

## Devotional for “Including All”

Sunday, November 11, 2018

During your prayer and meditation time, using any Bible you choose, consider Jesus’s description of the Kingdom of God in Luke 17:20-21.

Then, reflect on:

- ❖ A time in your life when you were *excluded*, for whatever reason, from a club, committee, group, organization, school, team, etc.
  - List all the feelings you can remember, whether negative or positive.
- ❖ A time in your life when you were *included*, for whatever reason, in a club, committee, group, organization, school, team, etc.
  - List all the feelings you can remember, whether negative or positive.

Now, consider your list of feelings and circle any which are similar. Then, ask yourself:

- ❖ When I remember that I am always included in the Kingdom of God, what can I do right now to interrupt my own silence so others know that they are included also?
  - List as many actions as apply.

Be gentle with yourself as you take as much time and space as you need to contemplate the text, feel your feelings, and allow new ways of being to unfold. Also, consider keeping this affirmation in a sacred place so you can refer to it again, as you celebrate how you’ve healed.