

I Am Already Enough by Rachael Schroeder and Patrick Rundblad for Fearless Soul

I was searching, I was looking for meaning
I was wandering, desperately trying
Only to see I have nothing missing
Who said, who said I have to find who I am
Who said, who said that I am lost to begin with.
I am already enough, everything I need is within me.

Each morning when I wake up,
I'm grateful for the beauty around me.
Life is a gift. I wanna enjoy it.
Always proving my worth only destroys it.
I am already enough,
everything I need is within me.

My motivation can't be validation.
I'd always be starving
For more affection, the wrong attention
Only to feel like I am nothing.
Who said, who said I have to find who I am
Who said, who said that I am lost to begin with.
I am already enough, everything I need is within me.

I have nothing to find and everything to feel
Only I can define what is meaningful to me
Even when I am feeling so breakable
I tell myself to believe I am valuable

<https://www.youtube.com/watch?v=kFQ7qiqm6WA>

Prayer Leader:

Ginny Drotar
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Fullness in this Moment



Our prayer is characterized by silence ~

Be still and know that I am God!

In that silence we listen for a new word.
God is present in all our lives.
God cares for us, and
our life experiences are a source
of deepening knowledge of God and self.

Inspired by God's Word in the silence
we share from our hearts.

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To Ponder: Matthew Kelly, *Holy Moments: A Handbook for the Rest of Your Life*

What is a Holy Moment? It is a single moment, suspended in time—almost outside of time because it is so fully in the here and now—in which you open yourself to God. You make yourself available to God. You set aside personal preferences based on surface personality and self-interest, and for one single moment you do what you prayerfully believe God is calling you to do. These Holy Moments, these tiny collaborations with God, unleash pure unmitigated joy.

Begin today. One of the beautiful things about this idea is that it can be implemented immediately. You don't need to study it for years. No special qualifications, meditations, or preparations are needed. You are equipped right now to collaborate with God and create Holy Moments.

The beauty of a single moment is that it's not overwhelming. It's not a day, a week, or a year. It is just one moment. In that one moment it is possible to discover what one is capable of doing and being with God by your side. When we make ourselves available to God, amazing things happen. The power of such moments demonstrate that we are the opposite of helpless in our troubled world. When we focus on the good that we can do and be, we are energized and God's power of love is activated, right here, right now. We are in this together, making Holy Moments to bring joy into the world.

Reading: Rainer Maria Rilke, *Rilke's Book of Hours: Love Poems to God*

I believe in all that has never been spoken.
I want to free what waits within me
so that what no one has dared to wish for
may once spring clear
without my contriving.

If this is arrogant, God, forgive me,
But this is what I need to say.
May what I do now flow from me like a river,
no forcing and no holding back,
the way it is with children.

Then in these swelling and ebbing currents,
these deepening tides moving out, returning,
I will sing you as no one ever has,
streaming through wide opening channels to the sea.

Sharing. . .
a word...
a phrase...
a reflection...