

# Morning Watch 1: Be You, Be God's, Be Us

Morning Watch is a time for quiet reflection. . . . Find a quiet place away from others. . . . Be still. . . . Read the Scriptures. . . . Write or draw your responses to the guiding questions. . . . Pray the breath prayer several times. . . . Use the back of this sheet if you need to.

## Be You

Read Psalm 8: Who are you to God? Why would you be “on God’s mind”? Who else is on God’s mind? How does this make you feel about yourself? about others, including enemies and strangers?

Read Psalm 138:1-18: In what ways are you “wonderfully made”? Where do you get information about yourself? Is it reliable? Does anyone try to put you down or belittle you? How can you shut out that person’s voice and focus, instead, on God’s voice?

Read Genesis 1:27: God created humans in God’s own image. What does it mean that you are made in God’s image?

Read Romans 3:22-24: “All have sinned and fallen short of the glory of God.” Are there ways in which you have fallen short of the image of God? What can you and will you do?

Breath Prayer: “God, thank you for creating me and calling me to be and to become what you have created me to be.”