



Being Jesus Christ to the World


Theme: Radical Women


“The Woman with the Issue of Blood”


Speaker: Amy Pritchett


Weekly Memory Verse: “Daughter, you are well because you dared to believe. Go in peace, and stay well.”
Mark 5:34 (The Voice)

Monday, July 5 – Read Mark 5:24-34. Lectio Divina.


 Find a quiet place where you won’t be disturbed. Give yourself permission to let go of your current to-do list and get away with God for a bit. Settle into a comfortable position and begin to notice your breath. Take 4 deep cleansing breaths, inhaling all the way into your belly and exhaling out through your mouth. What did she do for Jesus? What feelings do you imagine the crying woman felt as she anointed Jesus?


 Read the text slowly and mindfully. Listen for a word or phrase that jumps out to you. What does the text say specifically to you in your life at this moment? Slowly repeat the word/phrase to yourself. Allow it to interact with your inner world of concerns, joys, hopes and ideas. Is there an invitation here from God?


 Read the text a 2nd time. What can you say to God through the text? Speak to God in response. Be honest with Him about any emotions and thoughts as well as any resistance you might be experiencing. Finally, give to God what you have encountered in your heart today.

 Read the text a 3rd time. After this reading, take time to be still, resting in God’s embrace, letting God work in your spirit. Finally, pray.

Tuesday, July 6 – Remembering

 Jesus is changing us into His likeness, and He does this through love. Through His love, He transforms our entire being: Heart, soul, mind, and strength. Just like he healed the woman with the issue of blood, He wants to heal you too. He wants to remind you of your belovedness. So, what’s keeping you from realizing your belovedness?

 It’s so vital to remember the things God has done for us. Remember a time in your life when you felt God’s presence. Take time to remember every detail of how you felt in your body, your spirit and in your mind. Allow every part of yourself to show up and welcome them to the table. Thank God for His presence in your life.

 “O, my soul, come, praise the Eternal with all that is in me- body, emotions, mind and will- every part of who I am- praise His holy name. O my soul, praise the Eternal; sing a song from a grateful heart; sing and never forget all the good He has done.” Psalm 103:1-2

(Message Notes and Meditation Moments for July 03-04, 2021 – For more, go to www.summitdurango.org)



Meditate on the above scripture today. Go for a walk and enjoy this special playlist created to remind you of your place as His son or daughter.



<https://open.spotify.com/playlist/5ncMJiOZ13Rj4KhEgSj9ET?si=5afa46d3817b4fob>

Wednesday, July 7 – Read 1 Corinthians 6:19-20



We are embodied souls. We are to love Him with all of our heart, soul, mind and strength but we tend to dedicate everything BUT our flesh and bones to Him. How we care for and treat our bodies has a direct impact on the health of our souls. Oftentimes we offer our bodies hate instead of love. Our bodies keep the score of the condition of our souls.



Time and time again we see Jesus take time away from the masses to connect with Father in heart, soul, mind and strength. Today, I'd like to challenge you to give yourself some breathing space. Time to find peace amongst the chaos.



Find a quiet place where you can relax and meditate. Begin by noticing how you feel in your body at this moment. Bring your awareness to your breath and your thoughts. Do your thoughts bring you peace or do they bring you more anxiety and disharmony? Notice what's available to you today. Ask God to take captive your thoughts and to change your perspective to how He sees you. What can you begin to let go of today? Relax with this 13 minute meditation for you by Elena Brower.

<https://open.spotify.com/playlist/7sAlASG7VMWG6z8zCJPvBf?si=03ea2f637d374277>

Thursday, July 8 – Breath Prayer



“You are my Son, chosen and marked by my love, pride of my life.” Mark 1:11 (MSG)



Draw a picture of yourself. Notice how you speak to yourself while you draw the details of yourself. Draw upon your thought life and take note of how you speak to yourself in situations where you feel you fall short of expectations...your own or others. Beneath your self-portrait write: My Son/Daughter, chosen, marked by God's love, pride of His life.



Inhale: I am your Son/Daughter



Exhale: Chosen, marked by His love, pride of His life

Friday, July 9



Draw a picture of someone else; maybe someone who hurt you or that you disagree with. Beneath this picture write: My Son/Daughter, chosen, marked by God's love, pride of His life.



“You are to love the Lord Yahweh, your God, with every passion of your heart, with all the energy of your being, with every thought that is within you, and with all of your strength. This is the great and supreme commandment.” Mark 12:30



We are a community who dares to love the Lord with the totality of our being. We believe that Light just might change the world. Loving God means loving others. How does the idea of loving God and replacing condemning thought or words about yourself change your ability to extend His love to others...even those we find hard to love?



Loving someone with our entire being requires sacrifice. How can you love someone sacrificially today?

Saturday, July 3 – Rest and receive these words spoken over you as His Beloved. This is your inheritance!



<https://open.spotify.com/playlist/5WOCM5H9mRrA9rVVcijSoA?si=3e2bd363105d4fdf>



When you hear his word spoken into you, you must exercise it. Use it in real time and in real circumstances. The Kingdom of God is not only among you but WITHIN you.



Go in peace and share the love of God with someone today!