



peace be with you
weekly devotional

from the desk of Rev. Marta Wheeler
SAINT PAUL BENSON

Enlivened in Christ

Oh God, if there ever was a time
that I needed to know you're with me
It is now.

I'm so excited and filled with wonder
Yet so unsure of the new school year
beginning.

Beneath the crooked smile on my face
my heart is beating fast amid
uncertainties.

When insomnia stirs me in the
night I see it as a sign to keep
vigil with you.

Then, when I rise-up in the morning
I feel eager, for you are with me and
make me brave.

May each person breathe in your love,
strength, and hope, motivated to
create with you.

May your blessings, Spirit of Christ,
enliven each one and keep us
safe from harm.

*You go before me and follow me.
You place your hand of blessing on my
head. [Psalm 139:5](#) (NLT)*

August 18, 2021

Trust in God

Even amongst children for whom learning comes easily and are from very good families, there can be anxiety with beginning another school year. I hear that teachers feel it as well. It doesn't matter if you're going to kindergarten or taking a class in college, it takes a bit of bravery to step into the classroom for the first time in a new school year. I remember this from finishing my degree at Doane University just five years ago, as were we all nervous on the first day of each semester.

Of course, there are plenty of other troubles along life's way. With the situation in Afghanistan, this has been a worrisome week. We hold them in the Light of Christ and pray that they will be aware of God's presence during this fearful time and bring them the peace that only Christ can give.

Certainly, we pray for any apprehensions in your personal or family lives.

We know that stewing and agonizing does not change the situation, and so we pray beginning with the memory that we are beloved children of God. A breath prayer can be helpful. Pray while breathing in, "*Trust in God.*" Then while breathing out, "*Do not worry.*" Repeat at least three times and rest in God's presence.

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August 18, 2021

Our vision is so limited to what we see ahead of us, yet remember this:

*You are never alone. Christ is with you. God loves you as a beloved child.
You are safe.
Let your light shine, everybody!*

Marta

Rev. Marta Wheeler

Prayer of Saint Patrick

Christ with me, Christ before me,
Christ behind me, Christ in me,
Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ when I arise,
Christ in the heart of one and all who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.