

Creating a “Godfulness” Jar

Cut these prayers, scriptures, and quotes apart. Add your own prayers, quotes, and scriptures on other strips of paper. Fold each strip and place it in a jar. Label the jar “Our Godfulness Jar” and keep it where you can find it whenever you need to re-focus your mind on God. (Scripture quotes are from the NJKV.)

Lord have mercy.

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Lord, teach me to do Thy will.

Let all adverse powers be banished beneath the sign of the image of the Cross.

Make haste O God to deliver me! Make haste to help me, O Lord! (Ps. 70:1)

This is the day the Lord has made; we will rejoice and be glad in it. (Ps. 118:24)

The Lord watches over my coming out and my going in both now and forevermore. (Ps. 121:8)

Lord, I cry out to You; make haste to me! Give ear to my voice when I cry out to you. (Ps. 141: 1)

Trust in the Lord with all your heart. (Prov. 3:5)

The Lord will give strength to His people; The Lord will bless His people with peace. (Ps. 29:11)

If it is possible, as much as depends on you, live peaceably with all men. (Romans 12:18)

Be still, and know that I am God (Ps. 46:10)

He makes me to lie down in green pastures; He leads me beside the still waters. (Ps. 23:2)

Rejoice in the Lord always. Again I will say, rejoice! (Phil. 4:4)

Oh, give thanks to the Lord, for He is good! For His mercy endures forever. (Ps. 136:1)

Let all that you do be done with love. (1 Corinthians 16:14)

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. (John 14:27)

“Wherever God is – there is peace. And the opposite is self-evident: where there is envy, enmity, impatience, self-love – there is the devil. Wherever the devil is – there, everything is ruinous, proud and hostile.” ~ St. Anatoly of Optina

“Beware of passionate attachments to the world. Although they deceive you with peace and comfort, they are so fleeting that you do not notice how you are deprived of them, and in their place come sorrow, longing, despondency, and no comfort whatsoever.” ~ St. Leonid of Optina

“All pious people are filled with the Spirit of God similarly as a sponge is filled with water.” ~ St. John of Kronstadt

“Evil and faults are corrected by good, by love, kindness, meekness, humility, and patience.” ~ St. John of Kronstadt

“The first stage of this tranquility consists in silencing the lips when the heart is excited. The second, in silencing the mind when the soul is still excited. The goal is a perfect peacefulness even in the middle of the raging storm.” ~ St. John Climacus

“Stop defiling your flesh with shameful deeds and polluting your soul with wicked thoughts; then the peace of God will descend upon you and bring you love.” ~ St. Maximos the Confessor

“When a man lives in peace, God reveals mysteries to him..” ~ St. Seraphim of Sarov

“The soul that loves God has its rest in God and in God alone. In all the paths that men walk in the world, they do not attain peace until they draw nigh to hope in God.” ~ St. Isaac the Syrian

“...don't be sad, my child. Don't worry so much. Even though you have fallen again, get up again. You have been called to a heavenly road. It is not surprising for someone running to stumble. It just takes patience and repentance at every moment.” ~ Elder Joseph the Hesychast

“...the humble man is always at rest, because there is nothing which can agitate or shake his mind.” ~ St. Isaac the Syrian

“To trust divine providence one must free himself from all worldly concerns and wait for God to look after him....” ~St. Paisios the Athonite