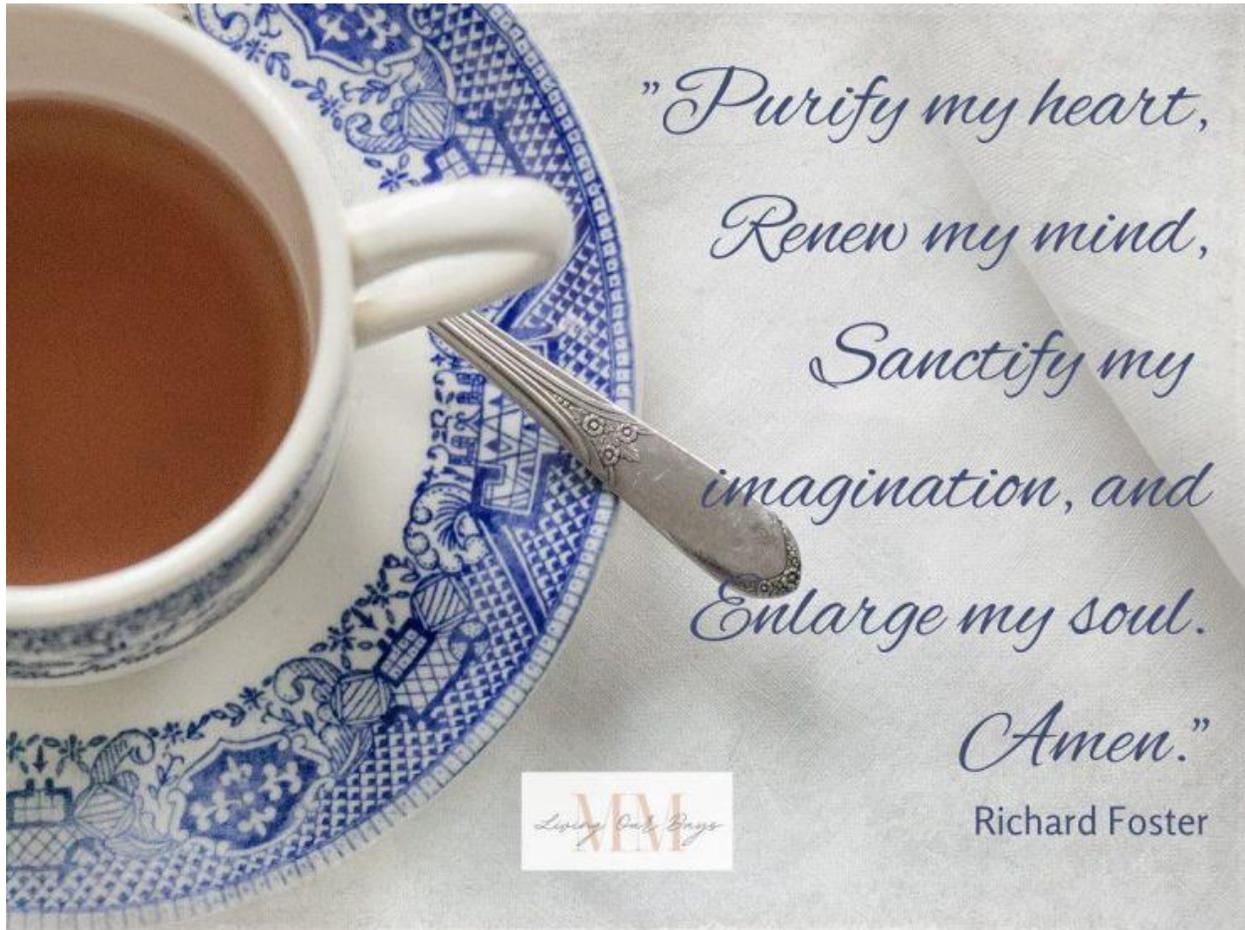


A Guided Meditation on Humility



Lord Jesus, I invite you to...

Purify my heart

"Create in me a clean heart, O God, and renew a right spirit within me." Psalm 51:10 ESV

You know, Lord, that my motives are always mixed at best, and pride lurks around every corner. Even so, I know that you can plant seeds in me that produce the peaceable fruit of righteousness. I'm trusting you to do your work in my heart so that I look for the good in others, serve you with right motives, and kick myself, by grace, out of the center of the universe.

Renew my mind

"Set your minds on things that are above, not on things that are on earth." Colossians 3:2 ESV

Lord, help me to attend to "things that are above" with the same ferocity and focus that I invest in worrying and perseverating over the "things that are on the earth." Remind me of your

faithfulness and enable me to make good choices about where my thoughts go, because I know that faith itself is an extension of knowledge. Teach me how to live each day with my heart anchored in what I know about your record of faithfulness--in Scripture and in my own story.

Sanctify my imagination

“For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.” Hebrews 4:12 ESV

I need your true Words, Lord, to purify my own. I need solid truth to winnow out the fluff that sneaks into my brain from the context of culture. You know how I have defined "goodness" in terms of productivity and "flourishing" in terms of a life without obstacles, but I invite you to change the labels in my brain. Help me to imagine holiness as the ultimate good and to value whatever process you choose in bringing that about in my own life and the lives of the people I love.

Enlarge my soul

“Your steadfast love, O Lord, is as great as all the heavens. Your faithfulness reaches beyond the clouds. Your justice is as solid as God’s mountains. Your decisions are as full of wisdom as the oceans are with water. You are concerned for men and animals alike.” Psalm 36:5-6 TLB

It's cramped in here sometimes, Lord. I've got room for me and my people--and most of the time, room for you, but I've drawn my boundaries small and safe. You've drawn yours with all the wide spaciousness of grace. All of creation attests to the vastness of your provision, the depth of your forgiveness, and the faithfulness of your love. Show me how to live in such a way that the bookends of "already" and "not yet" inch a just bit closer here in my world, “on earth as it is in heaven.”

And we pray, as always, in the name of Jesus,

Amen

*Created for you by Michele Morin based on a prayer from [Learning Humility](#) by Richard Foster
Living Our Days
<https://michelemorin.net>*