

Weekly Prayer Guide

Focus: Personal Formation & Listening Differently

Daily Rhythm (10–12 minutes)

1. Stillness (1–2 minutes)

Sit quietly. Breathe slowly.

Pray silently:

“Lord Jesus, help me notice where You are leading.”

2. Scripture (read slowly)

Read Luke 9:51–62, or one short section each day.

Let one phrase stand out.

What and why did that resonate with you?

3. Reflection (2–3 minutes)

Ask:

- What stirs resistance in me?
- Where am I tempted to delay, negotiate, or look back?
- What might faithfulness look like today, not eventually?

4. Prayer of Surrender (2 minutes)

Pray honestly, in your own words, naming:

- What you’re holding tightly
- What you fear losing
- Where you need courage

5. Closing Prayer (spoken aloud)

“Jesus, You set Your face toward love that costs everything.

Shape my heart to follow You with clarity and trust.

Teach me to listen—not for comfort alone, but for truth. Amen.”

Optional Lenten Discipline:

Fast from one source of constant noise (social media, news, podcasts) and replace it with 5 minutes of silence each day.

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