



## **THE WAY OF LOVE**

*Practices for Jesus-Centered Life*

### **ADULT FORUM**

**St. Luke's Episcopal Church**

**Week 3: PRAY**

*Reflect on Scripture each day,  
especially on Jesus' life and teachings*

**Daily Devotions**

## Daily Devotions for The Way of Love Week Three: PRAY

Each day take 10 minutes and sit in a comfortable chair.

Breathe in and exhale deeply, paying attention to the motion of your breath.

Allow yourself to imagine God's presence surrounding you as you pray.

Read slowly the passage below, several times. As you rise from your time of prayer, know that Jesus remains with you always.

### Day One

#### I Samuel 3:10

So (the child) Samuel went and lay down in his place. Now the Lord came and stood there, calling as before, 'Samuel! Samuel!' And Samuel said, 'Speak, for your servant is listening.'

*Are there times and places in your week when you 'lay down in your place' and listen for the voice of God in scripture, in worship or in the words of others in your life who are followers of Jesus?*

**Prayer:** Loving God, help me to set aside time each week when I can pause, breath and listen to your loving, liberating and life-giving words found in the Bible, hymns, worship or in fellow disciples.

### Day Two

#### Psalm 25:4-5

Make me to know your ways, O LORD; teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long.

*In what ways do you – or could you – talk to God about who God is and what purposes and dreams God has for your life?*

**Prayer:** Holy God, you have made us to know you and to be your heart, hands and healing in the world. Help me to find or to make time to talk to you and listen for You in prayer.

### Day Three

#### 2 Corinthians 12:9-10

"... but the Lord said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' ...Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong."

*Where or when in your life do you feel weakness, insecurity or incapacity?*

**Prayer:** Creator God, you have made me in Your image. Help me to remember in my prayers that Your power and love can fill my emptiness, heal my insecurities and abide with me in suffering.

### Day Four

#### Luke 11:1-4

Jesus said to them, "When you pray, say: Father, hallowed be your name. Your kingdom come. Give us each day our daily bread. And forgive us our sins, for we ourselves forgive everyone indebted to us. And do not bring us to the time of trial."

*When you read these sentences of the Lords Prayer, which are the hardest for you to believe or to practice?*

**Prayer:** Merciful God, help me to see and to help build Your kingdom of hope, love and justice in this world. Help me to share the bread you give me and share the forgiveness You show me with others.

### Day Five

#### Luke 11:13

"If you then... know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

*Can you think of a time when you received a gift of grace from God, whether you asked for this gift or not?*

**Prayer:** Holy God, help me to see the gifts You have given and are giving to me. And help me to make time to find ways to respond to in love.