

KATHLEEN LONG BOSTROM



*Making* SPACE  
*for the* SPIRIT

100 Simple Ways  
to Nurture Your Soul

**WJK** WESTMINSTER  
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## INTRODUCTION



In 2005, Westminster John Knox Press published my book of daily devotions for women, *Finding Calm in the Chaos*. For each week's devotions I included "Spirit Boosters," or "simple ways you can nurture your own faith even as you seek ways to offer a kindness to someone else" (p. xiii). The idea was to provide prompts that encouraged readers to nurture their spirits, both by taking time for themselves and by reaching out to others. In this way we respond to Jesus' commandment to love God and to love our neighbor as ourself.

Since that book was published, it seemed to me that the Spirit Boosters provided such rich material that they deserved a book of their own. *Making Space for the Spirit: 100 Simple Ways to Nurture Your Soul* is that book. The Spirit Boosters from *Finding Calm in the Chaos* each now have their own entry, along with a Bible reading (To Help You Reflect), a quotation to provide further inspiration (Who Says?), and a thought-provoking and relevant comment (Did You Know?) to enhance the rest of the material. A space for jotting notes and reflections is provided, thus making this book a spiritual journal that you can keep as you go.

This book can be used as

1. A daily or weekly devotional, or a year-long devotional (choose two entries each week);
2. A springboard for a weekly or monthly discussion group, Bible study, or Sunday school class;
3. The foundation for a church retreat;
4. An occasional resource for when your soul needs a boost.

Follow the entries in the order in which they are provided, or skip around and find what piques your interest.

Above all, allow yourself time and quiet to reflect on the material provided. Some boosters are more challenging than others. Don't rush through them, but enjoy the time that you are taking to nurture your soul.

May you continue to discover an abundance of blessings on your spiritual journey!

—Kathleen Long Bostrom

# SPIRIT BOOSTER #1



God took time each day to stop and celebrate creation. God didn't wait until all the work was done to stop and say, "That's good!" Think of one gift of creation for which you are grateful, and say, "That's good!"

Example: "The sun is shining on the lake this morning. That's good!"

## To Help You Reflect

God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

*(Gen. 1:31—2:3)*

## Who Says?

Earth's crammed with heaven  
And every common bush afire with God.

—*Elizabeth Barrett Browning, poet*

## Did You Know?

The earth rotates toward the east at a rate of about 1,000 miles per hour.



Notes

## SPIRIT BOOSTER #2



Write a brief note to someone telling him what you appreciate about him. Or call her on the phone and tell her directly. You can write a note to someone in your immediate family, also—it doesn't have to be a person who lives far away. Sometimes it is the people closest to us who need to know that we value them.

Pray for that person each day this week.

### To Help You Reflect

All who are with me send greetings to you. Greet those who love us in the faith.

Grace be with all of you.

*(Titus 3:15)*

### Who Says?

I would rather make mistakes in kindness and compassion than work miracles in unkindness and hardness.

*—Mother Teresa, missionary*

### Did You Know?

Benjamin Franklin was named the first postmaster general under the Continental Congress in 1775 (even before the signing of the Declaration of Independence).



Notes

# SPIRIT BOOSTER #3



Write down three things that you do well. Refer often to this list:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## To Help You Reflect

Now there are varieties of gifts, but the same Spirit.  
*(1 Cor. 12:4)*

## Who Says?

Humility is nothing else but a true knowledge and awareness of oneself as one really is.  
*— Anonymous, *The Cloud of Unknowing**

## Did You Know?

A child's awareness of self starts to become apparent around the age of one and a half to two years, when characteristics such as embarrassment and pride become more obvious.



Notes