



community presbyterian church

call to Prayer

"No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him". 1 Corinthians 2:9

Call to Prayer

As our journey from the PCUSA to the EPC is proceeding, it is vital for us as a congregation to seek the Heart of God and to ask for His guidance. Your Session has prayed together through a period of discernment and sought the will of God for CPC. On February 2, 2010, they finished that season unified. With one voice, they encouraged us to engage in a process of "Gracious Dismissal" from the PCUSA.

On September 12, 2010, we as CPC members will vote on our desire to be dismissed from the PCUSA. Before we vote, the Session is recommending that as a congregation, we engage in a season of prayer. This is a historic moment for CPC. We do not want to enter into it lightly.

Discerning God's will requires that we prepare both mind and heart. The resources available on CPC's website, our Town Hall meetings and "Reason for Change" seminars have helped us prepare our minds. This season of prayer is directed at the heart. Please make the most of the opportunity.

Some Scripture that leads us into this season of prayer:

The LORD is good to those whose hope is in him, to the one who seeks him;
Lamentations 3:25

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.
Psalm 46:10

I appeal to you, brothers, in the name of our Lord Jesus Christ, that all of you agree with one another so that there may be no divisions among you and that you may be perfectly united in mind and thought.
1 Corinthians 1:10

This booklet will assist you throughout our season of prayer. During the next 30 days, our objective is to rest in the arms of Jesus as we seek his will and listen for His voice.

This is an invitation to rest, pray, and reflect; a restoring and enlightening time. It is a listening time, not a talking time. It may be uncomfortable at times, but if you quiet your mind and open the ears of your soul, God will meet you and bless you. He is ready and excited to be with you.

Throughout this booklet, we will practice several forms of prayer; Centering Prayer, Examen Prayer and Lectio Divina. Your experience with these forms of prayer will add depth to your relationship with the Lord.

We are recommending a consistent rhythm each week. During the first three days, you'll be invited to reflect on Scripture through a practice called Lectio Divina. Day four is an invitation to gather your reflections and discern what God is saying to you personally – and in terms of CPC's Gracious Dismissal. Finally, day five is an opportunity for Thanksgiving and Praise.

We will also make the Chapel available for prayer during the week and on Sundays between services.

Types of Prayer We Will Be Using

Centering Prayer

Centering Prayer is a method of silent prayer that prepares us to experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship. The focus of Centering Prayer is the deepening of our relationship with the living Christ. The means of centering prayer we are using throughout this season is the Lord's Prayer.

Lectio Divina (reading, reflecting, responding and resting)

Lectio Divina, literally means "divine reading". It is an ancient practice of praying the scriptures. We listen to the text of the Bible with the "ear of the heart". Above all, we want reflection and meditation on God's word to guide our decisions.

Examen Prayer

Examen Prayer has been with us since the 1500's. It directs us to look back and reflect on our Day or Week to see what God is doing in our lives. Examen has its roots in St. Ignatius, who was a very practical man when it came to prayer. He recommended a daily method of examining our lives so that we might better serve the Lord. Our denominational decision requires us to be attentive to what God is doing and saying. God is alive and working in your life. Examen Prayer will help you pay attention to God's work in you.

Enjoy this season of prayer and personal discovery. Enjoy this time with God and His word. The Bible reminds us we have great things in store.

However, as it is written: "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him". 1 Corinthians 2:9

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.
2 Timothy 3:16-17

As we think about our prayer journey some additional insights:

"The action of one whose life is given to the Spirit has in it something of the leisure of eternity"
~ Evelyn Underwood

"Without Solitude it is virtually impossible to live a spiritual life. Solitude begins with a time and place for God, and Him alone. If we really believe not only that God exists but that He is actively present in our lives, healing, teaching, and guiding-- we need to set aside a time and space to give Him our undivided attention. Jesus says, 'But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you' ". Matthew 6:6
~ Henri Nouwen

Lectio Divina Week 1, Day 1

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Third: Start with our Centering Prayer:

Our Father, who art in heaven,
Hallowed be thy name.
Thy Kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our Debts,
As we forgive our Debtors.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power and the glory.
Forever and ever. Amen.

Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

Fifth: Read this scripture out loud.

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:1-2

Pause and rest in God's word.

Read the scripture again. Listen for the word or phrase from the passage that attracts you. Pause for at least a minute or two, and read the scripture a third time. Does the same phrase stand out to you? Write it down and rest in it today.

Sixth: Ask yourself these questions:

1. How is my life touched? (For example, is there a new idea, a thought, a conviction, a feeling, etc.?)
2. Is there an invitation here for me?
3. Does it require an action on my part?

Close in Prayer

Lectio Divina Week 1, Day 2

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Third: Start with our Centering Prayer:

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For thine is the kingdom,
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Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

Fifth: Read the scripture out loud.

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night. Psalm 1:1-2

Pause and rest in God's word.

Read the scripture again. Listen for the word or phrase from the passage that attracts you. Pause for at least a minute or two, and read the scripture a third time. Does the same phrase stand out to you? Write it down and rest in it today.

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2. Is there an invitation here for me?
3. Does it require an action on my part?

Close in Prayer

Lectio Divina Week 1, Day 3

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

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Thy Kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our Debts,
As we forgive our Debtors.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power and the glory.
Forever and ever. Amen.

Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

Fifth: Read the scripture out loud.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other. Galatians 5:22-26

Pause and rest in God's word.

Read the scripture again. Listen for the word or phrase from the passage that attracts you. Pause for at least a minute or two, and read the scripture a third time. Does the same phrase stand out to you? Write it down and rest in it today.

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1. How is my life touched? (For example, is there a new idea, a thought, a conviction, a feeling, etc.?)
2. Is there an invitation here for me?
3. Does it require an action on my part?

Close in Prayer

Examen Prayer Week 1, Day 4

Prepare yourself by quietly focusing your attention on God.

In him we live and move and have our being. Acts 17:28

Review your week with thankfulness and a spirit of reconciliation.

When the spirit of truth comes he will guide you into all truth. John 16:13

When did you live out of love and freedom in Christ this week?

Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence or if there is anything worthy of praise, think about these things. Philippians 4:8

How has my time with God shaped my thinking about CPC's transition?

Review your Lectio Divina, phrases, thoughts and reflections. What is God saying to me through the daily reflections this week?

Thank God for what is happening through this exercise, and ask for guidance and grace for tomorrow.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen. Ephesians 3:20

Day of Thanksgiving and Praise Week 1, Day 5

*Rejoice in the Lord always. I will say it again: Rejoice!
Let your gentleness be evident to all. The Lord is near.*
Philippians 4:4-5

I will praise you forever for what you have done; in your name I will hope, for your name is good. I will praise you in the presence of your saints.
Psalm 52:9

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Third: Start with our Centering Prayer:

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Hallowed be thy name.
Thy Kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our Debts,
As we forgive our Debtors.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power and the glory.
Forever and ever. Amen.

Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

List 3 things that you are thankful for:

- 1.
- 2.
- 3.

What is one area the Holy Spirit is illuminating in your life?

Sing your favorite Hymn or Song of Praise.

Lectio Divina Week 2, Day 1

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Third: Start with our Centering Prayer:

Our Father, who art in heaven,
Hallowed be thy name.
Thy Kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our Debts,
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And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power and the glory.
Forever and ever. Amen.

Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

Fifth: Read the scripture out loud.

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. Philippians 4:4-9

Pause and rest in God's word.

Read the scripture again. Listen for the word or phrase from the passage that attracts you. Pause for at least a minute or two, and read the scripture a third time. Does the same phrase stand out to you? Write it down and rest in it today.

Sixth: Ask yourself these questions:

1. How is my life touched? (For example, is there a new idea, a thought, a conviction, a feeling, etc.?)
2. Is there an invitation here for me?
3. Does it require an action on my part?

Close in Prayer

Lectio Divina Week 2, Day 2

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

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Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

Fifth: Read the scripture out loud.

But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you. For surely, O LORD, you bless the righteous; you surround them with your favor as with a shield. Psalm 5:11-12

Pause and rest in God's word.

Read the scripture again. Listen for the word or phrase from the passage that attracts you. Pause for at least a minute or two, and read the scripture a third time. Does the same phrase stand out to you? Write it down and rest in it today.

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Close in Prayer

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Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

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Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

Fifth: Read the scripture out loud.

Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Matthew 26:39

Pause and rest in God's word.

Read the scripture again. Listen for the word or phrase from the passage that attracts you. Pause for at least a minute or two, and read the scripture a third time. Does the same phrase stand out to you? Write it down and rest in it today.

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1. How is my life touched? (For example, is there a new idea, a thought, a conviction, a feeling, etc.?)
2. Is there an invitation here for me?
3. Does it require an action on my part?

Close in Prayer

Examen Prayer Week 2, Day 4

Prepare yourself by quietly focusing your attention on God.

In him we live and move and have our being. Acts 17:28

Review your week with thankfulness and a spirit of reconciliation.

When the spirit of truth comes he will guide you into all truth. John 16:13

When did you live out of love and freedom in Christ this week?

Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence or if there is anything worthy of praise, think about these things. Philippians 4:8

How has my time with God shaped my thinking about CPC's transition?

Review your Lectio Divina, phrases, thoughts and reflections. What is God saying to me through the daily reflections this week?

Thank God for what is happening through this exercise, and ask for guidance and grace for tomorrow.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen. Ephesians 3:20

Day of Thanksgiving and Praise Week 2, Day 5

*Rejoice in the Lord always. I will say it again: Rejoice!
Let your gentleness be evident to all. The Lord is near.*
Philippians 4:4-5

I will praise you forever for what you have done; in your name I will hope, for your name is good. I will praise you in the presence of your saints.
Psalm 52:9

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

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For thine is the kingdom,
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Forever and ever. Amen.

Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

List 3 things that you are thankful for:

- 1.
- 2.
- 3.

What is one area the Holy Spirit is illuminating in your life?

Sing your favorite Hymn or Song of Praise.

Lectio Divina Week 3, Day 1

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Third: Start with our Centering Prayer:

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Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

Fifth: Read the scripture out loud.

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. James 3:17

Pause and rest in God's word.

Read the scripture again. Listen for the word or phrase from the passage that attracts you. Pause for at least a minute or two, and read the scripture a third time. Does the same phrase stand out to you? Write it down and rest in it today.

Sixth: Ask yourself these questions:

1. How is my life touched? (For example, is there a new idea, a thought, a conviction, a feeling, etc.?)
2. Is there an invitation here for me?
3. Does it require an action on my part?

Close in Prayer

Lectio Divina Week 3, Day 2

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Third: Start with our Centering Prayer:

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Forever and ever. Amen.

Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

Fifth: Read the scripture out loud.

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit—just as you were called to one hope when you were called— one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.

Ephesians 4:1-6

Pause and rest in God's word.

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Close in Prayer

Lectio Divina Week 3, Day 3

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Third: Start with our Centering Prayer:

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Fifth: Read the scripture out loud.

May he give you the desire of your heart and make all your plans succeed. We will shout for joy when you are victorious and will lift up our banners in the name of our God. May the LORD grant all your requests. Now I know that the LORD saves his anointed; he answers him from his holy heaven with the saving power of his right hand. Psalm 20:4-6

Pause and rest in God's word.

Read the scripture again. Listen for the word or phrase from the passage that attracts you. Pause for at least a minute or two, and read the scripture a third time. Does the same phrase stand out to you? Write it down and rest in it today.

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3. Does it require an action on my part?

Close in Prayer

Examen Prayer Week 3, Day 4

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When did you live out of love and freedom in Christ this week?

Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence or if there is anything worthy of praise, think about these things. Philippians 4:8

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Thank God for what is happening through this exercise, and ask for guidance and grace for tomorrow.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen. Ephesians 3:20

Day of Thanksgiving and Praise Week 3, Day 5

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Let your gentleness be evident to all. The Lord is near.*
Philippians 4:4-5

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Psalm 52:9

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But deliver us from evil.
For thine is the kingdom,
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Forever and ever. Amen.

Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

List 3 things that you are thankful for:

- 1.
- 2.
- 3.

What is one area the Holy Spirit is illuminating in your life?

Sing your favorite Hymn or Song of Praise.

Lectio Divina Week 4, Day 1

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Third: Start with our Centering Prayer:

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Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

Fifth: Read the scripture out loud.

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God. Philippians 1:9-11

Pause and rest in God's word.

Read the scripture again. Listen for the word or phrase from the passage that attracts you. Pause for at least a minute or two, and read the scripture a third time. Does the same phrase stand out to you? Write it down and rest in it today.

Sixth: Ask yourself these questions:

1. How is my life touched? ? (For example, is there a new idea, a thought, a conviction, a feeling, etc.?)
2. Is there an invitation here for me?
3. Does it require an action on my part?

Close in Prayer

Lectio Divina Week 4, Day 2

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Third: Start with our Centering Prayer:

Our Father, who art in heaven,
Hallowed be thy name.
Thy Kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our Debts,
As we forgive our Debtors.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power and the glory.
Forever and ever. Amen.

Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

Fifth: Read the scripture out loud.

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me." John 14:6

Pause and rest in God's word.

Read the scripture again. Listen for the word or phrase from the passage that attracts you. Pause for at least a minute or two, and read the scripture a third time. Does the same phrase stand out to you? Write it down and rest in it today.

Sixth: Ask yourself these questions:

1. How is my life touched? (For example, is there a new idea, a thought, a conviction, a feeling, etc.?)
2. Is there an invitation here for me?
3. Does it require an action on my part?

Close in Prayer

Lectio Divina Week 4, Day 3

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Third: Start with our Centering Prayer:

Our Father, who art in heaven,
Hallowed be thy name.
Thy Kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our Debts,
As we forgive our Debtors.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power and the glory.
Forever and ever. Amen.

Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

Fifth: Read the scripture out loud.

A Psalm. for giving thanks.

Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs. Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the LORD is good and his love endures forever; his faithfulness continues through all generations. Psalm 100

Pause and rest in God's word.

Read the scripture again. Listen for the word or phrase from the passage that attracts you. Pause for at least a minute or two, and read the scripture a third time. Does the same phrase stand out to you? Write it down and rest in it today.

Sixth: Ask yourself these questions:

1. How is my life touched? (For example, is there a new idea, a thought, a conviction, a feeling, etc.?)
2. Is there an invitation here for me?
3. Does it require an action on my part?

Close in Prayer

Examen Prayer Week 4, Day 4

Prepare yourself by quietly focusing your attention on God.

In him we live and move and have our being. Acts 17:28

Review your week with thankfulness and a spirit of reconciliation.

When the spirit of truth comes he will guide you into all truth. John 16:13

When did you live out of love and freedom in Christ this week?

Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence or if there is anything worthy of praise, think about these things. Philippians 4:8

How has my time with God shaped my thinking about CPC's transition?

Review your Lectio Divina, phrases, thoughts and reflections. What is God saying to me through the daily reflections this week?

Thank God for what is happening through this exercise, and ask for guidance and grace for tomorrow.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen. Ephesians 3:20

Day of Thanksgiving and Praise Week 4, Day 5

***Rejoice in the Lord always. I will say it again: Rejoice!
Let your gentleness be evident to all. The Lord is near.
Philippians 4:4-5***

***I will praise you forever for what you have done; in your name I will hope, for your name is good. I will praise you in the presence of your saints.
Psalm 52:9***

First: Find a quiet place and get comfortable.

Second: Repent; confess your sins and lay them at the foot of the cross. Repentance is the highway to the Father's heart. This will calm your soul.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Third: Start with our Centering Prayer:

Our Father, who art in heaven,
Hallowed be thy name.
Thy Kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our Debts,
As we forgive our Debtors.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power and the glory.
Forever and ever. Amen.

Fourth: Sit quietly and calm your mind. Enjoy the thought that you and Jesus are together.

List 3 things that you are thankful for:

- 1.
- 2.
- 3.

What is one area the Holy Spirit is illuminating in your life?

Sing your favorite Hymn or Song of Praise.