



Personal Devotions: JESUS BUBBLE TIME

1-30 seconds: shut off cell phones, take a minute to close your eyes and think about your day. Thank God or ask for help if needed before starting.

Read: take time & pay attention to what words, feelings, or images stick out to you

Isaiah 43:2 "When you walk through the waters, I will be with you."

Deuteronomy 31:6-8 Be strong & courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

Psalm 27:1 The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?

Mark 5:36 Overhearing what they said, Jesus told him, "Don't be afraid; just believe."

Proverbs 3:5-6 Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Isaiah 41:10-13 Do not fear, for I am with you; do not be dismayed, for I am your God.

I will strengthen you & help you; I will uphold you with my righteous right hand.

2 ½ minutes: Read the Bible verses above. (if you want to draw or "pray" in color on the back of your sheet, feel free) Then reflect:

- What caught your attention in these Scriptures?
- How do these passages tell you some good news? Which one most?
- What, if anything, bothers you? What questions come to mind?
- What do you find comforting? What would comfort a friend?
- What words, images, or feelings jumped out at you?
- What, if anything, does this passage encourage you to stop, start, or do differently?

Faith Connections: The following are quotes from Christians who lived different lives of deep faith in God, but many did this after or while experiencing great hardship. What do you think about these quotes? Agree or disagree? Which ones grab your attention? Why?

"Even if you're on the right track, you'll get run over if you just sit there." ~ Mother Teresa

"If God sends us on stony paths, he provides strong shoes." ~ Corrie Ten Boom

"I would go to the deeps a hundred times to cheer a downcast spirit. It is good for me to have been afflicted, that I might know how to speak a word in season to one that is weary." ~ Charles Spurgeon

"God does not always calm the storm, but God always calms his child in the storm." – Mark Nepo

"There is no pit so deep, that God's love is not deeper still." ~ Corrie Ten Boom

Ultimately, prayer is CONVERSATION with THE GOD WHO LOVES YOU AND KNOWS YOU! Share with the Living God...

Other prayers/letter to God...

Praying in Color...

(What is praying in color? – Reflect on a Bible verse or passage. Read the verse aloud, then sit in silence for 1-2 minutes. Repeat this 2-3 times. Then, focus on a word, image, phrase, or feeling that the passage and meditation time instills in you... then let your creativity explore and your imagination take flight as you draw, write, doodle, or scribble images, pictures, words, etc. --- a.k.a. Praying in Color.)