

You may like to use one of these prayers as part of the start or ending of your prayer time:

O Lord our God,
Grant us grace to desire you with our whole heart;
That so desiring, we may seek you and find you;
And so finding, may love you;
And so loving,
May hate the sins from which you have delivered us;
Through Jesus Christ our Lord.
Amen

a prayer from Anselm (1109)

Lord Jesus Christ, we thank you
For all the benefits that you have won for us,
For all the pains and insults that you have borne for us.
Most merciful redeemer,
Friend and brother,
May we know you more clearly,
Love you more dearly,
And follow you more nearly,
Day by day.
Amen

a prayer from Richard of Chichester (1253)



BEING WITH JESUS

*"I have loved you with an everlasting love;
I have drawn you with unfailing kindness.
I will build you up again..."*
(Jeremiah 31:3)

Week 2

Remember the guidelines for your time of prayer. There are more details in the booklet. Ask Jesus to show you how to adapt this outline to suit you best.

- Being still in God's presence
 - God loves us more than we can imagine
 - Ask God to help you be present to him
 - Begin with a simple "breath prayer"
 - Or maybe use the words of a song or hymn
- Reviewing the last day
 - Ask Jesus to show you what was most significant
 - What was the real highlight of the day. Thank him.
 - What was the low point of the day? He knows.
 - 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
 - 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, or a prayer from the back
 - Make a note of what has been significant in your prayer time in a notebook/journal

God has taken great care over creating us, and shown more of his love for us in Jesus. Ask the Holy Spirit to help you know that love in a deeper way this week.

DAY 1	Psalm 139 <i>Ask God how he sees you. Listen for the verse/phrase the Lord highlights Receive it as God's word to you today</i>
DAY 2	Psalm 139 again
DAY 3	Ephesians 1:3-10 <i>Or another day in Psalm 139 if you prefer</i>
DAY 4	Ephesians 1:3-10 again <i>Thank God for the love he has lavished on you</i>
DAY 5	Hosea 11:1-4 <i>Imagine the Lord saying these words to you; put your name in place of Israel/Ephraim look for a particular phrase</i>
DAY 6	Hosea 11:1-4 again <i>Or Psalm 139 or Ephesians 1 again</i>
DAY 7	Review the week. What has God been saying to you? Make some notes in your journal/notebook