

Daily Spiritual Practice: Thursday, July 9:

Live, Love, Share...Liberating Disruption



THE PRAYER OF DISRUPTION by Joyce Rupp

*Divine Challenger, when did I stop risking?
When did I lose my edge for adventure and surprise?
When did I start pretending that what I now know is all there is to know?
When did I give in to fear and bow to security?*

*When did I let uncertainty press against my free spirit?
When did I start moving toward the easy, sure thing?
When did I give away my ability to be disturbed?
When did I start refusing to pay the price for fuller depth and joy?
When did I let panic of the unknown future wrap its barbed wire fingers
around my desire to grow?*

*Inner Source of Courage, nudge me toward my growth
Urge me away from my strongholds.
Convince me of my potential to leap beyond the barriers.*

Re-read the words of this prayer and consider the following questions:

- *What are the challenges in your life?*
- *Who and what encourages you to take risks?*
- *What holds you back?*
- *How willing are you to let go of security in order to grow?*