

Trinity United Methodist Church

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Prayer Ministries of TUMC offers this monthly brochure to our congregation and a circle of interested others as a compact source of daily meditations. We hope the language and the images—the articulations both ancient and modern—will bless you, awaken you, stir your imagination, open you to Sacred Mystery, help you commit to the kind of wholeness that Jesus taught and modeled, and equip you for the daily living of our church's mission statement:

Know God. Be transformed. Love.

March 2018

Heart

Season of the church year:
Lent: February 14 – Holy Week
Color, purple

Thursday, March 1

Watch over your heart with
all diligence,
for from it
flow the springs of life.

Proverbs 4:23

Friday, March 2

Blessed are the pure of heart:
they shall see God.

Matthew 5:8

Saturday, March 3

The heart in the ancient sacred traditions has a very specific and perhaps surprising meaning. It is not the seat of our personal affective life—or even, ultimately, of our personal identity—but an organ for the perception of divine purpose and beauty. It is our antenna, so to speak, given to us to orient us toward the divine radiance and to synchronize our being with its more subtle movements. The heart is not for personal expression but for divine perception...

Sunday, March 4

The ancient Wisdom traditions all saw (I do not mean they theorized; they *directly perceived*) that the physical world we take for our empirical, time-and-space bound reality is encompassed in another: a coherent and powerful world of divine purpose always surrounding and interpenetrating it. This other, more subtle world is invisible to the senses, and to the mind it appears to be pure speculation. But if the heart is awake and clear, it can directly receive, radiate, and reflect this unmanifest divine Reality...

Monday, March 5

In the language of sacred tradition, the emotional center [where the heart lies] carries the “reconciling” force. It serves as a bridge between the mind and the body and also between our usual physical world and this invisible other realm. When properly attuned, the emotional center's most striking capacity, lacking in the mind alone, is the ability to comprehend the language of paradox. Logical inconsistencies that the mind must reduce into a simple “either-or” can be held by the heart in “both-and”—and even more important, *felt* that way—without needing to resolve, close down, or protect oneself from the pain that ambiguity always brings.

Cynthia Bourgeault

Tuesday, March 6

And I will give them a heart to know me,
for I am the Lord;
and they will be my people,
and I will be their God,
for they will return to me with their whole heart.

Jeremiah 24:7

Wednesday, March 7

The eternal God is your refuge,
and underneath are the everlasting arms.

Deuteronomy 33:27a

Thursday, March 8

His mother held these things dearly,
deeply within herself.
And Jesus matured,
growing up in both body and spirit,
blessed by both God and people.

Luke 2:51b-52

Friday, March 9

Take my yoke upon you, and learn from me,
for I am gentle and humble in heart;
and you shall find rest for your souls.
For my yoke is easy, and my load is light.

Matthew 11:29-30

Saturday, March 10

O for a heart to praise my God,
a heart from sin set free,
a heart that always feels thy blood
so freely shed for me.

UM Hymnal #417, Charles Wesley

Sunday, March 11

Who can ascend the Lord's mountain?
Who can stand in his holy sanctuary?
Only the one with clean hands
and a pure heart.

Psalms 24:1, 3-4a

Monday, March 12

A joyful heart is good medicine.

Proverbs 18:22

Tuesday, March 13

Thy nature, gracious God, impart; come quickly from above; write thy new name upon my heart, thy new, best name of Love.

UM Hymnal #417, Charles Wesley

Wednesday, March 14

'And you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these.

Mark 12:30-31—

Jesus quoting Deuteronomy 6:4 and Leviticus 19:18

Thursday, March 15

For God sees not as man sees, for man looks at the outward appearance, but the Lord looks at the heart.

1 Samuel 16:7b

Friday, March 16

But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man shall be blessed in what he does.

If anyone thinks himself to be religious, and yet does not bridle his tongue but deceives his own heart, this man's religion is worthless.

James 1:25-26

Saturday, March 17

And he who searches the hearts knows what the mind of the Spirit is, because he intercedes for the saints according to the will of God. And we know that God causes all things to work together for good to those who love God, to those who are called according to his purpose.

Romans 8:27-28

Sunday, March 18

As for you, my son Solomon, know the God of your father, and serve him with a whole heart and a willing mind; for the Lord searches all hearts, and understands every intent of the thoughts. If you seek him, he will let you find him.

1 Chronicles 28:9

Monday, March 19

I have not hidden thy righteousness within my heart; I have spoken of thy faithfulness and thy salvation; I have not concealed thy lovingkindness and thy truth from the great congregation.

Psalms 40:10

Tuesday, March 20

Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from thy presence, and do not take thy Holy Spirit from me. Restore to me the joy of thy salvation, and sustain me with a willing spirit. Then I will teach transgressors thy ways, and sinners will be converted to thee.

Psalms 51:10-13

Wednesday, March 21

Let peace begin with me; let this be the moment now. With every step I take, let this be my solemn vow: to take each moment and live each moment in peace eternally. Let there be peace on earth, and let it begin with me.

UM Hymnal #431, Sy Miller and Jill Jackson

Thursday, March 22

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and minds in Christ Jesus.

Philippians 4:6-7

Friday, March 23

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence, and if anything worthy of praise, let your mind dwell on these things.

Philippians 4:8

Saturday, March 24

And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord.

Ephesians 5:18-19

March 25, Palm Sunday

To thee, before thy passion, they sang their hymns of praise; to thee, now high exalted, our melody we raise.

UM Hymnal #280, "All Glory, Laud, and Honor", Theodulph of Orleans, 8-9th century

Monday, March 26

My heart yearns for your love, whenever I speak of your glory...

Tuesday, March 27

So may my thought be sweet to you, for whom my soul longs.

Gates of Prayer

Wednesday, March 28

And may the Lord direct your hearts into the love of God and into the steadfastness of Christ.

2 Thessalonians 3:5

March 29, Holy Thursday

Even in the midst of great pain, Lord, I praise you for that which is. I will not refuse this grief or close myself to this anguish...

March 30, Good Friday

Let shallow men pray for ease: "Comfort us; shield us from sorrow." I pray for whatever you send me, and I ask to receive it as your gift...

March 31, Holy Saturday

You have put a joy in my heart greater than all the world's riches. I lie down trusting the darkness, for I know that even now you are here.

Stephen Mitchell, paraphrase of Psalm 4