



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 #6

Theme: *God Gives Himself To Me:*

Grace: Power to rejoice in my union with God.

Day 1:	Jn 3:16 17	He gave His only begotten Son.
Day 2:	Rom 5:15-21	Grace abounding more than sin.
Day 3:	Ps 136	His steadfast love endures.
Day 4:	Jn 14: 15-28	The Spirit is given to us.
Day 5:	1 Jn 5:11-15	He who has the Son has life.
Day 6:	Ps 16	The Lord is my heritage.
Day 7:	Jn 17:11-26	I have loved them as you do.
Bonus	Gal 5: 16-26	Gifts of the Spirit