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Reflection for March 19



by Sue D'Alessio

As you breathe in the Spirit of God today, watch for small sparkles of delight and joy. Notice the beauty and energy of God present in the world. In Philippians, Paul invites us to give thanks to God in everything. What, who, where and how are you grateful today? Breathe in gratitude and hope. May the peace of God which is greater than anything we can comprehend, fill you with all the promises of life. You are held in our prayers today in gratitude for who you are. Your congregations are held in our prayers today in gratitude for all the faithful, spirit-filled people who give and serve others in Christ. Thank you, God. Thank you, God. Thank you, God.

Rejoice in the Lord always; again I will say, Rejoice.
Let your gentleness be known to everyone. The Lord is near.
Do not worry about anything, but in everything
by prayer and supplication with thanksgiving
let your requests be made known to God.

And the peace of God, which surpasses all understanding,
will guard your hearts and your minds in Christ Jesus.

Philippians 4:4-7 NRSV