

The following is a suggested format¹ for your use during these Days of Prayer:

- Light your candle in your chosen place and time.
- Breath in and out deeply several times.
- One way to begin each time of prayer is to focus your mind by using a prayer known as "The Jesus Prayer." This prayer can be used to quiet the mind. It is short and simple but can also be used for deeper reflection as is demonstrated in the explanation below.

The Jesus Prayer

Lord Jesus Christ, Son of God, Have mercy on me.

Lord - You are the One who hears ours prayer. Lord you are in charge and we are your servants. Help us choose to please the One whom we serve rather than to choose to please ourselves.

Jesus - You bless little children and care for people's needs. You are our Friend.

You became human and came to fill us up with joy.

Christ - You are God's anointed one. You fulfilled God's plan for our salvation. we all belong to you.

Son of God - When we speak to You in our prayers, we speak to God. You are the Eternal one of the Eternal Father. We stand in awe before the majesty of the Holy Trinity.

Have Mercy on us - Have mercy as we are in need and really can't help ourselves. Your help is a gift we can't earn or repay.

On Me - You, God, know us, love us, hear us and have mercy on us personally.

Can be repeated with these additions:

Lord Jesus Christ, Son of God, have mercy on me.

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

Lord Jesus Christ, Son of God, have mercy on _____. (insert a name of one for whom you want to pray)

Submitting to God

Because of all You have done for me, I present my body to You as a living sacrifice for this day. I want to be transformed by the renewing of my mind, affirming that Your will is good for me and acceptable and perfect. (Romans 12:1-2)

Note: the following prompts are guidelines/suggestions only. Please consider these prompts as a starting point or Personal goal. (worship, seeking God's presence, communicating with God, growing in Christ (conforming to His image), intercessory prayer ...)

Today's Confession - I am Sorry

Light your candle.

It is wise to form the habit of inviting God to search our hearts and reveal “any hurtful way” (Psalm 139:23) within ourselves.

Sustained attention to the heart, the wellspring of action, is essential to the spiritual formation process.

Allowing Jesus to examine our intentions and priorities, we open ourselves to His good but often uncomfortable work of exposing sins. 1 Self-examining prayer and/or journaling in God's presence over time helps us get past our emotions and actions.

This practice uncovers sinful patterns which require repentance and renewal. Note: this a process of working out our salvation by making us more “Christ-Like” or conforming to His image.

What does this look like?

Repentance: ask 1) God to reveal your sins, 2) ask forgiveness for your sins and 3) ask for God's help to change your sinful ways (renewal).

*Search me, O God, and know my heart;
Try me and know my anxious thoughts;
And see if there be any hurtful way in me,
And lead me in the everlasting way.*

Psalm 139:23–24

To assist you, here is a prayer sequence for examination and encouragement that incorporates The Ten Commandments, the Lord's Prayer, the Beatitudes, the seven deadly sins, the four cardinal and three theological virtues, and the fruit of the Spirit. This can serve as a kind of spiritual diagnostic tool.²
See the Appendix for Day 1 Confession

Space for journaling starts on p. 9 and continues on p. 18

Today's Petitions - I Ask Prayer Points for Our Church and Myself

Light your candle.

The following is a suggested format¹ for your use during these Days of Prayer:

- Light your candle in your chosen place and time.
- Breathe in and out deeply several times.
- Picture yourself in setting with Jesus (on a bench, walking in a meadow, ...)

St. Mark Church Council Petitions*

Call Committee

Our petition for our new pastor:

Dear Heavenly Father, We come before you with humble hearts seeking wisdom for St. Mark's future Pastor. Grant the call committee discernment, endurance, and insight on your plan. Help us, as one body of Christ, to work together and according to Your will. Guide the heart of this chosen person to know without a doubt. St. Mark is their new church home. We thank you for your goodness, love, mercy and perfect timing. In Jesus name we pray. Amen.

Lord, help each of us to be faithful and obedient to You and Your Word. Especially when we are on the edge of being burnt out; leaning toward being discouraged, as we wait upon your perfect timing. Noting 1 Samuel 13. When Saul, chose to make a burnt offering himself for God's help in battle instead of waiting for Samuel, the priest, as God instructed. We learn it was a test of obedience by God. So we ask for prayers of encouragement and reassurance so to remain steadfast regardless of circumstances until God's time is accomplished.

"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." ([John 14:27 NLT](#))

Staff

Heavenly Father, we turn to you and ask for your help and blessings upon this bright, new year. Give each of us wisdom and guidance with every decision, patience as we transition to a new pastor, and enthusiasm for our work. Bless the efforts of our hands and the close bonds we have between us. Help us foster love and respect as we work as a team to bring out the best in each other. In Jesus name, Amen

"Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality." Romans 12:11-13

. * Pray for 2-3 teams throughout the day.

Today's Petitions - I Ask
Prayer Points for Our Church and Myself

Stewardship

C: We confess that we have not always used our resources wisely. We have used our treasures carelessly, given reluctantly, and served half-heartedly. Forgive us, Lord, for our lack of faith and trust in Your provision. Teach us to live with open hands and open hearts, so that we may reflect Your Love and Grace in all we do.

P: My prayer is to use my time more wisely, please help me to be mindful of how I spend my time and to make wise choices about how I use it. Help me to be patient and to not waste time on things that are not important. I pray for better habits of work, rest, play, worship, and thinking in the coming days.

V: Heavenly Father, we come before You seeking Your divine guidance and wisdom as we search for a new pastor to lead our church. Grant us discernment to recognize the candidate whom You have chosen to shepherd and guide us. We trust in Your perfect timing and surrender our desires into Your loving hands.

Finance

Proverbs 11:25 states, "A generous person will prosper; whoever refreshes others will be refreshed." In honoring God we can use our time and talents to volunteer to help others, and our treasures to financially support St. Mark and its ministries.

Youth and Family Ministry

Day 1 – Confession: Dear Lord, we confess that we don't always make you our first priority by centering our lives and daily activities around You.

Day 2 – Petition: We want to see children and families involved in Sunday School, Bible Study, worship and church activities that guide us to be in the world and not to be of the world.

Day 3 – Vision: We want God's Word to take root and grow in the hearts of all children and families through prayer and demonstrating love for everyone in all circumstances.

Safety and Security

C- Gracious Lord, we confess that we often fall back in that secure thought "It won't happen here." Forgive us and lead us with Your mighty power to keep St. Mark as safe and secure as possible.

P- Please pray for discernment and wisdom as we continue to plan for the safety of the church and its members.

V - Lord, we ask that You open our eyes to see the blind spots in the safety and security system here at St. Mark that they would be revealed so they can be addressed.

Today's Petitions - I Ask
Prayer Points for Our Church and Myself

Property Management and Facility Management

Thank you for the many blessings you have granted St. Mark. A beautiful church with a sanctuary where all are welcome, where your word is shared and members and guests can spend time together in Christ.

Thank you for our Ed Center where your word is taught through our Sunday School and bible studies. Help us to attract and welcome all who are seeking and help us to fill them with your Word.

As we look for ways to share our blessing with the community, we pray that you will lead people to us and that you will help us to be welcoming, nurturing and generous.

We are thankful for the generosity of our congregation and visitors who provide the time, talent and treasures necessary to support our facilities and community.

Lord, grant us wisdom and knowledge as we strive to enhance and preserve our church property and facilities. Please extend your hand of protection keeping all who enter safe and secure.

Outreach (Evangelism)

Confession: We confess that we have become consumed with our own lives and circumstances and have neglected to see those around You that need to know You as Lord and Savior. Forgive us Lord!

Prayer: Help us to be intentional in sharing our faith and hope in You with those with whom we come in contact. Renew us Lord!

Heavenly Father, we come before You with hearts full of hope and anticipation for the work of the Outreach committee in 2026, such as Harvest Fest, rummage sale, community dinners, as well as our other ministries. Guide us with your Holy Spirit, granting wisdom and courage to share the Gospel with love and truth. May we be vessels of Your grace, reaching those who have yet to encounter Your love. Strengthen our efforts and unite us with a purpose that glorifies Your name.

Vision: Give us your eyes and your heart to truly see those around us in need of your love and your salvation. Lead us Lord!

Worship and Music

Day 1- Confession: Dear Lord, We acknowledge that without you, we can do nothing. You are the vine and we are the branches. Forgive us for the times we have tried to do things in our own strength and wisdom, without seeking your guidance. Help us to put aside our personal agenda and to work together in unity for the greater purpose in your kingdom. Amen.

Day 2- Petitions/requests:

Father, May our time of worship be an encounter with You, our living God. We ask that You show Your presence to each person in a unique and personal way. Fill us with joy, show us Your glory and splendor and may we feel closer to You. Amen

Today's Petition - I Ask
Prayer Points for Our Church and Myself

Day 3 Looking to the future:

Dear Heavenly Father, You are the Creator, the Sustainer, and Redeemer. As we gather for worship, fill our hearts with your Holy Spirit. We honor and glorify You for who You are. We lift up our voices with all of our hearts, minds and strength. Amen

Fellowship (Congregational Life)

C: Gracious God, in love You spread good gifts before us, you give us far more than we need or deserve. You save, heal and provide for us. Yet we always want more. Forgive us our stubborn greed and our lack of trust in Your care. Create within us such thankfulness that we will always be grateful to You.

P: Dear Lord, We come before You with hearts of gratitude, seeking joy that only you can provide, help us to recognize our blessings, even in the smallest moments. May our spirits be lifted by Your love and share this joy with others.

V: Prayers for our congregation to work together in harmony; to be united in a common goal, to be aligned with God's will and be a source of light for others.

Confirmation: Strengthen the students with gifts of the Holy Spirit, wisdom, knowledge and courage to help them live a life of faith

For Myself, I ask you, O Lord, help me to:

- love you completely (with all my heart, soul, mind and strength); Mark 20:30
- love myself correctly (choosing to believe that what You say about me is true rather than what the world says about me); John 1:12, John 15:1,5, Romans 3:24, Ephesians 2:10
 - being the person you made me to be; (who I am in Christ);
 - live out my new identity in Christ;
- love others compassionately; Matthew 22:39
 - care and assist my neighbors, fellow workers, schoolmates;
 - volunteer within and beyond walls of St. Mark Church;
- cultivate a biblical worldview;
 - be guided by choosing an eternal perspective rather than a temporal one.

And...

Today's Vision I Act

- Light your candle in your chosen place and time.
- Breath in and out deeply several times.

For St. Mark Church

Prayer is central to following God.” (about Prayer in St. Mark Church Vision statement)

Therefore

Lord, with contrite heart I come to you in prayer asking for your help in working out St. Mark Church's mission statement and our vision statements.

<https://smc.info/what-we-believe/>

Click on the + to see the definition

- Pray
- Worship
- Provide opportunities and encourage people to grow in Christ
- Attract young people and provide what they need
- Share our gifts both material and spiritual
- Maintain a safe supportive place for people
- Combine faith and relationships
- Be in the world, but not of the world

My activities...

- Living out my new identity in Christ;
- Knowing God
- Renewing my mind daily—devotions, studying scripture
- Learning and seek training to be a disciple by conforming to His image;
- Hearing for His voice, whispers, nudge (s) and listening to Him;
- Being obedient and faithful in doing God's will;
- Trusting God in all life choices;
- Intercessory Prayer;
- Journaling serves as another form of prayer, a means of personal reflection, and insights from scripture;
- Other . . .

See Appendix 3 I Act for guidance to learn more about being, doing, hearing/listening and prayer..

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Appendix 1

Confession Helps

To assist you, here is a prayer sequence for examination and encouragement that incorporates The Ten Commandments, the Lord's Prayer, the Beatitudes, the seven deadly sins, the four cardinal and three theological virtues, and the fruit of the Spirit. This can serve as a kind of spiritual diagnostic tool.²

The Ten Commandments (Exodus 20:3-17)

You Shall have no other gods before me.
You shall not make for yourself an idol.
You shall not take the name of the Lord, your God in vain.
Remember the Sabbath day, to keep it holy.
Honor your father and your mother.
You shall not murder.
You shall not commit adultery.
You shall not steal.
You shall not bear false witness against your neighbor.
You shall not covet.

The Beatitudes (Matthew 5: 3-11)

Poverty of Spirit (nothing apart from God's grace)
Mourning (contrition)
Gentleness (meekness, humility)
Hunger and thirst for righteousness
Mercy to others
Purity of heart (desiring Christ above all else)
Peacemaking

The Four Cardinal & Three Theological Virtues

Prudence
Temperance (moderation, self-control)
Justice (fairness, honesty, truthfulness, integrity)
Fortitude (courage, conviction)
Faith (belief and trust in God's character and work)
Hope (anticipating God's promises)
Love (willing the highest good for others, compassion)

The Lord's Prayer (Matthew 6:9-13)

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

The Seven Deadly Sins

Pride
Avarice (covet)
Envy
Wrath
Sloth
Lust
Gluttony

The Fruit of the Spirit (Galatians 5:22-23)

Love
Joy
Peace
Patience
Kindness
Goodness
Faithfulness
Gentleness
Self-control

¹Boa, Ken, Handbook of Spiritual Growth: Twelve Facets of the Spiritual Life, Trinity House Publishers, Inc. Atlanta, Georgia, KenBoa.org., 2008. P.263.

²Boa, Ken, Conformed to His Image, Biblical and Practical Approaches to Spiritual Formation, Revised Edition, Zondervan Academic, Grand Rapids, Mich., 2021,2020, pp.291-293.

Appendix 2

Petitions I Ask...

Knowing the Importance of Prayer in God's Eternal Work...
building up St. Mark Church through prayer during 2026

“When you call on me, when you come and pray to me, I'll listen.
Jeremiah 29:12

In Fellowship I ask God's blessing for St. Mark Church to:

- continue to be a House of Prayer;
- faithfully engaging in the Great Commission;
- listen and be obedient to the calling of the Holy Spirit.

First note for a believing church to be engaged in God's eternal work of salvation, restoration, and building up the body of Christ, there are three requirements of the congregation.

- Help me to realize God's work through St. Mark Church can only be achieved, if I seek to be energized by the Holy Spirit.
- Help me pray with prayers of faith to engage God's heart by seeking the Holy Spirit's guidance and giving glory to God for answered prayers.
- Understand God's ordained accomplishments for St. Mark Church will be attained, when I depend on the Holy Spirit and willingly exercise my Spirit's gifts.¹

So I:

- **repent** of my sins, individual and corporate (St. Mark Church); *Matthew 4:17*
- ask the Holy Spirit for **revival** within St. Mark Church by; *Mark 16:15-20*
 - the preaching at St. Mark church;
 - conversions by the power of Holy Spirit at St. Mark Church;
- ask the Holy Spirit for St. Mark Church to continue **reformation** for all believers: *Matthew 28:18-20*
 - practical training and teaching for our soul forming Christian journey,
 - transformation of St. Mark minds - shifting from a temporal to an eternal perspective;
 - making disciples.
- ask the Holy Spirit for St. Mark to be a church of **restoration** *1 Corinthians 13:11*
 - nurturing future pastors to live and teach the Gospel,
 - asking the Holy Spirit to encourage each of our St. Mark families to develop new relationships within their own neighborhoods, schools, work;
 - sharing personal stories of the Christian life at St. Mark Church;
 - serving community needs through St. Mark Church based services.
- Ask the Holy Spirit to remind me to conclude with prayers of praise and thanksgiving to the Father, Son and Holy Spirit.

¹Tozer, A.W., Compiled by W. L. Seaver, Communing with God in Everything, Prayer, Moody Press, 2016, pp. 53-55.

Understanding we are deep in spiritual warfare, we pray on the amour of God every day.
Ephesians 6:10-18. ESV

Living Out My New Identity—a prayer of transformation

God of glory, majesty, and dominion, You have graciously accepted me as a living member of the Body of Christ, and You have implanted me in the communion of saints that will forever endure.

Now that I have received a new identity in Jesus as a holy and beloved part of Your glorious and eternal plan, may I live out that new identity in my thinking, my speech, and my actions.

Empower me to be Your ambassador, Your witness of the transforming life that is found in Jesus, who is the Way, the Truth, and the Life. May I love and obey Him and stake everything I have on Him without reservations or conditions.

Empower me to live during this brief earthly sojourn in light of Your return and to treasure this as a unique time of opportunity that I will never have again. For it is only on this earth that I can share the gospel and serve people in need. Amen and Amen

Boa, Ken, Transforming prayer. 12/29/24

Knowing God ²

Day by Day

Thanks be to thee, O Lord Jesus Christ, for all the benefits which thou hast given us; for the pains and insults which thou has borne for us. O most merciful Redeemer, Friend, and Brother, *may we know thee more clearly, love thee more dearly, and follow thee more nearly*, for thine own sake. Richard of Chichester (1197-1253)

17 that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of Him. 18 *I pray* that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints. Ephesians 1:17-18

Knowing Him more clearly...

What is the difference in knowing about (rational knowledge— gathering facts or power of reason) and experiential knowledge (knowing via the senses, relationships, or participation)?

Why are both important?

² Boa, Ken, Stewart, Michael and Abel, Jenny, Conformed to His Image Study Guide, Biblical, Practical Approaches to Spiritual Formation, pp.6-11.

Appendix 3 I Act continued

What does knowing God more clearly look like?

- Spending time with Him,
- Communicating with Him—praying to Him and listening for His voice.
- Responding to his loving overtures.

If you don't desire to know Him more clearly, *desiring to desire* Him is a good starting point. Pray that God would grant you this desire. Which of the above (time, communication, and responsiveness) will you commit to pursue God better?

Love Thee More Dearly...

The dearness with which we love God is proportional to our understanding of who He is. What comes to mind when you think of God? What is your image of God?

Does the following statement about God's son correspond with your vision and understanding of God? *Jesus is not merely the end of a deductive process, but a person to be known and loved for himself.*

A.W. Tozer writes, "What comes into your mind when you think about God is the most important thing about us. " Boa kindle Devotional Spirituality

Do you nourish great thoughts of the living God ? If not...

Renewing your mind can be achieved by a daily disciplined training

- List your habits of nourishment -
 - Memorizing Scripture; sacred readings—Lectio Divina
 - Telling others what God has done for you;
 - Reflecting on God's blessings in your life, present and past;
 - Involvement in home study Bible classes.
- Next your habits of neglect -
 - Sporadic attention to daily devotions, prayer time;
 - Lack of a thankful attitude or ingratitude for answered prayers, blessings, protections, and...
 - Hard Thanksgivings.

Follow thee More Nearly

- Willing to do His will;
- Loving the things He loves;
- Choosing the things He sets before us

Pray these three tasks, asking God for "wisdom and ... revelation in the knowledge of Him" and for the empowerment and enjoyment of loving Him completely.

Learning to Hear God - a process

This speech is a must-watch for anyone yearning to strengthen their spiritual life and find reassurance in the presence of God. It offers timeless guidance, deep wisdom, and practical strategies to nurture a faith-filled journey, making it a source of inspiration and hope.

What does listening to God sound like, settings for listening?

Check out “A sermon by C.S. Lewis, “How to Hear When He Speaks.” (about 12 minutes) https://www.youtube.com/watch?v=rJ_IcoKo4Sg

Conforming to His Image

Surrendering to God: to realize I am working to be transformed. Heal what is broken; untangle what has been twisted. “It is no longer I who live, but Christ who lives in me.” Galatians 2:20, John 14:20

Suggestion: think of yourself on a journey during which God is equipping (conforming) you to be like Him and with Him in your real home, heaven. Romans 8:29

This is an ongoing process. To know Him is to love Him, to love Him is to trust Him, to trust Him is to obey Him, to obey Him is to abide in Him, to abide in Him is to bear fruit and to bear fruit is to glorify Him. Romans 8:31-39

The process—loving God is an inside outside process. It is the invisible aspirations and longings that set our course in our relationship with God.

Key to loving Him, is to spend time with Him.

If you love me, you will keep my commandments. How we honor Him.

Come to will - willing to do His will,

The more we obey Him, the more we come to know Him.

Love the things He loves,

Chose the things that He sets before us for our good.

Pray that you will abide in Jesus today realizing that you can do nothing of lasting value apart from Him. (John 15:5) ³

³ Boa, Ken, Stewart, Michael and Abel, Jenny, Conformed to His Image Study Guide, Biblical, Practical Approaches to Spiritual Formation, pp. 57-61.

Our Place before God - Humility

This is a litany of Humility - Petitions for transformation.

From the desire of being esteemed - Deliver me Jesus;

From the desire of being loved - Deliver me Jesus;

From the desire of being extolled - Deliver me Jesus;

From the desire of being honored - Deliver me Jesus;

From the desire of being praised - Deliver me Jesus;

From the desire of being preferred by others - Deliver me Jesus;

From the desire of being consulted - Deliver me Jesus;

From the desire of being approved - Deliver me Jesus;

From the desire of suffering rebukes - Deliver me Jesus;

From the desire of being humiliated - Deliver me Jesus;

From the desire of being forgotten - Deliver me Jesus;

From the desire of being ridiculed - Deliver me Jesus;

From the desire of being wrong - Deliver me Jesus;

From the desire of being suspected - Deliver me Jesus;

Response - Grant me the grace to desire it.

That others may be loved more than I - Grant me the grace to desire it.

That others may be esteemed more than I - Grant me the grace to desire it.

That in the opinion of the world others may increase, I may decrease -

Grant me the grace to desire it.

That others may be chosen and I set aside - Grant me the grace to desire it.

That others may be praised and I unnoticed - Grant me the grace to desire it.

That others maybe preferred to me in everything - Grant me the grace to desire it.

That others may be holier than I - provided I shall be as holy as I should be.

Amen and Amen

From Hallow, Day 1 of the Lent 2024 Pray 40: He Leadth Me

Lent Pray40: The Return

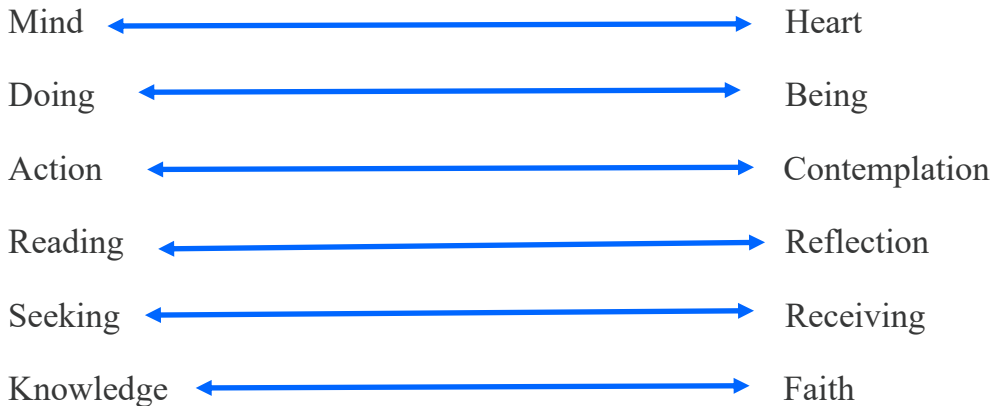
<https://hallow.app.link/qbNquiHAR0b>

Lent Pray40: The Return

The Practice of Sacred Reading¹

A key verse to contemplate - His delight is in the law of the Lord, And in His law he meditates day and night. Psalm 1:2

In your pursuit of living a balanced Christian life, an approach of mixing an active approach (which focuses on *doing*) and a contemplative approach (which focuses on *being*) facilitates a deepening love God.



1. What balance occurs when a complementary approach is embraced?

Below are some beginning tips for your practice of Sacred Reading.

- Designate a place suitable for sacred reading, preferably away from your normal areas of work.
- Begin with a prayer of preparation, such as Psalm 19:14 May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer.

Psalm 119:18 Open my eyes to see the wonderful truths in your instructions.

- Light a candle or breath deeply in and out through your mouth.
- Avoid reading footnotes to the passage, but you can read alternate translations.
- Keep in mind, this is not a lockstep, 1-2-3-4 process. Prayer can occur at any time.
- Use the guide on the next page to practice Romans 8:1-2. Following the four R's Read, Reflect, Respond (prayer- journal to see change over time), and Rest. Note the Tips.
- Pick your own Scripture (short ones best starting the practice). Or...
Deuteronomy 4:6; Psalm 46:10-11; Jeremiah 17:7-8 | John 15:15-17; 1 Peter 2:9-10; Colossians 1:15-16

LECTIO DIVINA PRACTICE EXERCISE #2

Scripture	
Read (<i>lectio</i>)	→ Slowly read the Scripture passage <i>several times</i>. Tips: • Read aloud to help capture the passage in your memory. • Read prayerfully, asking, "Lord, what are you saying to me in this passage?"
Reflect (<i>meditatio</i>)	→ Reflect and ruminate on the <i>words and phrases</i> in the text. Tips: • Allow enough time to enjoy the text. • Don't demand immediate gratification or try to control the outcome. → Which words, phrases, or images speak to you most?
Respond (<i>oratio</i>)	→ Offer the internalized passage back to God in the form of a personalized prayer of adoration, confession, renewal, petition, intercession, affirmation, or thanksgiving. Tips: • When you get distracted, return to your selected word(s) or phrase(s). • Be receptive as the Lord speaks to you.
Rest (<i>contemplatio</i>)	→ What word or image encapsulates the spirit of the passage for you? → Take a few minutes to present yourself before God in silence and yieldedness. When your mind wanders, center yourself by returning to the spirit of the passage. Tips: • The frustration of apparent failure is common; don't let it stop you. • Consider reducing your exposure to media and other forms of distraction to enhance your ability for contemplation.

Table 14

Lectio Review.

Was there a part of this exercise that you found challenging?

Was there a part of this exercise that you found rewarding?

Was there a part of this exercise that you found surprising?

¹ Boa, Kenneth, Steward, Michael, and Abel, Jenny, Conformed to His Image Study Guide, Biblical, Practical Approaches to Spiritual Formation, Zondervan Academic, 2020, pp.109-113.

Resource - Boa, Kenneth, Sacred Reading: A Journal, Navpress Pub Group, 2020.

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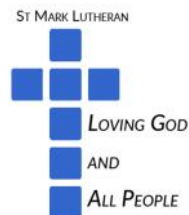
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Sundays at 10:30am

SUNDAY SCHOOL & BIBLE STUDY CLASSES
Sundays at 9:20am
(September- May)