



Father, thank you for the openness to press into lament,
while still having joy because of your Holy Spirit.

May our movement for shalom come from the cries of our
ancestors, who also carried the same hope - the same
shalom.

We echo the psalmist who cried in Psalm 133:1: “How very
good and pleasant it is when kindred live together in
unity!” Give us the serenity and power to be synergistic in
our body; give us gentle understanding and tolerance of
each other and ourselves.

This week has felt painful in our lament, but we are ever
so grateful for the revelation, song, and dance you give us,
Lord. Strengthen us to not turn away from lament, but
give us the courage to surrender all to you and rest in
who you are. Teach us how to be still so we can heal from
our pain, knowing you are there with us.

May our striving cease. We rest in Your Shalom because
our souls are safe and secure. Where everyone has
enough and no one is afraid.

Hope will find us as the wilderness becomes a path our
God forges - we listen, watch, and see the new things
spring up.

**LORD, with each breath I take,
may I inhale and exhale shalom.**

