

**40 Days of Renewal  
(25MIN DAILY MEDITATIONS)**

**Instructions:**

**Isaiah 40:31**

***But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.***

- Use with a notebook or journal to write comments and answers
- Use five days a week for 8 weeks
- Memorize Psalm 23 for daily reciting – *Recite and connect with each sentence*
- This is a 40 day spiritual discipline: Daily Rhythm of life

**Each day...**

1. Find a quiet solitary place....
  - **Recite and Pray through Psalm 23** – Slowly and carefully being mindful through it. If you space out, (and you will) start over until you can stay connected through the entire prayer. Sometimes it takes a few attempts, especially the first days.
  - Do the daily scripture reading and meditation
  - Offer to God 3 worries or fears
  - Thank God for 4 things in your life
  - Answer the examen question
2. Encourage one person by text, email, call or face to face.
3. Pray a classic prayer
4. End with a Prayer through what you learned and the day ahead.

**Psalm 23**

**The Lord is my shepherd, I lack nothing.**

**He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.**

**He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.**

**You prepare a table before me in the presence of my enemies.**

**You anoint my head with oil; my cup overflows.**

**Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.**



## Week 1: RENEWAL

### Day 1

#### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **Isaiah 40:28-31**

**Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.**

#### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

#### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

#### **Thanksgiving** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

#### **I am encouraged by**

#### **Today I will encourage**

#### **Pray a classic prayer**

O divine master

Grant that I may not so much seek

To be consoled as to console.

To be understood as to understand.

To be loved, as to love

For it is in giving that we receive

It is in pardoning that we are pardoned:

And it is in dying, that we are born

To eternal life.

Amen

**- St Francis**

#### **Now spend some time in PRAYER**



## Day 2

### **Recite Psalm 23**

**Daily Scripture reading** (Read slowly and repeat three times then sit silently for some time)

#### **Romans 12:2**

***Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **I am encouraged by**

### **Today I will encourage**

### **Pray a classic prayer**

Govern everything by your wisdom,  
O Lord, so that my soul may always be serving you  
in the way you will and not as I choose.  
Let me die to myself so that I may serve you;  
let me live to you who are life itself.  
Amen.

**- Theresa of Avila**

### **Now spend some time in PRAYER**



## Day 3

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

### **Corinthians 3:18**

***And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **I am encouraged by**

### **Today I will encourage**

### **Pray a classic prayer**

*Lord make me an instrument of your peace*

*Where there is hatred, let me sow love*

*Where there is injury, pardon*

*Where there is doubt, faith*

*Where there is despair, hope*

*Where there is darkness, light*

*And where there is sadness, joy*

- **St Francis**

### **Now spend some time in PRAYER**



## Day 4

### Recite Psalm 23

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **2 Peter 1:5-9**

***For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **I am encouraged by**

### **Today I will encourage**

### **Pray a classic prayer ...**

I asked God for strength that I might achieve,

I was made weak that I might learn humbly to obey.

I asked for health that I might do great things.

I was given infirmity that I might do better things.

I asked for riches that I might be happy.

I was given poverty that I might be wise.

I asked for power that I might that I might have the praise of men.

I was given weakness that I might feel the need of God.

I asked for all things that I might enjoy life. I was given life that I might enjoy all things.

I got nothing that I asked for—but everything that I had hoped for.

Almost despite myself, my unspoken prayers were answered.

I am, among all men, most richly blessed

AMEN

### **Now spend some time in PRAYER**



## Day 5

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

#### **Hebrews 6:1-3**

***Therefore let us move beyond the elementary teachings about Christ and be taken forward to maturity, not laying again the foundation of repentance from acts that lead to death,[a] and of faith in God, 2 instruction about cleansing rites,[b] the laying on of hands, the resurrection of the dead, and eternal judgment. 3 And God permitting, we will do so..***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanks-giving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **I am encouraged by**

### **Today I will encourage**

### **Pray a classic prayer**

God, give us grace to accept with serenity  
the things that cannot be changed,  
Courage to change the things  
which should be changed,  
and the Wisdom to distinguish  
the one from the other.  
Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as a pathway to peace,  
Taking, as Jesus did,  
This sinful world as it is,  
Not as I would have it,  
Trusting that You will make all things right,  
If I surrender to Your will,  
So that I may be reasonably happy in this life,  
And supremely happy with You forever in the next.  
Amen.

**- Serenity prayer by Reinhold Niebuhr**

### **Now spend some time in PRAYER**



**Week 2: God's LOVE**  
**Day 6**

**Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

**Isaiah 43:1-3**

***"Don't be afraid, for I have redeemed you; I am calling you by your name; you are mine.  
When you pass through water, I will be with you; when you pass through rivers, they will not  
overwhelm you; when you walk through fire, you will not be scorched — the flame will not burn  
you. For I am Yahweh, your God"***

**Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

**Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition,  
with thanksgiving, present your requests to God.***

**Three worries I offer up to God today**

- 1.
- 2.
- 3.

**Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

***How is my love tank?  
Today I will love up on***

**Pray a Classic prayer**

Oh God, gather me  
To be with you  
As you are with me  
Keep me in touch with myself  
My needs, my anxieties  
My angers, my pains  
My corruptions  
That I may claim them as my own  
Rather than blame them on someone else  
Oh Lord deepen my wounds into wisdom  
Shape my weakness into compassion  
Gentle my envy into enjoyment  
My fear into trust  
My guilt into honesty  
Oh God gather me  
To be with you  
As you are with me.  
AMEN

- **Ted Loder, Guerrillas of grace.**

**Now spend some time in PRAYER**



## Day 7

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **Exodus 34:6-7**

***The Lord passed before him and proclaimed, "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation."***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### ***How is my love tank?***

### ***Today I will love up on***

### **Pray a classic prayer**

My Lord God, I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

Nor do I really know myself, and the fact that I think I am following Your will does not mean that I am actually doing so.

But I believe that the desire to please You does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire.

And I know that, if I do this, You will lead me by the right road, though I may know nothing about it.

Therefore, I will trust You always though I may seem to be lost and in the shadow of death.

I will not fear, for You are ever with me, and You will never leave me to face my perils alone.

Amen

- Thomas Merton

### **Now spend some time in PRAYER**





## Day 8

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **Psalm 103:11-13**

***For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. As a father shows compassion to his children, so the Lord shows compassion to those who fear him.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### ***How is my love tank?***

### ***Today I will love up on -***

### **Pray a classic prayer**

Just for today, help me, God, to remember that my life is a gift, that my health is a blessing, that this new day is filled with awesome potential, that I have the capacity to bring something wholly new and unique and good into this world.

Just for today, help me, God, to remember to be kind and patient to the people who love me, and to those who work with me too. Teach me to see all the beauty that I so often ignore, and to listen to the silent longing of my own soul.

Just for today, help me, God, to remember You.

Let this be a good day, God, full of joy and love.

Amen

- unknown

### **Now spend some time in PRAYER**



## Day 9

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **1 John 4:9-10**

***This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### ***How is my love tank?***

### ***Today I will love up on***

### **Pray a classic prayer ...**

Christ with me, Christ before me, Christ behind me,  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ where I lie, Christ where I sit, Christ where I arise,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of every one who speaks to me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.  
Salvation is of the Lord.  
Salvation is of the Christ.  
May your salvation, Lord, be ever with us.  
- **St Patrick**

### **Now spend some time in PRAYER**



## Day 10

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **Deuteronomy 7:6-7**

***6 For you are a people holy to the Lord your God. The Lord your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession. 7 The Lord did not set his affection on you and choose you because you were more numerous than other peoples, for you were the fewest of all peoples.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### ***How is my love tank ?***

### ***Today I will love up on...***

### **Pray a classic prayer**

Lord Jesus, let me know myself and know You, and desire nothing save only You.

Let me hate myself and love You.

Let me do everything for the sake of You.

Let me humble myself and exalt You.

Let me think of nothing except You.

Let me die to myself and live in You.

Let me accept whatever happens as from You.

Let me banish self and follow You, and ever desire to follow You.

Let me fly from myself and take refuge in You,

That I may deserve to be defended by You.

Let me fear for myself.

**– St. Augustine (You Over Me)**

### **Now spend some time in PRAYER**



**Week 3: Loving GOD**  
**Day 11**

**Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

**Isaiah 43:1-3**

***“Don’t be afraid, for I have redeemed you; I am calling you by your name; you are mine.  
When you pass through water, I will be with you; when you pass through rivers, they will not  
overwhelm you; when you walk through fire, you will not be scorched —  
the flame will not burn you. For I am Yahweh, your God”***

**Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

**Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition,  
with thanksgiving, present your requests to God.***

**Three worries I offer up to God today**

- 1.
- 2.
- 3.

**Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

**What can I do to practice Love today?**

**Pray a classic prayer**

Now, to God the Father, who first loved us, and made us accepted in the Beloved;  
to God the Son, who loved us, and washed us from our sins in his own blood;  
to God the Holy Ghost, who shares the love of God abroad in our hearts,  
be all love and all glory in time and to all eternity.

Amen.

**– John Wesley (Beloved)**

**Now spend some time in PRAYER**



## Day 12

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **Isaiah 26:4-5**

***Trust in the LORD forever,  
for the LORD, the LORD himself, is the Rock eternal.  
He humbles those who dwell on high,  
he lays the lofty city low;  
he levels it to the ground  
and casts it down to the dust.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition,  
with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to practice Love today?**

#### **Pray a classic prayer**

Dear Lord

Grant me the ability to speak kindly,

Respond gently and at times to hold

My tongue. I want my actions and reactions

To please you and reflect you and your love

In Jesus name.

AMEN

- unknown

### **Now spend some time in PRAYER**



## Day 13

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

#### **Deuteronomy 7:9**

***Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to practice Love today?**

#### **Pray a classic prayer**

Give me yourself,

O my God, give yourself to me.

Behold I love you, and if my love is too weak a thing, grant me to love you more strongly.

I cannot measure my love to know how much it falls short of being sufficient,

but let my soul hasten to your embrace and never be turned away until it is hidden in the secret shelter of your presence.

This only do I know that it is not good for me when you are not with me, when you are only outside me.

I want you in my very self.

All the plenty in the world which is not my God is utter want.

Amen.

**– St. Augustine (Act of Petition)**

### **Now spend some time in PRAYER**



## Day 14

### **Recite Psalm 23**

**Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **Psalm 103:11-13**

***For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. As a father shows compassion to his children, so the Lord shows compassion to those who fear him.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to practice Love today?**

#### **Pray a classic prayer**

Loving God I hold in your healing presence those who suffer pain and ill health

May they know the deep peace of God

Loving God I hold in your healing presence those who suffer in mind and spirit

May they know the deep peace of God

Loving God I hold in your healing presence those who suffer the suffering people of our world, and the places where people are experiencing hurt and division

Including hurt and division in my own life

May they know the deep peace of God

Loving God I hold in your healing presence those who are experiencing grief and loss

May they know the deep peace of God

Loving God I hold in your healing presence those who need wisdom for their next steps

May they know the deep peace of God

Loving God I hold in your healing presence those who people and situations that seem broken beyond repair,

May they know the deep peace of God

Loving God I hold in your healing presence those who are in need of prayers for things not known to me and for those who have asked for prayers.

May they know the deep peace of God

Glory to God from whom all love flows

Glory to Jesus, who showed his love through suffering

Glory to the Holy spirit, whose light shines in darkness

Amen

**- Iona Abbey Worship Book**

### **Now spend some time in PRAYER**



## Day 15

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **Psalm 146:2-4**

***I will praise the LORD all my life;  
I will sing praise to my God as long as I live.  
Do not put your trust in princes,  
in human beings, who cannot save.  
When their spirit departs, they return to the ground;  
on that very day their plans come to nothing.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition,  
with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to practice Love today?**

#### **Pray a classic prayer**

Oh Lord, You're beautiful  
Your face is all I see  
For when Your eyes are on this child  
Your grace abounds to me  
Oh Lord, please light the fire  
That once burned bright and clean  
Replace the lamp of my first love  
That burns with holy fear  
I want to take Your Word and shine it all around  
But first help me just to live it, Lord  
And when I'm doing well,  
help me to never seek a crown  
For my reward is giving glory to You.  
AMEN

**-Keith Green (Help Me Live It)**

### **Write your own PRAYER**





**Week 4: Loving One Another  
Day 16**

**Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

**Romans 13:8**

***Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.***

**Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

**Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

**Three worries I offer up to God today**

- 1.
- 2.
- 3.

**Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

**What can I do to practice loving one another today?**

**A Prayer for the day**

We pray for the world  
That you protect the innocent the innocent  
That you heal the wounded  
Grant justice to the oppressed  
Uphold the righteous  
Set free those who are captives  
Rescue all victims  
Give hope to the hopeless  
Feed the hungry, refresh the thirsty  
Expose the evil  
That your truth shines brightly  
In the darkness of deception  
That your love becomes evident to all  
Strengthen us in our weakness  
Bless your people with peace  
May your will be done  
On earth as it is in heaven  
Lord Save US  
AMEN  
- Robert Carrillo daily prayer

**Now spend some time in PRAYER**



**Day 17**

**Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

**1 John 4:7**

***Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.***

**Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

**Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

**Three worries I offer up to God today**

- 1.
- 2.
- 3.

**Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

**What can I do to practice loving one another today?**

**A Prayer for the day**

We pray for the world  
That you protect the innocent the innocent  
That you heal the wounded  
Grant justice to the oppressed  
Uphold the righteous  
Set free those who are captives  
Rescue all victims  
Give hope to the hopeless  
Feed the hungry, refresh the thirsty  
Expose the evil  
That your truth shines brightly  
In the darkness of deception  
That your love becomes evident to all  
Strengthen us in our weakness  
Bless your people with peace  
May your will be done  
On earth as it is in heaven  
Lord Save US  
AMEN

- **Robert Carrillo daily prayer**

**Now spend some time in PRAYER**



## Day 18

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

### **John 13:34-35**

***“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to practice loving one another today?**

### **A Prayer for the day**

We pray for the world  
That you protect the innocent the innocent  
That you heal the wounded  
Grant justice to the oppressed  
Uphold the righteous  
Set free those who are captives  
Rescue all victims  
Give hope to the hopeless  
Feed the hungry, refresh the thirsty  
Expose the evil  
That your truth shines brightly  
In the darkness of deception  
That your love becomes evident to all  
Strengthen us in our weakness  
Bless your people with peace  
May your will be done  
On earth as it is in heaven  
Lord Save US  
AMEN

- **Robert Carrillo daily prayer**

### **Write your own PRAYER**



## Day 19

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **John 15:12**

***My command is this: Love each other as I have loved you.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to practice loving one another today?**

### **A Prayer for the day**

We pray for the world  
That you protect the innocent the innocent  
That you heal the wounded  
Grant justice to the oppressed  
Uphold the righteous  
Set free those who are captives  
Rescue all victims  
Give hope to the hopeless  
Feed the hungry, refresh the thirsty  
Expose the evil  
That your truth shines brightly  
In the darkness of deception  
That your love becomes evident to all  
Strengthen us in our weakness  
Bless your people with peace  
May your will be done  
On earth as it is in heaven  
Lord Save US  
AMEN

- **Robert Carrillo daily prayer**

### **Now spend some time in PRAYER**



## Day 20

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

### **Philippians 1:9**

***And this is my prayer: that your love may abound more and more in knowledge and depth of insight***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to practice loving one another today?**

### **A Prayer for the day**

We pray for the world  
That you protect the innocent the innocent  
That you heal the wounded  
Grant justice to the oppressed  
Uphold the righteous  
Set free those who are captives  
Rescue all victims  
Give hope to the hopeless  
Feed the hungry, refresh the thirsty  
Expose the evil  
That your truth shines brightly  
In the darkness of deception  
That your love becomes evident to all  
Strengthen us in our weakness  
Bless your people with peace  
May your will be done  
On earth as it is in heaven  
Lord Save US  
AMEN

- **Robert Carrillo daily prayer**

### **Now spend some time in PRAYER**



**Week 5: Loving Your Neighbor  
Day 21**

**Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

**Hebrews 13:2**

***Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.***

**Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

**Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

**Three worries I offer up to God today**

- 1.
- 2.
- 3.

**Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

**What can I do to love my neighbor today?**

**Pray a classic prayer**

Lord Jesus, let me know myself and know You, and desire nothing save only You.

Let me hate myself and love You.

Let me do everything for the sake of You.

Let me humble myself and exalt You.

Let me think of nothing except You.

Let me die to myself and live in You.

Let me accept whatever happens as from You.

Let me banish self and follow You, and ever desire to follow You.

Let me fly from myself and take refuge in You,

That I may deserve to be defended by You.

Let me fear for myself.

Let me fear You, and let me be among those who are chosen by You.

Let me distrust myself and put my trust in You.

Let me be willing to obey for the sake of You.

Let me cling to nothing save only to You,

And let me be poor because of You.

Look upon me, that I may love You.

Call me that I may see You, and for ever enjoy You.

Amen.

- **St. Augustine**

**Now spend some time in PRAYER**



## Day 22

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

### **Psalm 28:3**

***Do not drag me away with the wicked, with those who do evil, who speak cordially with their neighbors but harbor malice in their hearts.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to love my neighbor today?**

### **Pray a classic prayer**

O divine master

Grant that I may not so much seek

To be consoled as to console.

To be understood as to understand.

To be loved, as to love

For it is in giving that we receive

It is in pardoning that we are pardoned:

And it is in dying, that we are born

To eternal life.

Amen

- **St Francis**

### **Now spend some time in PRAYER**



## Day 23

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **Matthew 5:42**

***“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to love my neighbor today?**

#### **Pray a classic prayer ...**

Govern everything by your wisdom,  
O Lord, so that my soul may always be serving you  
in the way you will and not as I choose.  
Let me die to myself so that I may serve you;  
let me live to you who are life itself.  
Amen.

**– Theresa of Avila**

### **Now spend some time in PRAYER**





## Day 24

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

### **Romans 13:9**

***The commandments, “You shall not commit adultery,” “You shall not murder,” “You shall not steal,” “You shall not covet,” and whatever other command there may be, are summed up in this one command: “Love your neighbor as yourself.”***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to love my neighbor today?**

### **Pray a classic prayer**

*Lord make me an instrument of your peace*

*Where there is hatred, let me sow love*

*Where there is injury, pardon*

*Where there is doubt, faith*

*Where there is despair, hope*

*Where there is darkness, light*

*And where there is sadness, joy*

**- St Francis Prayer**

### **Now spend some time in PRAYER**



## Day 25

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

### **Galatians 5:14**

***For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to love my neighbor today?**

### **Pray a classic prayer**

I asked God for strength that I might achieve,

I was made weak that I might learn humbly to obey.

I asked for health that I might do great things.

I was given infirmity that I might do better things.

I asked for riches that I might be happy.

I was given poverty that I might be wise.

I asked for power that I might that I might have the praise of men.

I was given weakness that I might feel the need of God.

I asked for all things that I might enjoy life. I was given life that I might enjoy all things.

I got nothing that I asked for—but everything that I had hoped for.

Almost despite myself, my unspoken prayers were answered.

I am, among all men, most richly blessed

AMEN

### **Now spend some time in PRAYER**



**Week 6: Shalom Means Peace**  
**Day 26**

**Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

**John 14:27**

***Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.***

**Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

**Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

**Three worries I offer up to God today**

- 1.
- 2.
- 3.

**Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

**What can I do to increase my Shalom today?**

**Pray a classic prayer**

God, give us grace to accept with serenity  
the things that cannot be changed,  
Courage to change the things  
which should be changed,  
and the Wisdom to distinguish  
the one from the other.  
Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as a pathway to peace,  
Taking, as Jesus did,  
This sinful world as it is,  
Not as I would have it,  
Trusting that You will make all things right,  
If I surrender to Your will,  
So that I may be reasonably happy in this life,  
And supremely happy with You forever in the next.  
Amen.

**- Serenity prayer by Reinhold Niebuhr**

**Now spend some time in PRAYER**



## Day 27

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

### **John 16:33**

***"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to increase Shalom around me today?**

### **Pray a classic prayer**

Oh God, gather me  
To be with you  
As you are with me  
Keep me in touch with myself  
My needs, my anxieties  
My angers, my pains  
My corruptions  
That I may claim them as my own  
Rather than blame them on someone else  
Oh Lord deepen my wounds into wisdom  
Shape my weakness into compassion  
Gentle my envy into enjoyment  
My fear into trust  
My guilt into honesty  
Oh God gather me  
To be with you  
As you are with me.  
AMEN

- **Ted Loder (Guerrillas of Grace)**

### **Now spend some time in PRAYER**



## Day 28

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **Psalm 29:11**

***The Lord gives strength to his people; the Lord blesses his people with peace.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to be an agent of Shalom today?**

#### **Pray a classic prayer**

My Lord God, I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

Nor do I really know myself, and the fact that I think I am following Your will does not mean that I am actually doing so.

But I believe that the desire to please You does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire.

And I know that, if I do this, You will lead me by the right road, though I may know nothing about it.

Therefore, I will trust You always though I may seem to be lost and in the shadow of death.

I will not fear, for You are ever with me, and You will never leave me to face my perils alone.

Amen

- **Thomas Merton**

### **Now spend some time in PRAYER**



## Day 29

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

### **John 14:27**

***Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to grow in Shalom today?**

### **Pray a classic prayer**

Just for today, help me, God, to remember that my life is a gift, that my health is a blessing, that this new day is filled with awesome potential, that I have the capacity to bring something wholly new and unique and good into this world. Just for today, help me, God, to remember to be kind and patient to the people who love me, and to those who work with me too. Teach me to see all the beauty that I so often ignore, and to listen to the silent longing of my own soul. Just for today, help me, God, to remember You. Let this be a good day, God, full of joy and love. Amen

### **Now spend some time in PRAYER**



## Day 30

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **John 16:33**

***“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to give shalom today?**

#### **Pray a classic prayer**

Christ with me, Christ before me, Christ behind me,  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ where I lie, Christ where I sit, Christ where I arise,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of every one who speaks to me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.  
Salvation is of the Lord.  
Salvation is of the Christ.  
May your salvation, Lord, be ever with us.

- **St. Patrick**

### **Now spend some time in PRAYER**



**Week 7: Faith  
Day 31**

**Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

**Mark 4:40**

***He said to his disciples, "Why are you so afraid? Do you still have no faith?"***

**Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

**Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

**Three worries I offer up to God today**

- 1.
- 2.
- 3.

**Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

**What can I do to stretch my faith today?**

**Pray a classic prayer**

In you, Lord my God,

I put my trust.

I trust in you;

do not let me be put to shame,  
nor let my enemies triumph over me.

No one who hopes in you

will ever be put to shame,

but shame will come on those

who are treacherous without cause.

Show me your ways, Lord,

teach me your paths.

Guide me in your truth and teach me,

for you are God my Savior,

and my hope is in you all day long.

Remember, Lord, your great mercy and love,

for they are from of old.

Do not remember the sins of my youth

and my rebellious ways;

according to your love remember me,

for you, Lord, are good.

**- Psalm 25 (A Psalm of David)**

**Now spend some time in PRAYER**





## Day 32

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

#### **Matthew 9:21-22**

***She said to herself, "If I only touch his cloak, I will be healed." Jesus turned and saw her. "Take heart, daughter," he said, "your faith has healed you." And the woman was healed at that moment.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to increase my faith today?**

#### **Pray a classic prayer**

16 Turn to me and be gracious to me,  
for I am lonely and afflicted.

17 Relieve the troubles of my heart  
and free me from my anguish.

18 Look on my affliction and my distress  
and take away all my sins.

- **Psalm 25 (A Psalm of David)**

### **Now spend some time in PRAYER**



## Day 33

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **Matthew 9:27-30**

***“Do you believe that I am able to do this?” Yes, Lord,” they replied. Then he touched their eyes and said, “According to your faith let it be done to you”; and their sight was restored..***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to grow my faith today?**

#### **Pray a classic prayer**

Lord, hear my prayer,

listen to my cry for mercy;

in your faithfulness and righteousness

come to my relief.

I remember the days of long ago;

I meditate on all your works

and consider what your hands have done.

I spread out my hands to you;

I thirst for you like a parched land.[\[a\]](#)

“Let the morning bring me word

of your unfailing love,

for I have put my trust in you.

Show me the way I should go,

for to you I entrust my life.”

**- Psalm 143**

### **Now spend some time in PRAYER**



## Day 34

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

#### **Matthew 17:19-20**

***“Why couldn’t we drive it out?” He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to stretch my faith today?**

#### **Pray a classic prayer**

It is you whom I invoke, O Lord. In the morning you hear me.

Let my words come to your ears, O Lord: hear my sighs.

Listen to the voice of my crying, my King and my God.

As I make my prayer to you, Lord, listen to my voice in the morning; in the morning I will stand before you and await you.

You are not a God who loves evil.

The wicked cannot stay near you, the unjust cannot remain in your presence.

You hate all who do evil – you destroy all who speak falsehood – the Lord abominates the bloody and deceitful man.

But in the abundance of your mercy you will admit me to your house: I will worship you in your holy temple, with fear and reverence.

Lord, guide me in your justice, protect me from my enemies: let me see the path I must follow.

Forgive the many errors that I made yesterday and let me try again dear God to walk closer in Your way.

But Lord, I am well aware, I can't make it on my own.

So take my hand and hold it tight, for I cannot walk alone.

“I lift up my eyes to the mountains— where does my help come from?”

My help comes from the Lord, the Maker of heaven and earth.

He will not let your foot slip— he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.”

#### **- Psalm 5**

### **Now spend some time in PRAYER**



## Day 35

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

#### **James 2:14-19**

***What good is it, my brothers, if a man claims to have faith but has no deeds? Can such faith save him? Suppose a brother or sister is without clothes and daily food. If one of you says to him, "Go, I wish you well; keep warm and well fed," but does nothing about his physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead. But someone will say, "You have faith; I have deeds." Show me your faith without deeds, and I will show you my faith by what I do. You believe that there is one God. Good! Even the demons believe that—and shudder.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to practice my faith today?**

#### **Pray a classic prayer**

"Where can I go from your Spirit?  
Where can I flee from your presence?  
If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.  
If I rise on the wings of the dawn,  
if I settle on the far side of the sea,  
even there your hand will guide me,  
your right hand will hold me fast.  
If I say, "Surely the darkness will hide me  
and the light become night around me,  
even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you."

**- Psalm 139:7-12**

### **Now spend some time in PRAYER**



**Week 8: Soul Care  
Day 36**

**Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

**Matthew 10:28**

***Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.***

**Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

**Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

**Three worries I offer up to God today**

- 1.
- 2.
- 3.

**Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

**How is my Soul today?**

**Pray a classic prayer**

“Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,<sup>[a]</sup>  
but deliver us from the evil one.<sup>[b]</sup>  
Amen.

**Now spend some time in PRAYER**



## Day 37

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

### **Matthew 11:29**

***Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **How is my Soul today?**

### **Pray a classic prayer**

Our Father in heaven,  
Reveal who you are.  
Set the world right;  
Do what's best — as above, so below.  
Keep us alive with three square meals.  
Keep us forgiven with you and forgiving others.  
Keep us safe from ourselves and the Devil.  
You're in charge!  
You can do anything you want!  
You're ablaze in beauty!  
Yes. Yes. Yes.

### **- The Message Translation**

### **Now spend some time in PRAYER**



## Day 38

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly out loud and repeat three times then sit silently for some time)

### **Matthew 16:26**

***What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to encourage my soul today?**

### **Pray a classic prayer**

'Our Father in heaven,  
may your name always be kept holy.  
May your kingdom come  
and what you want be done,  
here on earth as it is in heaven.  
Give us the food we need for each day.  
Forgive us for our sins,  
just as we have forgiven those who sinned against us.  
And do not cause us to be tempted,  
but save us from the Evil One.'  
The kingdom, the power, and the glory are yours forever. Amen.

**- New Century Version**

### **Now spend some time in PRAYER**



## Day 39

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

#### **1 Peter 1:9**

***for you are receiving the end result of your faith, the salvation of your souls.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to strengthen my soul today?**

#### **Pray a classic prayer**

Answer me when I call to you,  
my righteous God.

Give me relief from my distress;  
have mercy on me and hear my prayer.

In peace I will lie down and sleep,  
for you alone, LORD,  
make me dwell in safety.

**- Psalm 4**

### **Now spend some time in PRAYER**





## Day 40

### **Recite Psalm 23**

**Daily Scripture reading:** (Read slowly and repeat three times then sit silently for some time)

#### **1 Peter 2:11**

***Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul.***

#### **1 Peter 2:25**

***For “you were like sheep going astray,” but now you have returned to the Shepherd and Overseer of your souls.***

### **Meditation and Contemplation**

What is the spirit telling me through this scripture?

How can I implement this into my life today?

#### **Philippians 4:6**

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.***

### **Three worries I offer up to God today**

- 1.
- 2.
- 3.

### **Thanksgiving:** 4 things I am grateful for today

- 1.
- 2.
- 3.
- 4.

### **What can I do to care for my Soul today?**

#### **Pray a classic prayer**

Our father, who created and rules the universe,  
show us your perfect love so that we may emulate you.

May the world run the way you want it to – just like heaven does.

Keep us healthy with three square meals today

And forgive the wrongs we've done the same way we forgive the people who've wronged us.

Keep us safe – from ourselves and from the evils in the world.

All the political power and authority and fame belong to you, from now until the end of time.

**- Translation unknown**

### **Now spend some time in PRAYER**





## Advance Spiritual Training

- Pray this every day slowly and thoughtfully
- Prayers of affirmation change the way we see God and ourselves
- They change the way we think slowly over time, creating a healthier connection to spiritual reality
- They take affect with repeated use over time

### DAILY PRAYER OF AFFIRMATION 1: "YOU ARE"

#### Dear Father...

You are Wonderful  
You are kind  
You are gracious  
You are generous  
You are loving  
You are gentle  
You are patient

You are holy  
You are righteous  
You are amazing  
You are thoughtful  
You are sympathetic  
You are compassionate  
You are ineffable

You are a cool glass of water on a sun scorched day  
You are shade in the desert  
You are warmth in the frost  
You are fire in the snow  
You are ice in the heat  
You are rain in my thirst  
You are hope in my desperation

You are oil on my head  
You are a kiss when I am hurt  
You are a hug when I am lonely  
You are warm bread when I am hungry  
You are a blanket when I am cold  
You are a hand when I am down  
You are light in the darkness

You are my Lord  
You are my God  
You are my Redeemer  
You are my Savior  
You are my King  
You are my Leader  
You are my teacher

You are my Rock  
You are my Salvation  
You are my shelter  
You are my shield  
You are my relief  
You are my hope  
You are my strength

You are my sustenance  
You are my life  
You are my future  
My heart,  
My mind,  
My soul  
You are

### AFFIRMATION PRAYER 2: "I AM"

#### Oh Lord, I am happy to say...

I am a child of God  
I am a disciple of Jesus  
I am a servant of the Lord  
I am a citizen of the kingdom  
I am a soldier of Christ  
I am a member of the body of Christ  
I am a family member to Jesus  
I am a keeper of his promises  
I am a proclaimer of the gospel  
I am a herald of his kingdom  
I am a witness of his power  
I am a recipient of his grace  
I am a lover of truth  
I am a friend of Jesus  
I am the light of the world  
I am the salt of the earth  
I am the object of his affection  
I am the apple of his eye  
I am the clay  
I am the coin  
I am the prodigal  
I am safe in him  
I am complete in him  
I am joyful in him  
I am strong in him  
I am healed in him  
I am peaceful in him  
I am wise in him  
I am beloved  
I am chosen  
I am holy  
I am forgiven  
I am saved  
I am redeemed  
I am faithful  
I am a royal priest  
I am an heir to his kingdom  
I am wonderfully made

I am "Tov Mehod" (Gen1:31)  
I am pure in him  
I am empowered  
I am encouraged  
I am one with the father  
I am one with the son  
I am one with the holy spirit  
We are one  
Amen

