

Southern Adventist University  
**Knowledge Exchange**

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The Main Thing Devotional

Chaplain's Office

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8-23-2021

**Deep breath. Inhale. Exhale.**

Anna Bennett

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*"When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong," Ephesians 3:14-17 NLT.*

### **The Main Thing**

Deep breath. Inhale. Exhale.

Today's the day. A new chapter. The first day of the 2021-2022 school year. Are you excited? Maybe nervous? Has the summer refueled you and rejuvenated you for the semester ahead or are you feeling like you are about to use up the last of your reserves?

Wherever you are and however you may be feeling it is our prayer that this year would be a year of deep spiritual growth for you. Speaking to the church in Ephesus, the apostle Paul penned this prayer hundreds of years ago, but its words exactly describe our prayer for you this year that you would be made full with all of God's grace, goodness, faithfulness, and joy:

"And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God."

Our spiritual theme for this year is derived from the verses above and is entitled **Full: Living God-Filled Lives**. If you are yearning to be baptized by the Holy Spirit and empowered by His strength and wisdom for all that lies ahead of you this semester, I invite you to **keep the Main Thing, the main thing**. In all your coursework, your responsibilities, navigating through the inevitable challenges and opportunities that come your way this year, keep Jesus at the center of it all. He is the Main Thing.

### **Reflection:**

- Take a moment to pause and pray, *"Gracious God, with my hands outstretched to you in this moment I recognize that you are the one thing in life I want most. Fill me afresh today with your Spirit, wash me and make me new. Saturate the hidden spaces in my heart and take over all that I am. I relinquish control to you. Transform me and work in my life in powerful ways so that I might witness your goodness and your glory. In your name I pray, amen."*
- As you read this passage in Ephesians 3:18-19 what is the personal invitation God is extending to you?
- What spaces and places in your life are you yearning to be filled with God's goodness?

### **NEWS & RESOURCES**

- Follow **@ministryandmissions** on Instagram for updates on events and programs as well as encouraging messages and [check out our website](#) for many new resources.
- If you may be feeling anxious or have recently experienced loss or grief call 423.236.2782 to talk to a counselor on campus! (This is a free service for Southern students.)
- **Talk** with Chaplain [Anna Bennett](#) or [Joseph Khabbaz](#) if you need someone to pray with or have a desire to grow spiritually.
- Join us for **Vespers this Friday night at 7:30pm in the University Church** followed by our outdoor Ministry Expo where you can sign up to be a part of a variety of different ministry opportunities including LifeGroups, missions, and so much more!

Blessings,



**Anna Bennett** / Associate Chaplain