

You may like to use this prayer from Augustine as part of your prayer time this week:

Eternal God,
The light of minds that know you,
The joy of hearts that love you,
And the strength of wills that serve you:
Grant us so to know you
That we may truly love you;
So to love you that we may truly serve you,
Whose service is perfect freedom;
Through Jesus Christ our Lord.
Amen

After Augustine of Hippo (430 ad)

Or this one from St Paul:

"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe."

(Ephesians 1:17-19)



BEING WITH JESUS

*"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work in us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever, Amen."
(Ephesians 3:20-21)*

Week 5

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 greater ability to praise him in all circumstances, and to abide in him more deeply.

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| DAY 1 | Psalm 34
<i>Use the words of the Psalm to praise God.
Look for a verse or phrase he highlights to you.</i> |
| DAY 2 | Psalm 34 again |
| DAY 3 | John 15:1-17
<i>Where is the Father trying to prune you? Ask for grace to cooperate with him</i> |
| DAY 4 | John 15:1-17 again |
| DAY 5 | Ephesians 3:14-21
<i>Thank God for his love and power.
Where do you need more of those in your life?</i> |
| DAY 6 | Ephesians 3:14-21 again |
| DAY 7 | Review the week. What has God been saying to you? Make some notes in your journal/notebook |