



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 #16

Theme: *Jesus Unites Me to His Body:*

Grace: Growth in my ability to share and receive.

Day 1:	Eph 1:15-23	His power working in us.
Day 2:	Jn 2:13-22	Money changers driven from the Temple.
Day 3:	Acts 2:42-47	Earliest Christian community.
Day 4:	Acts 6:1-6	The seven deacons.
Day 5:	Eph 4:1-16	Whole body fitted and joined together.
Day 6:	2Cor 3:12-4:6	Bright mirrors of Christ.
Day 7:	1Thess 4:1-12	The call to holiness.
Bonus	Rev 21:1-4	As a bride adorned for her husband.