10 / 20 / 2017

Thank you, God, for the gift of today. As I honestly review the events of the past 24 hours and pay attention to my feelings, I know your loving presence surrounds me. Bless my journal and our time spent together.

I felt alive in your presence today, God, when…

*I was thinking about my upcoming trip to Utah and how much I’ll miss Mary, John and Grace. And as sad as I’ll be to leave them for a few days, it made me think about how much I love them and how lucky I am to have them every other day.*

I struggled to feel your presence today, God, when…

*In the middle of the day at work I felt overwhelmed by the things I still have left to do by the end of the week. There don’t seem to be enough hours in the day, and I don’t want to have to keep bringing work home with me.*

God, I want to share more deeply with you about one moment that stands out from today. Through this experience, I think you might be telling me…

*I have been working on a new physics demo at school to show my students, and today was the third (frustrating) day in a row that what I was trying just didn’t quite work. But each time, I’m getting a little bit closer, and I feel like you’re telling me to not give up.*

As I think about tomorrow, God, I pray that…

*I’ll have a productive day at work and that I will be able to come home and enjoy my last night with my family before my trip. I hope we have a chance to do something fun together and that I’ll be able to be fully present to them.*

10 / 28 / 2017

Thank you, God, for the gift of today. As I honestly review the events of the past 24 hours and pay attention to my feelings, I know your loving presence surrounds me. Bless my journal and our time spent together.

I felt alive in your presence today, God, when…

*I spent the morning outside scouting locations for an upcoming photo session. The morning was quiet and the sun filtering through the olive grove made think of You with gratitude. Thank you for the gift of nature and for the ability to capture beauty with my camera. I felt you in the evening during dinner with my family, so much fun!*

I struggled to feel your presence today, God, when…

*I felt so frustrated and angry at the bad drivers on the freeway today. I said somethings that don’t represent who I am. I struggle with being patient and stubborn. I was frustrated with my friend for not really hearing me today. I just wanted to share and he was so distracted listening to me. I didn’t feel heard.*

God, I want to share more deeply with you about one moment that stands out from today. Through this experience, I think you might be telling me…

*Today while out scouting sessions, I met a wonderful elderly man who was walking his dog. He let me know about several other awesome spots that he thought I would enjoy. I often get so caught up in myself that I don’t always see you in others. He was such a kind individual and I felt like he was You telling me to slow down and savor.*

As I think about tomorrow, God, I pray that…

*I pray my photo session goes well and that I can put my clients as ease and capture their inner beauty. I pray that I represent myself and my faith well in all that I do whether it is participating at Church or driving on the freeway. Help me to love others in the way that You do, God. Help me to seek your presence in the world, people, and experiences around me every day.*

10 / 17 / 2017

Thank you, God, for the gift of today. As I honestly review the events of the past 24 hours and pay attention to my feelings, I know your loving presence surrounds me. Bless my journal and our time spent together.

I felt alive in your presence today, God, when…

*- holding my daughter and comforting her during her doctor’s appointment. It’s a gift to love her like God loves each of us.*

*- building blocks with my son; his joyful spirit lights up my own*

*- just taking a moment in this evening to sit and be still, handing it all over to You*

I struggled to feel your presence today, God, when…

*- going to the doctor was a struggle; we had to wait a long time and it was a challenge keeping them both happy during that time, so many #momfails*

*- bedtime was chaotic, and I know my own fatigue at the end of the day doesn’t help*

*- I feel like I just need to take a break and feel guilty about that with all there is to do*

God, I want to share more deeply with you about one moment that stands out from today. Through this experience, I think you might be telling me…

*I like to think sometimes that I can do it all. But tonight, days of thinking and acting like that caught up to me. I’m feeling overwhelmed by various projects. I know all the hard work is a part of the process, but I can’t do it alone. I think I need to lean more on you, more than just these conversations, God. I need you to be a part of this process. I need to center all of my work on you.*

As I think about tomorrow, God, I pray that…

*I pray that I can love my children the way that You love me. I pray that I am never so busy that I don’t see Your face in their sweet faces. Help me to be present. Give me peace and clarity about all the projects I have on my plate. Bless my creativity with love and authenticity.*