



# SEEDS

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*Devotions on the Go*  
by Nate Macy

We live in a time and place that puts demands on our schedule. Time has become a precious commodity and we are often rushed, hurried, and un-centered. Much of the witness of Christian experience is that being in tune with the Spirit requires time and intentional effort. With this in mind, the idea of *Devotions on the Go* was born.

*Devotions on the Go* is designed to be a portable devotional experience, something that can be easily listened to while in the car or while walking. It's not meant as a substitute for creating good listening space, but rather as an option to create some room in our lives to listen in spaces that already exist, but which are often filled with other stuff. This particular *Devotions on the Go* is about permeating our lives with the awareness of Christ, and includes readings from Deuteronomy, John 15, *The Cloud of Unknowing*, and *Letters By A Modern Mystic* along with original music. The hope is that through these prompts we might pay closer attention to God present with us, and live better in tune with our Creator.



Please click on the link below to experience *Devotions on the Go*.

<http://www.thefoundrycommunity.com/Flashdevotions.html>



Nate Macy, a GOOD NEWS *Associate*, is a member of Newberg Friends Church. He holds a BA in Christian Ministry and an MA in Spiritual Formation, both from George Fox University. His ministry includes composing, worship leadership, retreat leadership, spiritual direction and music production. He has released two CD's, *Hope* and the *Psalms Project*.

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