

As you begin this prayer journey in Lent,
here is a prayer you might like to use:

My Lord God, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself,
And the fact that I think that I am following your will
does not mean that I am actually doing so.

But I believe that the desire to please you
does in fact please you.
And I hope that I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that, if I do this, you will lead me by the right road,
though I may know nothing about it.

Therefore I will trust you always,
Though I may seem to be lost and in the shadow of death.

(a prayer of Thomas Merton)



BEING WITH JESUS

*“The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
He leads me beside quiet waters,
He refreshes my soul.
He guides me along the right paths...”
(Psalm 23)*

Week 1

Remember the guidelines for your time of prayer, more details in the booklet:

- Being still in God's presence
 - God loves us more than we can imagine
 - His Spirit is at work in us
 - Begin with a simple "breath prayer"
- Reviewing the last day
 - Ask Jesus to show you what was significant
 - Rejoice in the good, and thank him
 - Say sorry where needed, and receive forgiveness
 - Where was God most present?
- Meditate on the bible passage for the day
 - Ask Jesus to speak to you through the passage
 - Read it slowly, maybe out loud, or write it out.
 - Listen for the verse/phrase that God highlights
 - Dwell on that
 - Pray about the thoughts that come
- Ending
 - Commit the day to the Lord
 - Pray the Lord's prayer
 - Make a note of what has been significant in your prayer time in a notebook/journal

Each day, ask God to help you to grow more confident in his loving care for you and for grace to trust him more.

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| DAY 1 | Psalm 23
<i>Listen for the phrase the Lord highlights
Receive it as God's word to you today</i> |
| DAY 2 | Psalm 23 again |
| DAY 3 | John 1:35-42
<i>Listen to Jesus ask the disciples, "What are you looking for?" How would you respond?</i> |
| DAY 4 | John 1:35-42 again
<i>Or another day in Psalm 23 if you prefer</i> |
| DAY 5 | Isaiah 43:1-7
<i>Imagine the Lord saying these words to you;
put your name in place of Judah/Israel
look for a particular verse/phrase</i> |
| DAY 6 | Isaiah 43:1-7 again |
| DAY 7 | Review the week. What has God been saying to you? Make some notes in your journal/notebook. |