



Emotion vs. In-motion

Emotions are *the warriors of the heart*. When emotions produce inactivity, inertia and indecisiveness, burdensomeness settles in weighing heavy on the soul and spirit. One sure way to unseat these three musketeers is to simply move in faith, believing **God is!** In the great Paschal mystery is a continuous cycle of motion reflected in each moment, each day, each year and each season of life. *Tis the season to be in motion...*

Consider This:

- *“In Him we live, move and have our being.”* *Acts 17: 28*
- *“Whatever you think you can do or believe you can do, begin it. Action has magic, grace and power in it.”* *Goethe*
- *“Grace is engrafted on our nature and the whole man is sanctified by the presence and action of the Holy Spirit.”* *Merton*

Responding from Within:

1. What action/s can you take to build God's kingdom in your heart? Your home? Your neighborhood? Your church? Your state? Your nation? God's world?
2. By your choosing, where can you transform emotion into a motion, an action that will bring healing or restore peace?
3. What keeps you from beginning? Move that. Begin with the winds of God's grace at your back!

Prayer:

God who spins this Universe in perfect balance, spin me. Move me from complacency and inactivity to the upwardly ascending whirlwind of Your great grace. Let me begin with the full confidence of the words ~ *“In the beginning, God...”*

