In His fullness we find our fullest joy.

If you have a need, make it known to God. If you are walking through rough waters and stony paths, ask and you will receive. Inspiration at the heart is nothing more than a noticing, an awareness and a gladness. God is the Father of all inspiration. Everything good and pure in our lives and in this world is of Him. Everything good and pure that we see or create that brings joy to our hearts or the hearts of others is of Him. We cannot remove bits and pieces of ourselves from Him because He is within us.

I pray that our Lord gives you the fullest joy, the fullest inspiration and opens your eyes to see all that is lovely. Billy Graham once said, "God meant for life to be filled with joy and purpose. He invites us to take our journey with Him."

Congratulations on a job well done, friends! I am so delighted that you have come this far on your journey toward a more inspired life. I pray for your continued success and happiness.

"Think of yourself as on the threshold of unparalleled success. A whole, clear, glorious life lies before you."
Andrew Carnegie

***I asked the Lord to help you find
the fullness of joy and the fullness
of inspiration. Can you feel it?
Can you see it? Will you receive
it?***