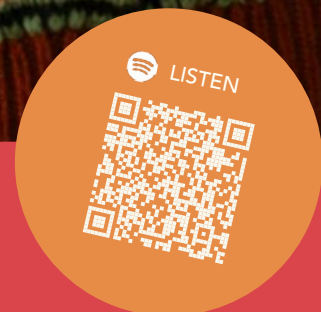


Thursday, April 10, 2025



Day 32

*“You make known to me
the path of life; you will
fill me with joy in your
presence, with eternal
pleasures at your right
hand.”*

—PSALM 16:11 (NIV)

Reflect

“Things happen when you leave the house.” That’s my friend Kelly Corrigan’s motto. Pain or chronic illness or caregiving or the loads of adulting we juggle might tempt us to keep our world small. To say ‘no’ to an opportunity or invitation or new friendship that comes our way. So if you are wondering if you should stay in bed or get outside, pick the latter. When we say ‘yes’ whatever the day holds, we might be surprised by what will meet us.

Respond

Take time today to reflect on your adventures and different seasons of your life. What is some of the hard-won wisdom you can find? If possible, get out of the house today and see what is waiting for you.

Blessing for finding your way as you go

*Blessed are you, imperfect, gorgeous you,
with nothing more than this moment's
honesty, offering what you have—
your incomplete self,
your half-formed thoughts,
your unsteady hope.*

*May you release the “perfect plan”,
the comforting myth that
everything works out.*

*Instead, may you find grace in trying—
knitting together days as they unravel,
stepping forward even when
the path is unclear.*

*Blessed are you who ask for help—
not for certainty or fixes,
but steadiness to take the next step.
May your courage rise,
Fortifying you to try and try again.*

*Moving forward,
not because you know everything,
but from knowing that love
will carry you forward.*

*This life is uncertain,
but you are not alone in it.
May you find strength in the mystery,
and peace in the unfolding of today.³⁸*

³⁸ Kate Bowler. Adapted from “For Living Without Control” in *Have a Beautiful, Terrible Day: Daily Meditations for the Ups, Downs, and In-Betweens*. (New York: Convergent Books, 2024). 103.