

You may like to use this prayer as part of the start or ending of your prayer time this week:

O gracious and holy Father,  
Give us wisdom to perceive you,  
Diligence to seek you,  
Patience to wait for you,  
Eyes to behold you,  
A heart to meditate on you,  
And a life to proclaim you,  
Through the power of the Spirit  
Of Jesus Christ our Lord.  
Amen.

*A prayer of Benedict of Nursia (c 550)*

### Reviewing your life

You might find it helpful to add in some time during the week to reflect on your life so far. Use the same way as in reviewing the previous day. Ask Jesus to show you the significant moments and themes of your life, and ask him to help you see how he has made and formed you. Thank him for all that is good, and ask for his help in cooperating with him as he brings healing from what has not been good. Don't rush this. You could take different decades of your life on different days, and continue into next week as well if you like.



## BEING WITH JESUS

*"We are God's handiwork,  
Created in Christ Jesus to do good works,  
Which God prepared in advance for us to do."  
(Ephesians 2:10)*

Week 3

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

This week, ask God to deepen your sense of wonder at creation, and at how he has created you. You might like to go for a prayer walk one day this week – ask God to speak to you through his creation.

DAY 1	Psalm 8 <i>Praise God for his loving care for you.</i>
DAY 2	Psalm 8 again
DAY 3	Genesis 1:26-2:9 <i>Praise God for creating you in his image, Thank God that his creation is very good</i>
DAY 4	Genesis 1:26-2:9 again
DAY 5	Jeremiah 18:1-6 <i>How do I find myself being shaped and moulded by God now? How am I pliable or resistant?</i>
DAY 6	Romans 8:18-25 <i>Where am I "groaning" now? How is God at work in me? Or read Jeremiah again. Or both!</i>
DAY 7	Review the week. What has God been saying to you? Make some notes in your journal/notebook