

It's been a wild year and an even wilder culminating New Year and though externally I'm operating through seemingly normal-like day to day activities, I'm feeling more anxious, noticing that it's a little more difficult to retain information, noticing all of the swirling thoughts in my mind, the competing images of what's happening in the world knocking around the central components of those places where hope is waning in me, me grappling to hold on, ultimately needing to just let go and be still in my weariness, my rage, my deferred dreams, before God.

If that feels like you right now or if you feel a need to be risen-- beyond the pain, misery and evil of this world, now...on earth today.....as it is in heaven.I invite you into the spiritual practice below

Parable: Matthew 13:33 which says **“The Kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.”**

Spiritual Practice:

Think of yourself as the flour...

What yeast of the world is weighing you down? Where do you need the kingdom of heaven to mix within you all that is good and hopeful and where do you need the kingdom of heaven to knead within you until that from the world is burned away?

Close your eyes and Pray,
Speak Lord for Your Servant is Listening.

Ask, Lord? Where do I need to be risen beyond the harsh realities? Where do I need more heavenly yeast? (additional probing questions below)

What harsh realities do you need help rising beyond? Is it mind/body, family, job, community or some other situation? Are you depleted of Strength?....Courage to speak what you need to speak? Energy to do what you need to do? Let go where you need to let go? What are you needing/kneading right now? Where do you need the good and hopeful spores of God's presence to activate your heart and knead in you?

Take a few moments of silence to hear from God. Write them down, press in more. Look for the ways today and in the days to come that God is affirming and encouraging the words you've heard.

Pray: *Jesus I offer all before you and invite you to pour out the full measures of heaven upon me and through me... May I be kneaded and sustained in your love today and in the weeks to come. Amen.*