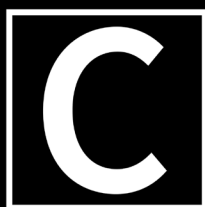


# FORMATION JOURNAL

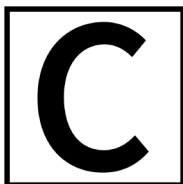
JANUARY-JUNE 2024





# **FORMATION JOURNAL**

**JANUARY-JUNE 2024**



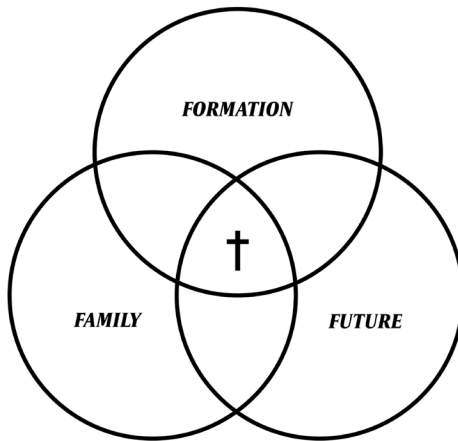
# MISSION

**To share Jesus and help people experience life change.**

# VALUES

**Word. Worship. Prayer. Community. Giving. Serving. Story.**

# VISION



**So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, in whom the whole structure, being joined together, grows into a holy temple in the Lord. In him you also are being built together into a dwelling place for God by the Spirit.**

**-Ephesians 2:19-22**

# Sunday

# 12.31

**Ecclesiastes 3:1-8 • What are you hoping for & praying for in this next season?**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Sermon Notes \_\_\_\_\_

# Monday

1.1

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 3:1-12

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

1.2

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 1:1-9

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Wednesday

1.3

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 18:1-8

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

1.4

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 1:1-9

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

1.5

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 26

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 1.6

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

[illegible]

# Sunday Prayer

## 1.7

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

1.8

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 3:13-17

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Tuesday

1.9

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 1:10-22

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

1.10

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 18:9-17

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

1.11

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 1:10-12

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

1.12

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 27

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# 1.13

- [illegible]

[illegible]

# Sunday

## Prayer

## 1.14

[illegible]

# Sermon Notes \_\_\_\_\_



# Monday

1.15

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 4:1-11

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

1.16

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 2:1-11

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

1.17

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 18:18-24

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

1.18

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 1:13-21

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

1.19

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 28

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

# 1.20

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

[illegible]

# Sunday Prayer

# 1.21

[illegible]



[illegible]

# Monday

1.22

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 4:12-17

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

1.23

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 2:12-18

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

1.24

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 19:1-8

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

1.25

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 1:22-25

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

1.26

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 29

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

# 1.27

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

# Saturday

## Examen Prayer



# Sunday

# 1.28

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

1.29

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 4:18-22

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

1.30

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 2:19-23

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

1.31

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 19:9-16

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

2.1

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 2:1-8

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

2.2

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 30

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 2.3

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]



[illegible]

# Sunday Prayer

## 2.4

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

2.5

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 4:23-25

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

2.6

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 3:1-6

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

2.7

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 19:17-29

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

2.8

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 2:9-12

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

2.9

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 31

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



## 2.10

- [illegible]

[illegible]

# Sunday Prayer

## 2.11

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

2.12

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 5:1-12

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

2.13

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 3:7-11

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

2.14

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 20:1-8

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

2.15

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 2:13-17

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Friday

2.16

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 32

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 2.17

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

[illegible]

# Sunday Prayer

## 2.18

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

2.19

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 5:13-16

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

2.20

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 3:12-15

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

2.21

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 20:9-16

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Thursday

2.22

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 2:18-25

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

2.23

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 33

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 2.24

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

[illegible]

# Sunday

## 2.25

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

2.26

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 5:17-20

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

# 2.27

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 4:1-3

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Wednesday

2.28

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 20:17-30

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

2.29

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 3:1-7

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

## 3.1

### Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

### Reading || Psalm 34

Listen to the text by reading slowly and repeat up to 3x if desired.

### Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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### Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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### Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 3.2

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

[illegible]

# Sunday Prayer

### 3.3

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

3.4

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 5:21-26

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Tuesday

3.5

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 4:4-11

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

3.6

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 21:1-8

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

3.7

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 3:8-12

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

3.8

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 35

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 3.9

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

# Saturday

## Examen Prayer

# Sunday

## 3.10

[illegible]

# Sermon Notes \_\_\_\_\_



# Monday

3.11

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 5:27-30

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

3.12

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 4:12-17

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

3.13

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 21:9-16

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

3.14

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 3:13-17

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

3.15

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 36

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 3.16

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

[illegible]

# Sunday Prayer

### 3.17

[illegible]



[illegible]

# Monday

3.18

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 5:31-37

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

3.19

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 5:1-8

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

3.20

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 21:17-31

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

3.21

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 3:18-22

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

3.22

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 37

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

### 3.23

- [illegible]

# Saturday

## Examen Prayer



# Sunday

### 3.24

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

3.25

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 5:38-42

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

3.26

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 5:9-14

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

3.27

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 22:1-8

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

3.28

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 4:1-6

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

3.29

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 38

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 3.30

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]



[illegible]

# Sunday Prayer

### 3.31

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

4.1

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 5:43-48

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

4.2

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 6

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

4.3

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 22:9-16

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

4.4

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 4:7-11

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

4.5

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 39

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



## 4.6

- [illegible]

# Saturday

## Examen Prayer

# Sunday

## 4.7

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

4.8

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 6:1-4

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

4.9

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 7:1-6

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

4.10

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 22:17-29

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

4.11

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 4:12-19

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Friday

4.12

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 40

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 4.13

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

[illegible]

# Sunday Prayer

## 4.14

[illegible]

[illegible]

# Monday

4.15

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 6:5-15

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

4.16

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 7:7-10

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

4.17

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 23:1-10

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Thursday

4.18

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 5:1-5

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

4.19

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 41

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

## 4.20

- [illegible]

[illegible]

# Sunday Prayer

## 4.21

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

4.22

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 6:16-18

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

4.23

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 8:1-8

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Wednesday

4.24

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 23:11-21

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

4.25

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 1 Peter 5:6-12

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

4.26

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 42

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 4.27

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

[illegible]

# Sunday Prayer

4.28

[illegible]

## This image shows a single page from a notebook or ledger. It features approximately 20 evenly spaced horizontal blue lines across its entire width. The margins are consistent on all sides, and there is no handwriting or other markings present.

# Monday

4.29

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 6:19-24

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Tuesday

4.30

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 8:9-17

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

5.1

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 23:22-35

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

5.2

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 2 Peter 1:1-9

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

5.3

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 43

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

## 5.4

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[illegible]

# Sunday

## 5.5

[illegible]

# Sermon Notes \_\_\_\_\_



# Monday

5.6

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 6:25-34

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

5.7

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 9:1-10

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

5.8

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 24:1-12

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

5.9

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 2 Peter 1:10-15

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

5.10

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 44

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 5.11

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

[illegible]

# Sunday Prayer

## 5.12

[illegible]



[illegible]

# Monday

5.13

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 7:1-6

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

5.14

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 9:11-19

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

5.15

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 24:13-22

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

5.16

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 2 Peter 1:16-21

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

5.17

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 45

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday Examen Prayer

## 5.18

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

This is a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

# Saturday

## Examen Prayer



# Sunday

## 5.19

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

5.20

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 7:7-11

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

5.21

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 9:20-28

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

5.22

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 24:23-34

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

5.23

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 2 Peter 2:1-3

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

5.24

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 46

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 5.25

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]



## This image shows a full page of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the page.

# Sunday Prayer

## 5.26

[illegible]

[illegible]

# Monday

5.27

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 7:12-14

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

5.28

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Esther 9:29-10:3

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

5.29

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 25:1-8

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

5.30

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 2 Peter 2:4-10

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

5.31

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 47

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



## 6.1

- [illegible]

[illegible]

# Sunday Prayer

## 6.2

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

6.3

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 7:15-20

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

6.4

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Joel 1:1-12

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

6.5

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 25:9-18

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

6.6

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 2 Peter 2:11-16

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Friday

6.7

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 48

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 6.8

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

[illegible]

# Sunday Prayer

## 6.9

[illegible]

[illegible]

# Monday

6.10

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 7:21-23

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

6.11

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Joel 1:13-20

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

6.12

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 25:19-28

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Thursday

6.13

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 2 Peter 2:17-22

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

6.14

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 49

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

## 6.15

- [illegible]

# Saturday

## Examen Prayer

# Sunday

## 6.16

[illegible]

# Sermon Notes \_\_\_\_\_

# Monday

6.17

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 7:24-27

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Tuesday

6.18

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Joel 2:1-11

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Wednesday

6.19

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 26:1-9

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

6.20

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 2 Peter 3:1-13

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

6.21

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 50

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Saturday

## Examen Prayer

## 6.22

- 1 Become aware of the Presence of God & His love for you.
- 2 Review the week with gratitude.
- 3 While asking yourself the following questions, be attentive to what you're feeling or to what you're thinking:
  - Where in your week did you experience consolation; joy, comfort, or peace?
  - Where in your week did you experience desolation; sadness, frustration, or fracture?
- 4 As you become attentive to your desolation, what sadness, frustration, or fracture might you need to confess? Where might you need to receive forgiveness?
- 5 With hope, look toward tomorrow. What newness would the Holy Spirit be inviting you into?

[illegible]

[illegible]

# Sunday Prayer

## 6.23

[illegible]

[illegible]

# Monday

6.24

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Matthew 7:28-29

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.



# Tuesday

# 6.25

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Joel 2:12-17

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Wednesday

6.26

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Proverbs 26:10-21

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Thursday

6.27

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || 2 Peter 3:14-18

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

# Friday

6.28

## Silence

Take 60 seconds (or more) in silent preparation for sacred reading.

## Reading || Psalm 51

Listen to the text by reading slowly and repeat up to 3x if desired.

## Meditation

Reflect on - what word, words, phrase, or sentence speaks to you from the text, then write them down.

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## Prayer

Pray as responding to the words, phrase or sentence that God has stirred within you.

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## Contemplation

Rest in the Presence of God, allowing the words revealed to take root.

## 6.29

- [illegible]

# Saturday

## Examen Prayer

# Sunday Prayer

## 6.30

[illegible]

# Sermon Notes \_\_\_\_\_



[illegible]

[illegible]

[illegible]

[illegible]

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**GOSPEL  
SPIRIT  
TRUTH  
PRACTICE  
HEALING  
IN COMMUNITY  
OVER TIME**

**Framework for Life Change**