

Thou shalt love thy neighbour as thyself. —MATTHEW 19:19 (KJV)



A PRAYER FOR AUGUST

Lord, help me live from day to day
 In such a self-forgetful way
 That even when I kneel to pray
 My prayers will be for Others.
 Help me in all the work I do
 To ever be sincere and true
 And know that all I do for You
 Must needs be done for Others...
 And when my work on earth is done
 And my new work in heaven begun
 May I forget the crown I've won
 While thinking still of Others.
 Others, Lord, yes, others
 Let this my motto be;
 Help me to live for Others
 That I may live like Thee.

CHARLES D. MEIGS (1846–1920)

**OPEN YOUR HEART
 Embrace Yourself**

Some years ago I belonged to a prayer group with five other people. After several months, the members were opening their lives to one another and growing close—that is, with the exception of myself and another woman. As the others discussed their struggles and concerns, we two tended to grow mum and withdraw to the periphery where we became part of the wallpaper. I told myself it was because this sort of experience was new to me.

One day my fellow wallflower announced she would be dropping out of the group. “Why?” we wanted to know.

“I can’t seem to enter in like most of you,” she blurted. “I . . . I guess I’m afraid that if you really knew me, you would dislike me as much as I dislike myself.”

Her words became a sudden mirror thrust in front of my face. I saw that it was actually my own small and secret pockets of self-hatred that isolated me from the group.

One member walked over and gave the woman a hug. Then she said, “Now I want you to wrap your arms around yourself and give your own self a hug. Begin right now to love yourself.”

Across the room I wound my arms around my own shoulders, embracing myself. Go ahead, why don’t you try it too?

—Sue Monk Kidd

AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOTES

JULY

SEPTEMBER

S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7							1
8	9	10	11	12	13	14	2	3	4	5	6	7	8
15	16	17	18	19	20	21	9	10	11	12	13	14	15
22	23	24	25	26	27	28	16	17	18	19	20	21	22
29	30	31					23 30	24	25	26	27	28	29

OUR PRAYER

Dear God, thank You for the courage to leap into deep water.

<p>12 SUNDAY</p>	<p>Can you lead forth a constellation in its season... Do you know the ordinances of the heavens, or fix their rule over the earth? —Job 38:32–33 (NAS)</p>
<p>13 MONDAY</p>	<p>“They seized him, put the cross on him, and made him carry it behind Jesus.” —Luke 23:26 (GNT)</p>
<p>14 TUESDAY</p>	<p>Better is the end of a thing than the beginning... —Ecclesiastes 7:8 (KJV)</p>

MY LIFE SEEMED to be going nowhere, and my sons and I were having some financial struggles. Then a job offer came, and I was given one week to decide. No matter how I weighed the facts, I couldn't get the courage to say *yes* or *no*.

One afternoon I went to the mountains and sat by a wide rushing stream. At my feet was a small, deep pool. A stick came floating by and was drawn into the eddy where the continual

centripetal pull of the water started it on an unending pattern of going around and around. I wondered how soon the river currents would pull the stick back out into the main flow. I began counting the revolutions. When I got to 495, I knew it would never get out on its own. I jumped up, grabbed it from the whirlpool, and tossed it into the onrushing current.

“Oh, God,” I said, “I'm just like that stick. Please lift me out of the rut I'm in.”

<p>15 WEDNESDAY</p>	<p>Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer. —Psalm 19:14 (ESV)</p>
<p>16 THURSDAY</p>	<p>The stone the builders rejected has become the capstone. —Luke 20:17 (NIV)</p>
<p>17 FRIDAY</p>	<p>Sing to the Lord a new song... —Psalm 96:1 (NIV)</p>
<p>18 SATURDAY</p>	<p>My friends scoff at me, but I pour out my tears to God, pleading that he will listen as a man would listen to his neighbor. —Job 16: 20–21 (TLB)</p>

I knew what I had to do: say yes to a new challenge, yes to new opportunities to learn and grow, yes to life active instead of life passive. God had

brought me the opportunity, but I had to make the choice for myself.

—Phyllis Walk

PRAYER REQUESTS _____

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