Space for God From The Inside Out



PREPARATION

• In the name of the Father, the Son, and the Holy Spirit •
Hear me, Lord, and have mercy on me. Help me, O Lord.
Psalm 30:10

WORSHIP

Praise the Lord, all you nations. Praise him, all you people of the earth.
For his unfailing love for us is powerful;
the Lord's faithfulness endures forever.
Praise the Lord!
Psalm 117:1-2

CONFESSION

Search me, O God, and know my heart;
test me and know my anxious thoughts.
Point out anything in me that offends you,
and lead me along the path of everlasting life.
Psalm 139:23-24

MEDITATION – Matthew 15:10-28*

Then Jesus called to the crowd to come and hear. "Listen," he said, "and try to understand. It's not what goes into your mouth that defiles you; you are defiled by the words that come out of your mouth."
Then the disciples came to him and asked, "Do you realize you offended the Pharisees by what you just said?"
Jesus replied, "Every plant not planted by my heavenly Father will be uprooted, so ignore them. They are blind guides leading the blind, and if one blind person guides another, they will both fall into a ditch."
Then Peter said to Jesus, "Explain to us the parable that says people aren't defiled by what they eat."
"Don't you understand yet?" Jesus asked. "Anything you eat passes through the stomach and then goes into the sewer. But the words you speak come from the heart–that's what defiles you. For from the heart come evil thoughts, murder, adultery, all sexual immorality, theft, lying, and slander. These are what defile you. Eating with unwashed hands will never defile you."
Then Jesus left Galilee and went north to the region of Tyre and Sidon. A Gentile woman who lived there came to him, pleading, "Have mercy on me, O Lord, Son of David! For my daughter is possessed by a demon that torments her severely."
But Jesus gave her no reply, not even a word. Then his disciples urged him to send her away. "Tell her to go away," they said. "She is bothering us with all her begging."
Then Jesus said to the woman, "I was sent only to help God's lost sheep–the people of Israel."
But she came and worshiped him, pleading again, "Lord, help me!"
Jesus responded, "It isn't right to take food from the children and throw it to the dogs."
She replied, "That's true, Lord, but even dogs are allowed to eat the scraps that fall beneath their masters' table."
"Dear woman," Jesus said to her, "your faith is great. Your request is granted." And her daughter was instantly healed.

IN SOLITUDE AND/OR COMMUNITY

Read	Slowly, several times.
Reflect	What does the text say?
Respond	How does it relate to my life?
Rest	I welcome God's healing and renewal.

ANCHORING PRAYER

Hear me, Lord, and have mercy on me. Help me, O Lord.

REVIEW OF THE HEART

What recent request has God granted me?
What regrettable words have come out of my mouth?

WISDOM

When doubts filled my mind, your comfort gave me renewed hope and cheer.
Psalm 94:19

But take courage! None of you will lose your lives, even though the ship will go down.
Acts 27:22

TESTIMONY *What is God saying to me?*

INTERCESSION *Prayers for the Church, for others, and for me.*

BENEDICTION

May the words of my mouth
and the meditation of my heart
be pleasing to you, O Lord,
my rock and my redeemer.
• Amen •
Psalm 19:14

SPACE FOR GOD DAILY

Be still and quiet before God.
Seek the Holy Spirit's filling and guidance.
Speak, act, and serve from a listening heart.

PermaneSED (Abide) Kurt D. Peters. **Bold** portions to be read in unison. *Lectionary, Year A
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