

You may like to use these verses from the ancient song “Te Deum” as part of the start or ending of your prayer time this week:

We praise you, O God,  
We acclaim you as the Lord;  
All creation worships you,  
The Father everlasting.  
To you all angels, all the powers of heaven,  
The cherubim and seraphim, sing in endless praise;  
Holy, Holy, Holy Lord,  
God of power and might,  
Heaven and earth are full of your glory.

You, Christ, are the King of glory,  
The eternal son of the Father.  
When you took our flesh to set us free  
You humbly chose the virgin’s womb.  
You overcame the sting of death  
And opened the kingdom of heaven to all believers.  
You are seated at God’s right hand in glory.

*Verses taken from “Te Deum Laudamus”*



## BEING WITH JESUS

*“The Lord is gracious and compassionate,  
slow to anger, abounding in love.”  
(Psalm 103:8)*

Week 4

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 for a deepening intimacy with him as your heavenly Father, and a greater ability to trust in him in your everyday life.

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| DAY 1 | Psalm 103<br><i>Take time to thank God for all his "benefits" (v2)</i>   |
| DAY 2 | Psalm 103 again<br><i>Thank God that he remembers that we are "dust" (v14) – talk to him about the areas you feel weak</i>   |
| DAY 3 | Mark 10:46-52<br><i>Imagine yourself as Bartimaeus. Picture the scene through his eyes. Hear Jesus say, "What do you want me to do for you?" How do you reply?</i> |
| DAY 4 | Mark 10:46-52 again  |
| DAY 5 | Matthew 11:28-30<br><i>In what ways are you weary? Hear Jesus invite you to come to him and learn from him</i>   |
| DAY 6 | Matthew 11:28-30 again<br><i>Ask Jesus to show you how to wear his yoke.</i>   |
| DAY 7 | Review the week. What has God been saying to you? Make some notes in your journal/notebook   |