

You may like to use these verses from St Patrick as part of your prayer time this week:

I bind unto myself today  
The strong name of the Trinity,  
By invocation of the same,  
The Three in One, and One in Three.  
Of whom all nature hath creation;  
Eternal Father, Spirit, Word.  
Praise to the Lord of my salvation,  
Salvation is of Christ the Lord.

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

*(from St Patrick's Breastplate)*



## BEING WITH JESUS

*"I know the plans I have for you," declares the Lord,  
"Plans to prosper you and not to harm you,  
Plans to give you a hope and a future.  
Then you will call on me and come and pray to me,  
And I will listen to you. You will seek me and find me  
when you seek me with all your heart.  
I will be found by you," declares the Lord  
(Jeremiah 29:11-13)*

Week 6

Remember the guidelines for your time of prayer. 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? Rejoice
  - Ask him to help you stay close to him more.
- 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, 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 help you to grow in inner freedom, so that you follow his call on your life gladly.

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| DAY 1 | Psalm 27<br><i>Use the words of the Psalm to praise God.<br/>Look for a verse or phrase he highlights to you.</i>              |
| DAY 2 | Psalm 27 again<br><i>Ask God to help you learn to "wait for him" (v14)</i>   |
| DAY 3 | Luke 1:26-38<br><i>Notice Mary's freedom to say "Yes" to God.<br/>Is God asking you to do something for him?</i>               |
| DAY 4 | Luke 1:26-38 again<br><i>You might like to use your imagination to pray over this scene. Ask for God's grace to trust him.</i> |
| DAY 5 | Philippians 3:7-14<br><i>Ask God to give you more of St. Paul's single-minded focus on Christ.</i>                             |
| DAY 6 | Philippians 3:7-14 again   |
| DAY 7 | Review the week. What has God been saying to you? Make some notes in your journal/notebook                                     |