





# Emotionally Healthy Spirituality Day by Day

A 40-DAY JOURNEY *with the DAILY OFFICE*



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# Mark 11:15-18 (NIV)

**On reaching Jerusalem, Jesus entered the temple courts and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves and would not allow anyone to carry merchandise through the temple courts.**

# Mark 11:15-18 (NIV)

**And as he taught them, he said,  
“Is it not written: ‘My house will be called a  
house of prayer for all nations’? But you have  
made it ‘a den of robbers.’”**

**The chief priests and the teachers of the law  
heard this and began looking for a way to kill  
him, for they feared him, because the whole  
crowd was amazed at his teaching.**





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called a house of  
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**But you have made  
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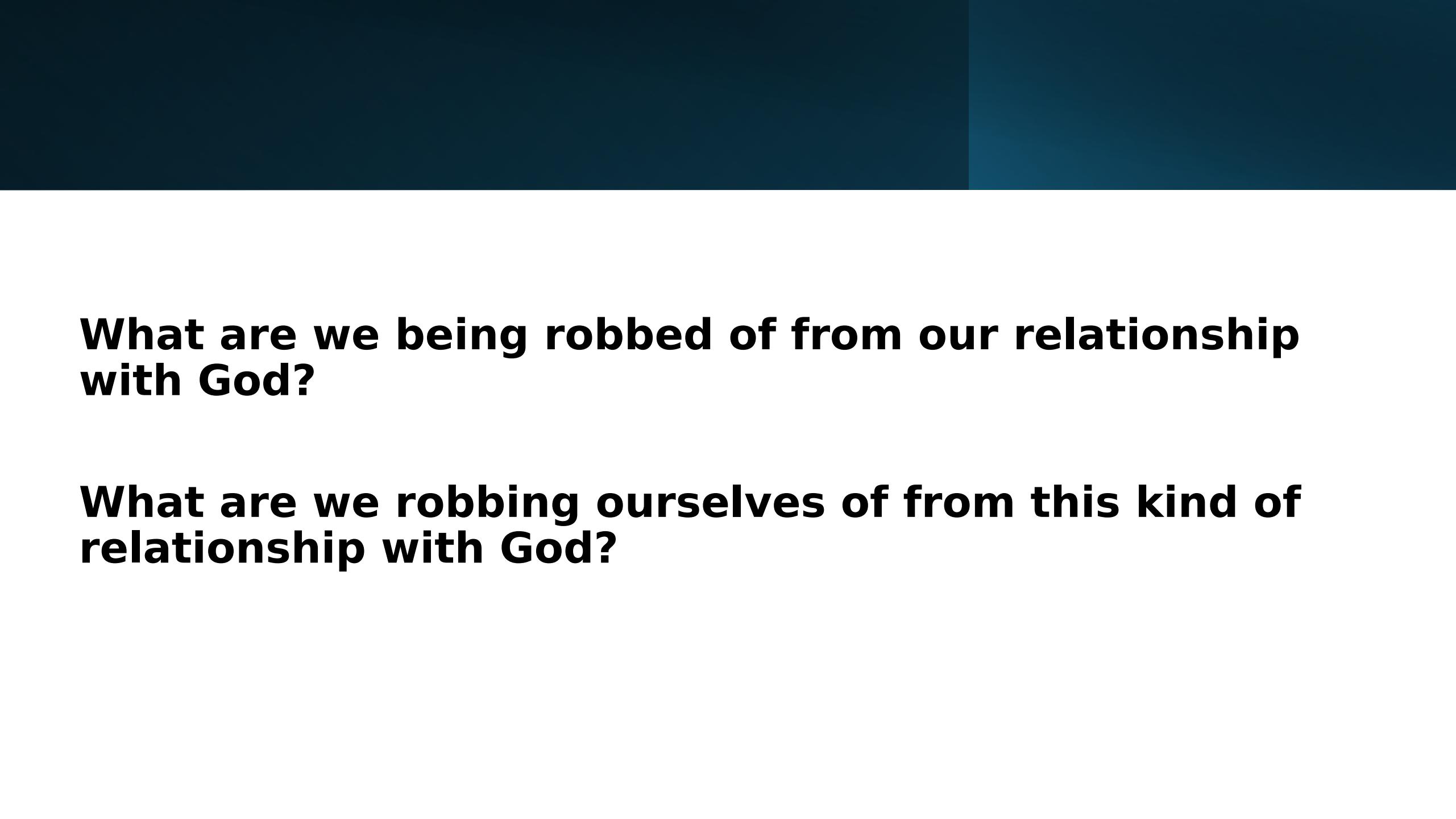


# 1 Corinthians 3:16

**Do you not know that you are God's temple  
and that  
God's Spirit dwells in you?**

# John 10:10

**The thief comes only to steal, kill and destroy.  
I have come that they may have life, and have  
it to the full.**



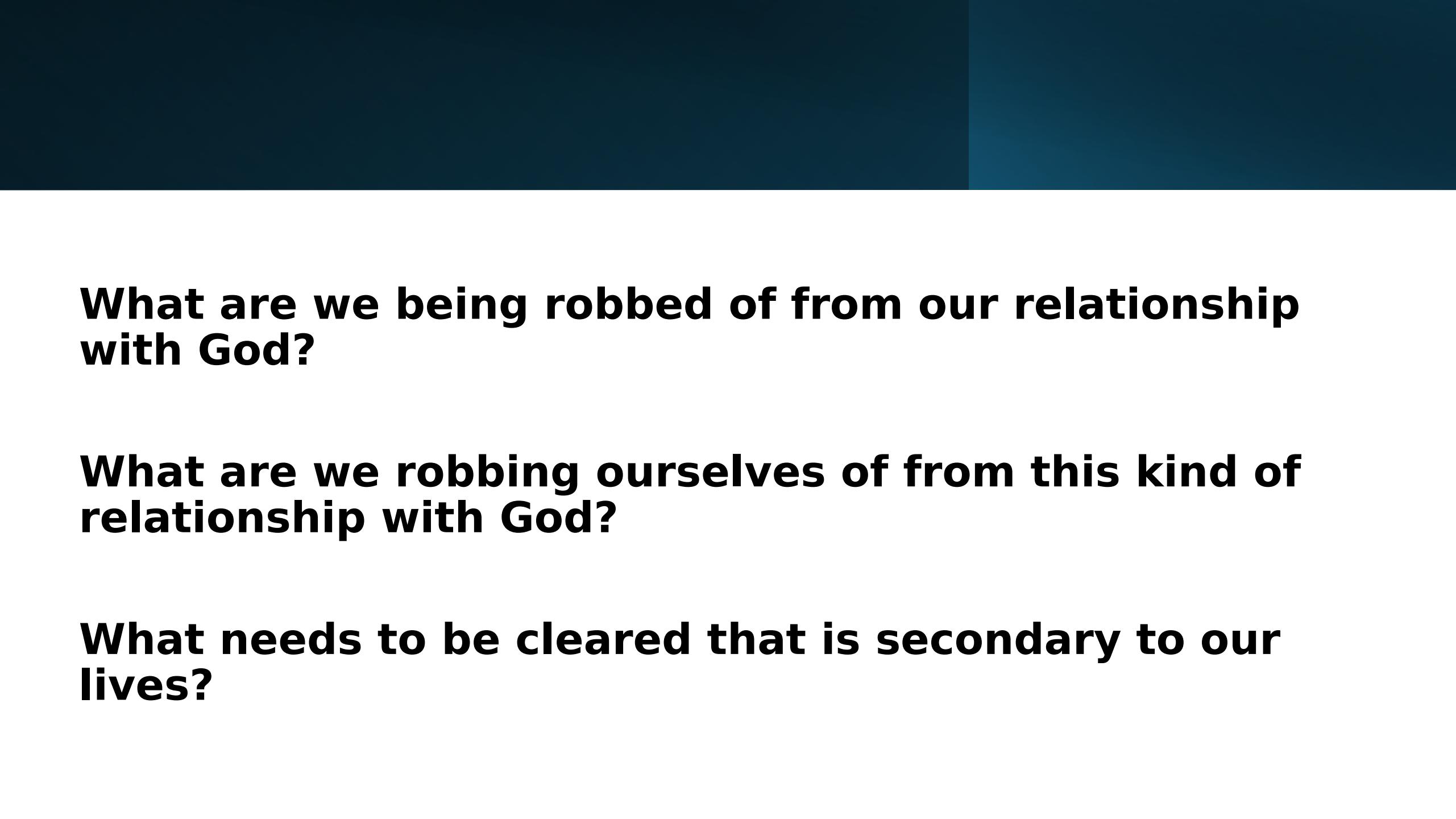
**What are we being robbed of from our relationship with God?**

**What are we robbing ourselves of from this kind of relationship with God?**

**I have such a need of clearance  
as the Saviour effected in the temple of Jerusalem,  
A riddance of clutter of what is secondary  
that blocks the way to the all-important central  
emptiness  
which is filled with the presence of God alone.**

Jean Danielou

French priest and author

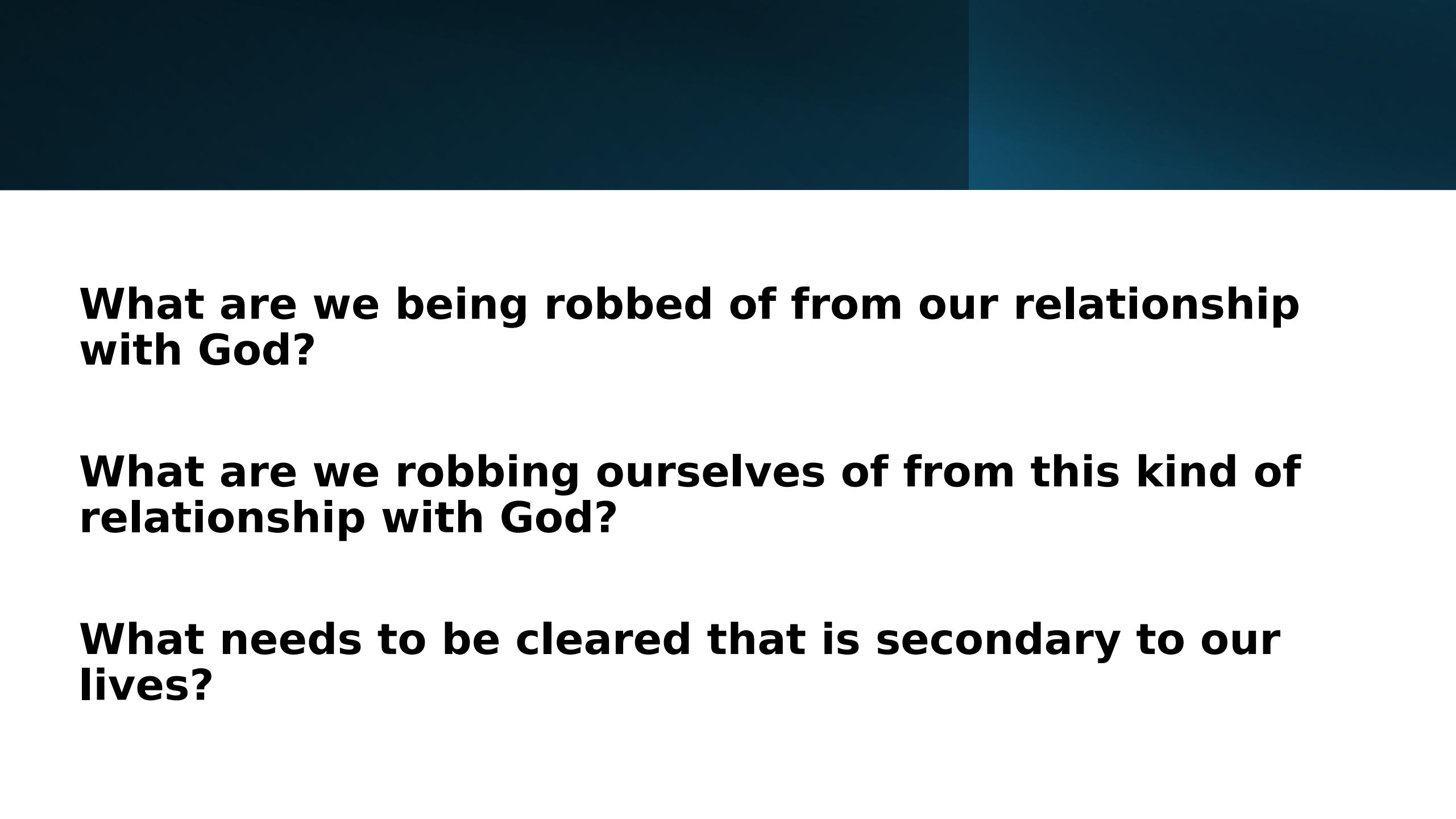


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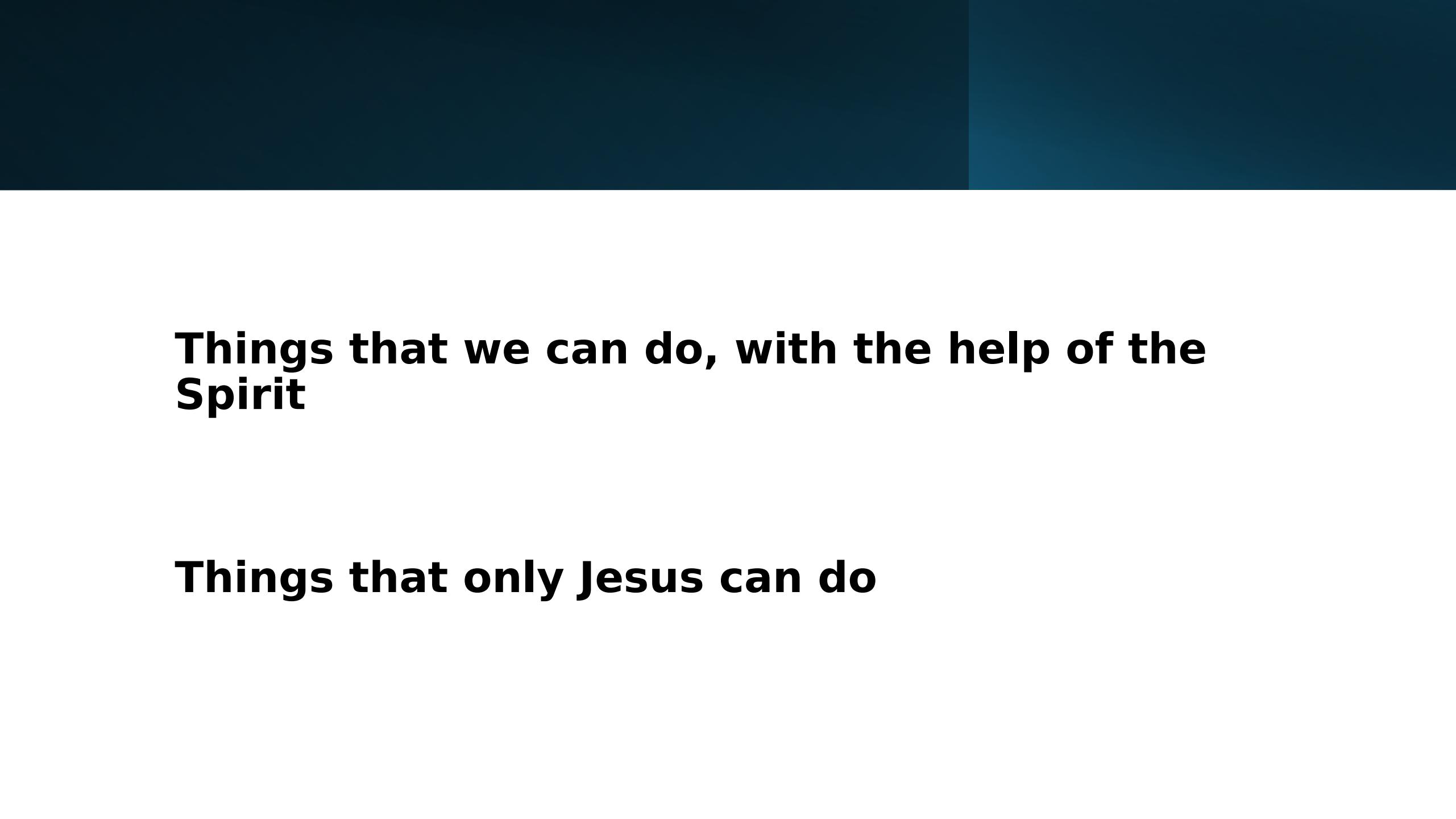




**What are we being robbed of from our relationship with God?**

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**Things that we can do, with the help of the  
Spirit**

**Things that only Jesus can do**

# Hebrews 12:1-2

**Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.**

**Let us fix our eyes on Jesus, the author and perfector of our faith, who for the joy set before him endured the cross scorning its shame, and sat down at the right hand of the throne of God.**

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