



Heart of Christ

Spiritual Direction Program

Prepare for your prayer by choosing a quiet place: plan on 30-60 minutes.

Bring yourself before the Lord with a bible, pen and notebook.

Think of how He loves you.

Ask Him to bless your time of prayer and ask Him for the grace you're seeking.

Prayerfully read the scripture passage using your imagination. Speak to Him freely.

Note the movements within and record them at the end of your prayer time.

Week #1

Theme: *God Provides for Me:*

Grace: Deeper trust in the Father's care for me.

Day 1:	Lk 11:1-11	Lord, teach us to pray.
Day 2:	Lk 12:22-32	Why are you anxious?
Day 3:	Is 43:1-7	You are precious in my eyes.
Day 4:	Eph 3:14-21	Paul's prayer: to grow strong.
Day 5:	Ps 23	The Lord is my shepherd.
Day 6:	Ps 62	Hope in God alone.
Day 7:	Jn 14:1-7	Let not your hearts be troubled.