



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 #3

Theme: *God Chooses To Make Me:*

Grace: A stronger Yes to my own existence.

Day 1:	Ps 148	Hymn to the Creator.
Day 2:	Ps 139:1-18	O Lord, you know me.
Day 3:	Is 45:9-13	The clay argues with the hands.
Day 4:	Wis 11:21-27	You love all that you have made.
Day 5:	Eph 2:4-10	You are God's work of art.
Day 6:	Jn 1:1-18	Through Him all things came to be.
Day 7:	Acts 2:1-21	On my servants I pour my Spirit.