

## ***Week One***

### ***CENTERING***

#### **CALL TO PRAYER AND PRAISE**

Let the words of my mouth and the meditation of my heart  
be acceptable in your sight, O Lord, my strength and my  
redeemer. *Psalms 19:14*

#### **CONFESSION AND PARDON**

Merciful God,  
we confess that we have not loved you with our whole heart.  
We have failed to be an obedient church.  
We have not done your will,  
we have broken your law,  
we have rebelled against your love,  
we have not loved our neighbors,  
and we have not heard the cry of the needy.  
Forgive us, we pray.  
Free us for joyful obedience,  
through Jesus Christ our Lord. Amen.

Lord Jesus Christ Son of God, have mercy upon me a sinner. Amen

#### **PRAYER FOR ILLUMINATION**

Lord, open our hearts and minds  
by the power of your Holy Spirit,  
that, as the Scriptures are read  
and your Word proclaimed,  
we may hear with joy what you say to us today. Amen.

#### **PSALTER            Psalm 31:1-3**

#### **CONVERSATION WITH JESUS**

Reading assigned for the week.

#### **LECTIO/READING**

**PERSONAL MEDITATION            (Journal Suggested)**

**PRAYER** (Write a prayer that expresses the essence of your meditation each day.)

Prayer Day One

Prayer Day Two

Prayer Day Three

Prayer Day Four

Prayer Day Five

**CONTEMPLATION**

Breath Prayer Day One:

Breath Prayer Day Two:

Breath Prayer Day Three:

Breath Prayer Day Four:

Breath Prayer Day Five:

## **CLOSING WORSHIP**

### **APOSTLES CREED**

I believe in God, the Father Almighty,  
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.

On the third day he rose again;  
he ascended into heaven,  
is seated at the right hand of the Father,  
and will come again to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

### **LORD'S PRAYER**

Our Father, who art in heaven, hallowed be thy Name,  
thy kingdom come, thy will be done, on earth as it is in heaven.  
Give us this day our daily bread.

And forgive us our trespasses, as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power, and the glory,  
forever. Amen.

## **BENEDICTION**

Glory to God whose power, working in us, can do infinitely  
more than we can ask or imagine: Glory to him from  
generation to generation in the Church, and in Christ Jesus  
for ever and ever. *Amen. Ephesians 3:20,21*