

Weekly & Daily Exercises

Week 1

Reading on the Epistles In General

Reading on 1st and 2nd Corinthians

Read Acts 18:1-17

Write an outline of an epistle that contains what you consider important about your faith experience.

- What do you believe?
- How did you come to believe it?
- What struggles have you had concerning your faith
- What are issues in your life and in the community of faith to which this faith would be relevant?
- Who are some of the fellow co-workers in the faith you would give thanks for?

Week 2

Psalm 112:1-10

Day 1 I Corinthians 1:1-9

Day 2 I Corinthians 1:10-17

Day 3 I Corinthians 1:18-2:5

Day 4 I Corinthians 2:6-16

Day 5 Re read this section as a whole. Where does it reflect issues that you face as you strive to be a faithful disciple.

Do you hear the Spirit speaking challenge and encouragement to you?

What do you hear and what response does it encourage you to make to the Spirit's nudging.

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.

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

CONVERSATION WITH JESUS

Reading assigned for the day/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*