

# Gentle Bible

The Gentle Bible is published as a resource of the Mental Health Chaplaincy, an ecumenical outreach ministry of Prospect United Church of Christ (Congregational)

Copies are available from the  
Mental Health Chaplaincy  
1919 East Prospect St.  
Seattle Washington, 98112

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A Selection of Daily Readings  
by Rev. Craig Rennebohm

## An Introduction to the Gentle Bible

This gentle bible is especially for all who struggle with mental illness in their lives. Here are words of comfort and encouragement, words, which give hope and strength.

Each reading is a small unit of faith. Taken together over the days and weeks and months, they help feed and nourish the soul. The readings can be shared and explored with others and used as a resource for developing a healing, spiritual community.

Every reading expresses the love of God, the tenderness and patience of God's gentle presence in our lives.

This is a book to support healing.

Years ago, a physician friend observed that "words are medicine too." It is our hope that these few and simple words will be of help to you, and aid in creating communities of well being and wholeness in our world.

Craig Rennebohm  
Mental Health Chaplaincy  
Seattle, Washington  
July 18, 2001

## JANUARY

### *COMPANIONSHIP*

- 1 You honor me, I am precious in your eyes
- 2 You created me
- 3 I need only say "I am slipping" and your love immediately supports me
- 4 You are my shepherd
- 5 You give me rest
- 6 You lead me beside still waters
- 7 You restore my soul
  
- 8 You lead me in paths of righteousness
- 9 You are with me
- 10 You comfort me
- 11 You prepare a table for me
- 12 You touch me with gentleness
- 13 goodness and mercy shall be in all the days of my life
- 14 we will dwell with God, forever
  
- 15 God looks for all who are missing
- 16 God's love embraces us tenderly
- 17 we are not condemned
- 18 God's imperishable spirit is in all life
- 19 God spares all things
- 20 God is merciful, very loving and universally kind
- 21 God's tenderness embraces all
  
- 22 how good and kind is Your spirit
- 23 You saw all that was created, and indeed it was very good
- 24 Your spirit fills the whole world and holds all things together
- 25 You know me and are acquainted with all my ways
- 26 You are always with me
- 27 if I climb to the heavens You are there.
- 28 if I descend to the uttermost deeps, You are there
  
- 29 if I fly furthest to the East, your hand still guides me
- 30 if I sail across the sea, your hand holds me in care.
- 31 You know me through and through

## FEBRUARY

### COMMUNITY

1 let us have a profound respect for each other  
2 let us treat everyone with equal kindness  
3 let us treat others as we like to be treated  
4 let us comfort one another  
5 let us strengthen one another  
6 let us give courage to those who are fearful  
7 let us care for the weak

8 let us be patient with everyone  
9 let us think of what is best for each other and the community  
10 let us adopt any custom that leads to peace  
11 let us be gentle in carrying out our business  
12 let us sing together and go on singing and chanting in our hearts  
13 let us act with compassion, in kindness and humility  
14 let us do all that we can to live at peace with everyone

15 let us talk this over, says God  
16 little by little we correct  
17 love trusts, hopes, endures  
18 a kindly word multiplies friends  
19 kindly words also heal  
20 let us help each other  
21 help us to be tolerant with each other

22 let us consider what we are about to do  
23 may thoughtfulness be the beginning of every activity  
24 let us reflect before acting  
25 may everything be done decently and in order  
26 help us to learn that there is a time for every activity  
27 the first thing in life is water and bread and clothing and shelter  
28 how good it is for us all to live together as one

29 I saw a tree  
in the middle of the world  
the tree grew taller and stronger  
until it reached the sky  
and it could be seen from the ends of the earth  
its foliage was beautiful, its fruit abundant  
in it was food for all

## MARCH

### COMFORT

1 with the help of the One who gives us strength, we will overcome  
2 after his trials, Job lived on  
3 the Spirit comes to help us in our weakness  
4 nothing can come between us and God's love  
5 we will not give up  
6 we have help  
7 we do not struggle alone

8 God reduces the storm to a whisper  
9 God quiets the waves  
10 God brings us to safety  
11 Courage  
12 let us be quiet now  
13 do not be afraid for I am with you  
14 the sun will shine, and our eyes will be glad

15 behold God makes all things new  
16 as a sign of promise, I set my rainbow in the clouds  
17 we are made imperishable  
18 though this body may grow old, our soul is renewed day by day  
19 when this tent on earth is folded up, there is a house built by God for us, an everlasting home  
20 there is always hope  
21 he is risen

22 we too shall walk in newness of life  
23 we shall be changed  
24 the old has passed away, behold the new comes  
25 we will run the race to the finish  
26 now we know in part, then we shall understand fully  
27 three things last – faith, hope and love, and the greatest of these is love  
28 God will wipe away every tear from our eyes

29 God is tender and compassionate  
slow to anger, most loving  
God's indignation does not last forever  
God's resentment exists for a short time only  
God never treats us, never punishes us as our guilt or sins deserve

## MARCH

### COMFORT

no less than the height of heaven over earth  
is the greatness of God's love for us  
our sins are taken farther away than the east is from the west  
as the most loving parents treat their children, so God treats us  
God's love for us lasts from eternity and forever

30 may God give us calm and serenity

31 may peace be with us all

## APRIL

### HEALING

1 I live and you will live also  
2 God revives the spirit, brightens the eyes, gives healing, life and blessing  
3 God is not a God of disorder, but of peace  
4 let us be patient and not lose heart  
5 the gardener waits for the plant to grow  
6 we are being built into a house where God lives  
7 taking food, we regain our strength

8 God touches us with healing, each as we have need  
9 let others help carry your illness  
10 one who had been deeply ill and alone, came to be healed  
11 the terrible journey was over, the voices stopped,  
12 God cares for our heart and soul and our mind and strength  
13 all created things have health in them  
14 medicine, given and received, gentle instruction and care, lead to healing

15 God gives knowledge of the brain and medicine  
16 God has brought medicines into existence from the elements of the earth  
17 God uses medicine to heal and to relieve pain  
the pharmacist makes up the mixture of them  
thus there is no end to God's creative activity  
and so it is that health extends across the world  
18 the doctor has a healing art from the Most High, as a gift  
19 the physician prays for the grace to relieve and to heal, that life may be saved  
20 the doctor too, has been created by God  
21 when you are ill, pray, then let the doctor help you

22 God works through all who give care  
23 health and strength are better than gold  
24 if one of us is ill, let us send for those who are wise and knowledgeable  
25 some foods are better than others  
26 let us take care of ourselves, before we fall ill  
27 living with others, we begin to know ourselves  
28 with new understanding, we lead new lives

29 let our behavior change, guided by new thoughts  
30 may we keep a calm and sober mind

**MAY**

**WELLNESS**

- 1 let us be quick to listen, slow to speak
- 2 let us be kind to one another, tenderhearted, forgiving
- 3 let us correct one another with gentleness
- 4 let us avoid pointless speculations
- 5 let us not dispute over opinions
- 6 let us avoid quarreling, be gentle and show courtesy
- 7 let us encourage one another and build one another up
  
- 8 let us live quietly
- 9 let us be moderate in all our activities
- 10 let us clear our minds
- 11 let us do away with bad habits
- 12 let us put away falsehood and speak the truth
- 13 let us fill our minds with everything that is true  
everything that is noble  
everything that is good  
everything we love and honor  
and everything virtuous and worthy
- 14 let us always seek to do good to one another and to all
  
- 15 let us do justice, love tenderly and walk humbly with our God
- 16 let us show hospitality
- 17 let us help one another to find useful work
- 18 let us assist others
- 19 each of us has a gift, an ability to share
- 20 let us be wise, kindly and considerate, full of compassion
- 21 by our deeds, let us demonstrate our faith
  
- 22 God touches our hearts with peace
- 23 in everything God works for good
- 24 the goodness and lovingkindness of God saves us
- 25 God is for us
- 26 each of us is infinitely worthy
- 27 God will supply every want in due time
- 28 God gives us eternal comfort and good hope, through grace
  
- 29 we are what we are, by the grace of God
- 30 the spirit helps us

**MAY**

**WELLNESS**

- 31 the fruit of the spirit is love,  
joy  
peace  
patience  
kindness  
gentleness  
self control

## JUNE

### TEACHINGS

- 1 I call you friends
- 2 God loves the world so much
- 3 God's goodness knows no bounds
- 4 blessed are all who are in need
- 5 blessed are all who grieve, for you shall be comforted
- 6 blessed are all who are hungry, for you shall be satisfied
- 7 I bring you good news
  
- 8 I judge no one
- 9 neither do I condemn you
- 10 not one of you shall be lost
- 11 your sins are forgiven
- 12 do not be anxious about tomorrow, tomorrow will take care of itself
- 13 do not be troubled
- 14 take heart, do not be afraid
  
- 15 let us be brave
- 16 let us be open
- 17 let us trust
- 18 the truth will free us
- 19 rest assured
- 20 I am with you always
- 21 everything is possible with God
  
- 22 our sorrow will turn to joy
- 23 come to me when your work is hard and I will give you rest
- 24 I have come so that you might have life and life in abundance
- 25 peace I give to you, my own peace I give to you
- 26 blessed are those of a gentle spirit
- 27 blessed are the peacemakers
- 28 peace be with you
  
- 29 go in peace
- 30 God loves you

## JULY

### GOD'S CARE

- 1 God does not despise the afflicted
- 2 God does not disdain the poor
- 3 God does not turn away, but answers when we call
- 4 God loves especially the littlest of us and the least among us
- 5 God hears the wants of the humble
- 6 God brings strength to our hearts
- 7 God listens
  
- 8 God keeps our souls from the pit of nothingness
- 9 God guards us in trouble
- 10 God surround us with songs of deliverance
- 11 God guards us from harm
- 12 God guards our lives
- 13 God guards our leaving and our coming back, now and for always
- 14 God shows love in every occasion
  
- 15 we stumble and God supports us
- 16 God will raise us up
- 17 You are the God of the humble
- 18 You are the help of the oppressed
- 19 You are the support of the fragile
- 20 You are the refuge of the forsaken
- 21 You are the savior of the despairing
  
- 22 God gives justice to those denied it
- 23 God gives food to the hungry
- 24 God strengthens the vulnerable
- 25 God protects the stranger
- 26 God keeps the widow and the orphan
- 27 God is merciful to all
- 28 God loves all that exists
  
- 29 God holds nothing in abhorrence
- 30 God's imperishable spirit is in all
- 31 God wipes away the tears from every cheek

**AUGUST**

***WISDOM***

- 1 may God comfort us in everything
- 2 may God strengthen us in every moment of our journey
- 3 let us stand firm on the solid base of faith
- 4 let us train ourselves spiritually
- 5 let us grow to maturity
- 6 let us come to full development
- 7 let us be filled with wisdom
  
- 8 let us learn to be wise
- 9 in wisdom, let us find joy for our hearts
- 10 let us listen to advice
- 11 let us learn from mistakes and be wiser next time
- 12 let us learn from practice
- 13 let us seek help in understanding the meaning of words
- 14 let us develop an enlightened attitude of mind
  
- 15 let us play fairly
- 16 let us be just
- 17 let us live a virtuous life
- 18 let us develop common sense
- 19 let us gain good judgment
- 20 let us listen and learn yet more
- 21 let us seek help when things are too difficult to understand
  
- 22 help us to know our limits
- 23 help us to appreciate mysteries
- 24 we cannot fully comprehend the work of God from beginning to end
- 25 we were not there when the foundations of the world were being laid
- 26 we did not set the stars in the sky
- 27 we do not control the sun in its rising, nor the coming of night
- 28 reality in its fullness and depth lies beyond our grasp
  
- 29 out of sorrow grows wisdom
- 30 over wisdom, evil can never triumph

**AUGUST**

***WISDOM***

- 31 within us is an eternal light  
a spirit,  
intelligent  
holy  
lucid  
benevolent  
loving  
steadfast  
dependable  
unperturbed  
within us is God's active power  
within us is God's unceasing goodness

**SEPTEMBER**

***TOWARDS WHOLENESS***

1 this is the consolation you can offer me; let me have my say  
2 hear me as I make my plea  
3 I am like water draining away  
4 my heart is like wax, melting inside me;  
5 my mouth is dry and my tongue is stuck  
6 I am worn out with groaning; every night I drench my pillow with tears  
7 for me there is no calm or peace; my torments banish rest

8 my days have passed far otherwise than I had planned  
9 night makes room for day  
10 morning is near at hand  
11 our hope comes, like the sun dawning over the hills  
12 I do have faith; help the little faith that I have  
13 You have kept count of my tossings; you have kept my tears in your bottle!  
14 have mercy on me O God, in your goodness, in your great tenderness

15 You have pulled me out of the horrible pit, out of the mud and gutter  
16 You have settled my feet on solid ground and steadied my steps  
17 create in me a clean heart, O God  
18 and renew my spirit within me  
19 take not your presence from me  
20 and deprive me not of your Holy Spirit  
21 grow and strengthen my hidden self

22 we are not stuck with the old; it is God's work to create us new and whole persons  
23 we are in progress toward true knowledge  
24 let us make wisdom and instruction our friend  
25 let us avoid lies  
26 keep us away from reckless purposes  
27 let us hold back from wrongdoing  
28 let us stay away from anything that makes us trip or fall

29 let us hold on to what is good  
30 the spirit of truth will lead us to wholeness; we will become complete

**OCTOBER**

***PSALTER***

1 let the light of your face shine on us, O God  
2 lead me, O God  
3 wondrously show your steadfast love  
4 O God, do not be far away  
5 God restores my soul  
6 Your mercy and love have been from old  
7 Your steadfast love is before my eyes

8 You are indeed my rock  
9 the earth is full of the steadfast love of God  
10 O set me in your presence forever  
11 the God of hosts is with us  
12 create in me a clean heart, O God  
13 trust in the steadfast love of God  
14 trust in God in all times

15 hasten to help me, O God  
16 I will call to mind the deeds of God  
17 happy are those who live in your house  
18 O God, you abound in steadfast love  
19 Your steadfast love is established forever  
20 my refuge and my fortress, my God, in whom I trust  
21 it is God who made us and we are God's people

22 consider the steadfast love of God  
23 God is at your right hand  
24 blessed be the name of God  
25 my help comes from God, who made heaven and earth  
26 my soul waits for God  
27 hope in God, hope in God, hope in God forevermore  
28 how pleasant to dwell in unity

29 search me, O God, and know my heart  
30 my soul thirsts for you  
31 great is our God and abundant in power

## NOVEMBER

### *ASSURANCE*

1 shelter in my wings until the storm is over  
2 peace to you who were far away  
3 learn from me, I am gentle and humble in heart  
4 My yoke is easy and my burden is light  
5 come to me and I will give you rest  
6 I will not cast you off  
7 I will set up my dwelling among you

8 I will live in your midst  
9 I will be your God and you shall be my people  
10 you are no longer on the outside; you are part of God's household  
11 God gives the lonely a home  
12 God does not break the broken reed  
13 we may be afflicted, but not crushed  
14 we may be struck down, but not destroyed

15 obstacles are sure to come  
16 help us to be brave and strong  
17 help us to keep your souls tranquil and quiet  
18 I will be with you  
19 I will hold your hand  
20 I will guide you with advice  
21 and receive you with honor

22 let not your hearts be troubled  
23 I will give you daily, all that you need  
24 I will lead you in paths of love and truth  
25 I will care for you, in the night and when you awake  
26 grace be with you  
27 grace and eternal life be with you all  
28 you will be with me forever

29 may the peace of God, keep your heart and thoughts in safety  
30 may God's peace keep you safe and make you whole

## DECEMBER

### *HOPE*

1 God watches over us and not one is lost  
2 trust in God that things will turn out  
3 morning will show the right road  
4 the valleys will be filled in, the mountain will be made low and every cliff become a plain  
5 winding ways will be straightened and rough roads made smooth  
6 we will be led in safety  
7 God's good spirit guides us to level ground

8 we may grow tired or weary, we may stumble, but God renews our strength  
9 when the cold is unbearable, God sends warmth  
10 winter is past, the rains are over and gone  
11 I will listen to you  
12 I will come to your help  
13 I will comfort you to the full  
14 I will answer when you call

15 God is our shelter, our strength, an ever present help in time of trouble  
16 God does not grow tired or weary  
17 God shares strength with the powerless  
18 God brings us back from exile  
19 God gives to each of us a home and infinite understanding  
20 God heals our broken hearts  
21 God binds up our wounds

22 we will live in a peaceful home, in safe houses, in quiet dwellings  
23 we shall have quiet again and rest assured  
24 we shall be God's joy and gladness  
25 God is with us  
26 we shall open treasures and share gifts  
27 we shall be lifted up  
28 we shall be filled with good things

29 our lives are restored with tenderness and mercy  
30 light shines in the darkness  
31 our feet are guided on the way of peace

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29 Wisdom 11:23-25	29 Wisdom 8:9	60 I Thessalonians 5:21	29 Psalm 139	29 Philippians 4:7	29 Luke 1:78
30 Wisdom 11:23-25	30 Wisdom 8:1	61 John 16:13 James 1:4	30 Psalm 143	30 I Thessalonians 5:3	30 Luke 1:79
31 Isaiah 25:8	31 Wisdom 7:26		31 Psalm 147		31 Luke 2:8 and following