

*flourish*  
DEVOTIONALS



# PRESS IN TO FLOURISHING

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*"You make known to me the path of life; in your presence, there is fullness of joy; at your right hand are pleasures forevermore."*

*Ps 16:11*

This verse sounds a lot like flourishing- guided along God's path, fullness of joy in His presence and eternal pleasures at his right hand.

*3 quick ideas to press into this kind of flourishing:*

## Attentive to God's Presence

*Being present in his Presence.* Think about it – God himself, dwells by His spirit within you. He is constantly trying to get your attention- his "tap, tap, tap" nudging. But have you ever thought about God paying attention to you? What a thought! Learn to pay attention to him paying attention to you. Wow, so much love and peace in His presence. In his presence, there is fullness of joy.

### Practice: 10-minute Retreat

I have been practicing a simple "10 minute" retreat each day. I set an alarm/timer for 10 minutes (sometimes I have quiet soaking music on- sometimes in silence) and I simply sit with God. I pay attention to him paying attention to me. I pay attention to his very presence with me. I create space to be with him. And where God finds space, He enters!



## Attuned to Your Own Soul

Are you attuned to what's going on within you? Deep joy, connection, satisfaction, peace, flourishing! Or when you're not feeling joy, or you feel downcast, or disappointed? Being attuned to your feelings is important in caring for your soul. Emotions are a window into your soul. Stay attuned to your longings, desires, emotions, fears, and anxieties. What am I thinking about this situation? What am I believing about myself, God, or others? How is this impacting my soul?

### Practice: Pour Out Your Soul

I practice putting my hands to my heart and "taking out my soul" and placing it in from of me. I address my soul: Why are you so down? Why are you so anxious? Why are you so uptight? Why are you so distracted? Then I invite the Holy Spirit to show me what's going on inside- in my thinking, my fears, my doubts, and perhaps my longings that are going unmet. I choose as the psalmist did to pour out my soul to God, to invite his presence into those places.

I address my soul, but then I preach to my soul. Just like David in Psalm 42.

## Psalm 42

*Why are you cast down, O my soul,  
and why are you in turmoil within  
me?* ← *He addresses his soul*

*Hope in God; for I shall again praise  
him, my salvation and my God.*

→ *He preaches to his soul:  
'hey soul, hope in God'*

I preach the promises of God to my soul. I choose **hope**. I choose **peace**. I choose to **trust**. I choose to believe all of God's promises are **yes and amen**, and I speak them out aloud to my soul.



## Announce Praise

*“Rejoice always, pray continually, give thanks in all circumstances;  
for this is God's will for you in Christ Jesus.”*

*1 Thessalonians 5:16-18*

No matter the season, choose to rejoice always, to pray continually, and to give thanks **in** (not for) all circumstances. To truly flourish, no matter the season you find yourself in, choose to praise. Even choose to praise before the breakthrough. Find something to be grateful for, even if it's that you woke up today, for the very breath in your lungs, for sunshine, for the things you “get to do” not “have to do” today.

In a very difficult season of my life, I heard the Lord say, “*Praise me*” because praise changes the atmosphere and I inhabit the praises of my people (Ps 22:3). So I choose to praise before the breakthrough as Bryan and Katie Torwalt so beautifully sing.

### Practice: Make It Personal

One final flourishing practice that keeps me attentive to God, attuned to my own soul and announcing gratitude and praise. I practice *Scriptio Divina*- personalizing scripture. Writing out scripture passages from God to me, and from me to God.

*You make known to me the path of life; in your presence there  
is fullness of joy; at your right hand are pleasures forevermore.*

*Ps 16: 11*

**From God to me:** “My child, I have made known and I will always make known to you the path of life. I will show you the way. In my presence you will be filled with joy. Stay close to me child, because at my right hand you will find pleasures forevermore.

**From Me to God:** “Sometimes I feel so off track, stuck, and lost (*pouring out my soul*). Thank you that you make known to me the path of life. You show me the way. Thank you my Lord that in your presence I can find true joy. Nothing else in life compares to that joy. Oh God thank you for taking ahold of my hand. I will stay hand in hand with you, my God, and I know I will experience all the pleasures, peace, and power that you alone can give me. I am so grateful, my Lord and my God.

Why don't you give it a try!





*Take notes*