Jesus is King: the Beatitudes

ASK THE ELEMENTALS

Many traditions see twilight as a magical time that exists between day and night. It is often the time when you will see the most animals in the countryside. Twilight brings an energy of transition to the air.

The purpose of journaling in the evening can take many forms, depending on what you need. You can use it to process and let go of the day's events and emotions, to check in on how you are feeling or to express any frustrations that you experienced during the day.

Another option, if it takes your fancy, is to ask the Elementals (the angels, fairies, light beings, trees) to give you signs along your path.

Imagine yourself asking an Elemental for guidance - and write their response.



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Five Minutes in the Evening

A JOURNAL FOR REST AND REFLECTION



"When men choose not to believe in God, they do not thereafter believe in nothing, they then become capable of believing in everything."

"Once abolish the God and the government becomes the God."

- GK Chesterton

Idealist

Individualist

Independence

- 1) the Beatitudes Matthew 5.1-12
- 2) salt and light Matthew 5.13-17
- 3) fulfilling the spirit of the torah (1) Matthew 5.17-32 (imagination produces murder)
- 4) fulfilling the spirit of the torah (2) Matthew 5. 33-42 (turn the other cheek)
- 5) love for enemies Matthew 5.43-48
- 6) giving, praying and fasting in secret Matthew 6.1-16
- 7) treasures in heaven, do not worry Matthew 6.19-34
- 8) judging others Matthew 7. 1-6
- 9) perseverance in prayer Matthew 7. 7-12
- 10) two kinds of ways, disciples, prophets, houses Matthew 7.13-29

"Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

