

~ Allowing Another to Care ~

It is often easier in life to help someone else
than accept help from another.
When someone offers to lend a caring hand
it's easy to say, "You needn't bother."
But in a way we are depriving that person
of an opportunity to share,
Because our ego is too big to allow another
to show us care.
Life is filled with many lessons of learning
to give and receive.
If we're only willing to give, then we're missing
an important part of life I believe.
Did not our loving Lord teach Peter to accept
the Master washing his feet,
And did our Lord not ask the Apostles to pray
with him in his time of need?
If you require a caring hand it would be wise
to open your heart,
And allow the other person to do an act of
kindness on their part.
By accepting the care of another willing
to share and freely give,
You will be opening a door that will lead
to a better way to live.

Journal to Grow and Heal

1. Write about a time when you went out of your way to help someone in need. How did you feel?
2. Write about a time when someone went out of their way to help you. How did you feel?
3. Write about some steps you might take to become more open to allowing others to help you.

~ The Healer of Broken Hearts ~

There are times when dusk comes,
And we fear the sun will never rise.
At those times our hearts are broken
Beneath the weight of despair and grief.
Through faith and love we know
He will heal our broken hearts.

There are many questions for which
No answers at this time can be found.
And yet our minds search on and on
In confusion and futility as to why.
Through faith and love we know
He will heal our broken hearts.

We may never understand the extent
Of emotional pain one can endure.
Without fail the tender heart breaks
More easily than the hardened one.
Through faith and love we know
He will heal our broken hearts.

At times of blinding darkness
In emptiness we turn to one another.
We discover He is present in our love,
And we open our hearts to Him.
Through faith and love we know
He will heal our broken hearts.

We share our thoughts and fears,
We share our feelings and tears.
He is present within our hearts,
And his spirit strengthens our lives.
Through faith and love we know
He will heal our broken hearts.

Again and again through parables told,
He reveals God's mercy to us.
His love is greater than
We can ever possibly know.
Through faith and love we know
He will heal our broken hearts.

One so dear has left us
For this moment in time.
But love has no boundaries,
And in time we will be reunited.
Through faith and love we know
He will heal our broken hearts.

Although it may be the darkest of nights,
The Son has risen to light the way.
We will together share the burden,
And his Spirit will see us through.
Through faith and love we know
He will heal our broken hearts.

He is the Healer of broken hearts,
And for this we are surely grateful.
Through his grace in times of grief,
No shattered heart is beyond healing.
Through faith and love we know
He will heal our broken hearts.

Journal to Grow and Heal

1. Write about the loss of a loved one. How did you handle the news, the funeral if you attended, and being around others who were also grieving?
2. What do you think the author intended in the following phrase?
“Without fail the tender heart breaks more easily than the hardened one.”
3. Write about what actions you took that helped you heal from your loss.

~ Thank You for Today ~

Thank you loving Lord for today,
And help me do your will in some way.
Open my eyes to see those in need,
So I may do a kind and simple deed.

Let me appreciate the wind and sky,
As I walk and see birds quickly fly.
Let me bring laughter and a smile
To friends I happily visit for a while.

Plant a seed of hope in my heart,
And help it grow as I do my part.
Each day possibilities are open to me
To become who you want me to be.

Keep me grounded in humility,
As I soar in love that sets me free.
Remind me to be quick to forgive,
So I may enjoy the peace you give.

May I have compassion for others,
And give care to my sisters and brothers.
I am most grateful for my health,
And the life you give is my wealth.

Help me to trust in your love,
And appreciate grace from above.
Again I thank you Lord for today,
As your love shows me the way.

Journal to Grow and Heal

1. How do you usually feel when you have thoughts of gratitude?
2. What part of the “Thank You for Today” poem did you most like?
3. Write about several things that you are most grateful to have or experience.

~ Lord, Help Me Forgive ~

Although I have been wronged
by another,
I have chosen to do more harm
to myself.
The rage and anger I hold within
my heart
Is like venom poisoning the body
until there is no life.
Lord free me of this poison so
that I may have life,
And let peace of mind and happiness
live within my soul.
Help me to stop my self-destructive
judgment of another,
As I accept your will, forgive me as
I forgive others.

Journal to Grow and Heal

1. Write about an event in your life where you feel you were unjustly wronged.
2. Have you fantasized getting back at the person who hurt you? How have you wanted to get even?
3. Write about your experience of forgiving someone.

~ *The Path of Grace* ~

One night I dreamed that my entire life
was symbolized by a path.
As I stood in the present and gazed back,
I saw many hills and valleys.
As my eyes followed the path, I could
actually trace it to my birthplace.
The valleys reminded me of the hurt and
feelings of shame from the past.

As I stood in the present and looked ahead,
I saw the future symbolized.
I experienced a feeling of apprehension and
panic as my eyes followed the path.
It twisted and turned up a mountain until
it ended at a grave bearing my name.
In my dream I cried out to God, and I heard
his voice ask, "What is your concern?"

"Dear Lord, as I looked to my past I did not
once see you along the path.
Where were you when life was difficult and
I needed your hand?"
My Lord replied, "My name is I Am. It is
not I was.
You will suffer much if you live in the past,
because I am not there."

"Lord, as I looked to my future I again could
not see you once upon my path.
I greatly fear having to travel to my death
without you being there for me."
I heard the voice of the Lord reply,
"My name is I Am. It is not I will be.
You will suffer much if you worry about the
future because I am not there."

I turned to my side to view the present and
my Lord was standing beside me.
He extended his hand in love and I
reached out to Him.
His eyes penetrated my soul melting away
my hurt and fear.
At last I understood the meaning of
God's holy name.

Journal to Grow and Heal

1. Write about a worry you have about the future that at times interferes with your peace of mind.
2. Write about a past regret or painful memory that robs you of happiness in the present.
3. When do you feel closest to God or feel a sense of real purpose in your life?