

Life in the Spirit Seminar

Scripture Prayer Programme

Introduction

Welcome to your Life in the Spirit Scripture prayer booklet!

To help you on your journey during the six weeks of Life in the Spirit, there are Scripture passages and prayers for every day. These are designed to help you to become more familiar with the Word of God in Scripture and to help you to prayerfully hear God's voice more clearly.

1. why pray with scripture?

Scripture (i.e. the Bible) is the written Word of God. It is vital to become familiar with it because it is one of the key ways that God speaks to us.

Scripture contains all sorts of practical wisdom for our lives. The Word of God speaks into every area imaginable; including our relationships, our work, and our finances.

Even more importantly, Scripture contains truth; the truth about us and the truth about God. It reveals the Father's love

to us, His plan of salvation realised in Jesus and the outpouring of the Holy Spirit. Scripture can help us to begin to dare to believe this truth and live it in the whole of our lives with freedom and joy.

“Ignorance of Scripture is ignorance of Christ.” (St Jerome, 4th Century).

2. how to pray with scripture

Try to choose a place and time of day where you will not be disturbed and you can be attentive to what you are reading. Make sure you are comfortable when you pray. This will help you to concentrate on your time with God.

Give yourself about 10 to 15 minutes to pray. That should be enough to get you started in your daily prayer.

Begin by asking the Holy Spirit to help you as you read the daily Scripture passages. Then read the passages slowly and carefully, ideally out loud so you can hear yourself say the words.

Take a few moments to reflect quietly on what you have read. If a particular word or phrase stands out for you or grabs your attention, repeat that word or phrase slowly and allow it to speak to your heart.

A short prayer is suggested at the bottom of the page to help you to respond to the Scripture passages. Feel free to say your own instead or in addition. You are encouraged to talk to God

naturally, and say whatever comes into your heart or your mind. Or you may prefer to simply sit in silence.

3. when to begin the scripture prayer programme

The prayer programme begins the day after the first Life in the Spirit talk is given, e.g. if talk is on a Thursday then day 1 of each week of the programme is always a Friday, and day 7 is always a Thursday.

If you miss a day, don't panic! Just pick up from the next day and carry on as normal.

4. what if i find the prayer programme difficult?

Don't be discouraged! Prayer can be difficult at times, but you are encouraged to persevere. If you give God time each day and allow His Word to find a home in you, it will bear fruit.

Ask God for the faith to believe in His promises and His incredible love for you, and the courage to act on His Word!

May the Lord bless you on your journey of prayer both during and after this Life in the Spirit Seminar.

WEEK 1 WELCOME AND WITNESS

*Welcome to the Life in the Spirit Seminar!
This first week of scripture is one of
invitation and expectation. God invites
you to take time out to get to know Him,
to spend time with His Word in the
Scriptures. As well as that, He makes you
a promise: He has power and He will act...
but only as far as you want Him to.*

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Invitation

week 1
day 1

Every one who thirsts, come to the waters; and he who has no money, come... I will make with you an everlasting covenant, my steadfast, sure love for David.

isaiah
55: 1, 3

Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me.

rev
3: 20

Lord, thank You that You desire to reach out to me. Give me the grace to respond to your call wholeheartedly. In Jesus' name, I pray. Amen.

week 1
day 2

Made to be fruitful

genesis
1: 27-28

So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them, and God said to them, "Be fruitful and multiply, and fill the earth and subdue it."

john
15:5

I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

Father, I thank You for creating me. Help me to lean on Jesus in the power of the Holy Spirit so that I can be fruitful as You intended.

God wants my heart

week 1
day 3

And I will give them one heart, and put a new spirit within them; I will take the stony heart out of their flesh and give them a heart of flesh that they may walk in my statutes and keep my ordinances and obey them; and they shall be my people, and I will be their God.

ezeziel
11: 19-20

Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me; when you seek me with all your heart, I will be found by you, says the LORD.

jeremiah
29: 12-14

Lord I come to You as I am in this Life in the Spirit Seminar. I bring to You all the areas in my life that need to be renewed by Your love and power. I trust in You.

week 1
day 4

One with the Spirit

john
14: 16–17

And I will pray to the Father, and he will give you another Counsellor, to be with you for ever, even the Spirit of truth.

1 cor
12: 13

For by one Spirit we were all baptized into one body – Jews or Greeks, slaves or free – and all were made to drink of one Spirit.

Come Holy Spirit! Enkindle in me the fire of Your love!

Called to receive His love

week 1
day 5

In this is love, not that we loved God but that he loved us and sent his Son to be the expiation for our sins.

1 john
4: 10

God's love has been poured into our hearts through the Holy Spirit which has been given to us.

romans
5: 5

Holy Spirit, give me the grace to embrace God's love in my life without holding back. I ask this in Jesus' name. Amen.

week 1
day 6

The Lord directs

john
10:10

The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. I am the good shepherd. The good shepherd lays down his life for the sheep.

psalm
16: 7-8

I bless the LORD who gives me counsel; in the night also my heart instructs me. I keep the LORD always before me; because he is at my right hand, I shall not be moved.

Dear Father, help me to see You more clearly, love You more dearly, and follow You more nearly, day by day. I ask this in Jesus' name.

Chosen and loved

week 1
day 7

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. He destined us in love to be his sons [*and daughters*] through Jesus Christ, according to the purpose of his will. ephesians 1: 3-5

The LORD, your God, is in your midst, a warrior who gives victory; he will rejoice over you with gladness, he will renew you in his love; he will exult over you with loud singing. zephaniah 3: 17

Lord, help me on my journey to live the life You have set out for me. I stand on Your promise that You are with me always.

WEEK 2 THE FATHER'S LOVE

God is almighty! He is the Creator God, the maker of the universe. Majestic, all-powerful, and all-knowing! And yet, He is also the God who is close to us, who knows us intimately and who loves us. He is compassionate and kind, and longs for us to know Him as our loving and generous Father.

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Creator God

week 2
day 1

In the beginning God created the heavens and the earth. The earth was without form and void, and darkness was upon the face of the deep; and the Spirit of God was moving over the face of the waters. And God said, "Let there be light"; and there was light.

genesis
1: 1-3

Who is like you, O LORD, among the gods? Who is like you, majestic in holiness, terrible in glorious deeds, doing wonders?

exodus
15: 11

Heavenly Father, You are the awesome Creator God. You made the heavens and the earth, and all that is in them. How majestic You are! I praise You today.

week 2
day 2

God of Love

psalm
145: 8-9

The LORD is gracious and merciful, slow to anger and abounding in steadfast love. The LORD is good to all, and his compassion is over all that he has made.

1 john
4: 16

We know and believe the love God has for us. God is love, and he who abides in love abides in God, and God abides in him.

Lord God, thank You that You love me, and that You are full of compassion towards me. Help me to know Your goodness and loving kindness more and more in my daily life.

Made in His Image

week 2
day 3

So God created man in his own image, in the image of God he created him; male and female he created them.

genesis
1: 27

Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.

jeremiah
1: 5

Creator God, You made me in Your own image, and You know me through and through. Thank You for the gift of my life and my body, and for the wonder of who I am. Help me to see that I am precious in Your eyes.

week 2
day 4

God of salvation

john
3:16

For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.

isaiah
43:1-3

But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD your God, the Holy One of Israel, your Savior."

Lord God, thank You for the gift of Your Son, Jesus; through His life, death and resurrection, I can have the gift of eternal life. May I have no fear today, trusting that You are my God and that You are with me.

God our Father

week 2
day 5

“I will be a father to you, and you shall be my sons and daughters”, says the Lord Almighty.

2 cor
6: 18

See what love the Father has given us, that we should be called children of God; and so we are.

1 john
3: 1

Father God, may I know You as my loving, generous Father today. Open my heart to receive more of Your lavish love, and show me what it means to be a child of God.

week 2
day 6

God of compassion and comfort

psalm
34: 17–19

When the righteous cry for help, the LORD hears, and delivers them out of all their troubles. The LORD is near to the brokenhearted, and saves the crushed in spirit.

2 cor
1: 3–4

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

Heavenly Father, be close to me today. Hear my prayer, and rescue me from all my troubles. Send me Your help and comfort today. I trust in You.

God who can be trusted

week 2
day 7

Fear not, for I am with you, be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.

isaiah
41:10

For I know the plans I have for you, says the LORD, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me; when you seek me with all your heart, I will be found by you, says the LORD.

jeremiah
29: 11-14

Heavenly Father, I place all my fears into Your hands today. Strengthen me, and help me to trust in You and Your loving plans for me. Fill me with Your peace and joy.

WEEK 3

SEARCH AND RESCUE

We have been rescued! Even when we rejected God's love & became slaves to sin, God didn't give up on us. Our loving Father came in search of us, and sent Jesus to die on the cross & rise again to bring us supernatural rescue. We can now have our sins forgiven, our wounds healed & our life made new.

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Alive in Christ

week 3
day 1

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, saying, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

genesis
2: 15-17

For as in Adam all die, so also in Christ shall all be made alive.

1 cor
15: 22

Heavenly Father, Adam's rebellion brought death to humankind, but the death of Jesus has brought life to those who trust in Him. By the power of His cross may I overcome the rebellion in me and share in His life in a new way.

week 3
day 2

The Father's search

genesis
3: 7, 9

Then the eyes of both were opened, and they knew that they were naked... the LORD God called to the man, and said to him, "Where are you?"

romans
3: 23-4

Since all have sinned and fall short of the glory of God, they are justified by his grace as a gift, through the redemption which is in Christ Jesus.

Father, You come looking for me when I wander away from You. Thank You for Your loving gift of redemption in Christ. May I live in the joy it brings today.

The enemy is overcome

week 3
day 3

The LORD God said to the serpent... "I will put enmity between you and the woman, and between your seed and her seed; he shall bruise your head, and you shall bruise his heel." genesis
3: 14 & 15

Now the salvation and the power and the kingdom of our God and the authority of his Christ have come, for the accuser of our brethren has been thrown down, who accuses them day and night before our God. And they have conquered him by the blood of the Lamb. rev
12:10 & 11

Father, thank You that You have defeated Satan once and for all through the blood of Jesus. Help me to live life to the full through the victory Jesus won by His cross.

week 3
day 4

The promise fulfilled

genesis
12: 3

The LORD said to Abram... "by you all the families of the earth shall be blessed."

john
3: 16

For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Father, You are faithful to Your promises. Thank You that You fulfilled Your promise to Abraham when you sent Jesus to pay the price for my sin. May I always trust in Your promises to me.

A new covenant

week 3
day 5

“Behold, the days are coming”, says the LORD, “when I will make a new covenant with the house of Israel and the house of Judah... I will forgive their iniquity, and I will remember their sin no more.”

jeremiah
31: 31-4

While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man – though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us.

romans
5: 6-8

Lord Jesus, thank You that You died for me. Thank You that You have dealt with my sin once and for all. Thank You for showing me the fullness of the Father's love.

week 3
day 6

Salvation in Christ

luke
19: 10

For the Son of man came to seek and to save the lost.

romans
10: 8–11

The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

Lord Jesus, thank You for coming to save me. May I trust the word of the gospel, believe with all my heart that You are risen and confess that You are Lord now and always.

New identity

week 3
day 7

A new heart I will give you, and a new spirit I will put within you; and I will take out of your flesh the heart of stone and give you a heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes and be careful to observe my ordinances. You shall dwell in the land which I gave to your fathers; and you shall be my people, and I will be your God.

ezeziel
36: 24-8

God's love has been poured into our hearts through the Holy Spirit which has been given to us.

romans
5: 5

Father, thank You for Your promise of new life in the Holy Spirit. Help me to be more open to the work of the Spirit in my life and to receive Your Father's love in a new way.

WEEK 4

SALVATION IN NO OTHER NAME

This week looks at the core of the Good News – we are forgiven and set free by Jesus' death and resurrection... and through Jesus we can receive the Holy Spirit who helps to to love God, others and ourself and enables us to live in the freedom and joy God made us to know.

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Co-heirs with Christ

week 4
day 1

For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, "Abba! Father!" it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ – if, in fact, we suffer with him so that we may also be glorified with him.

romans
8: 15–17

And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

galatians
3: 29

Abba Father, I am Your beloved child, adopted into Your family, and now a co-heir with Jesus, Your Son. May I live out of this truth, secure and confident of who I am in You.

week 4
day 2

Citizens of heaven

ephesians
2: 19–20

So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone.

colossians
3: 1–4

So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth, for you have died, and your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory.

Lord, help me to keep my eyes fixed on You. Increase my desire to do your will, and enable me to let go of my attachment to the things of this world.

The Gift of His Spirit

week 4
day 3

Because you are sons, God has sent the Spirit of His Son into our hearts, crying, "Abba! Father!"

galatians
4: 6

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

acts
2: 1-4

Loving Father, please draw me into a deeper experience of Your Fatherly love and care and pour out Your Holy Spirit afresh on me this day.

week 4
day 4

Walk in His ways

ezeziel
36: 26-27

A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances.

acts
1:8

You will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.

Lord of compassion and love, thank You that You constantly draw me closer to Yourself and enable me to walk in Your ways. Give me a new heart and strengthen me through the power of Your Holy Spirit to do Your will.

The Advocate

week 4
day 5

And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even on my servants, both men and women, I will pour out my Spirit in those days.

joel
2: 28-29

And I will ask the Father, and he will give you another Advocate, to be with you forever.

john
14: 16

Almighty God, creator of all things, thank You for all that You give me. Above all, thank You for Your Son Jesus and for the help of the Holy Spirit. Please continue to give me Your Holy Spirit each day.

week 4
day 6

New heart

psalm
51: 10-11

A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit.

romans
5: 5

God's love has been poured into our hearts through the Holy Spirit who has been given to us.

God of love, thank You that I can do nothing on my own strength but that in You all things are possible. I pray for the help of Your Holy Spirit to love and to serve You and others in all things.

Transformation

week 4
day 7

I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.

isaiah
43:19

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature... But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Since we live by the Spirit, let us walk by the Spirit. Let us not become conceited, provoking and envying each other.

galatians
5:16,22-26

All powerful and loving Father, thank You that Your love and mercy can transform my life. I pray for Your help to become more and more fully who You created me to be and to live in freedom as Your beloved child, loving and serving You and others.

WEEK 5 PRAYER

Daily prayer is vital to sustain and nurture our faith. Jesus himself teaches us to pray and we know that we can cry out to God, confident that he hears and answers us.

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Teach me to pray

week 5
day 1

And [Jesus] said to them, "When you pray, say: "Father, hallowed be thy name. Thy kingdom come. Give us each day our daily bread; and forgive us our sins, for we ourselves forgive everyone who is indebted to us; and lead us not into temptation."

luke
11: 1-4

O LORD, God of Israel, there is no God like you, in heaven above or on earth beneath, keeping covenant and showing steadfast love to your servants who walk before you with all their heart.

1 kings
8: 22-24

Praise You Lord, for there is none is like You. There is no God but You, and You are worthy of all praise. Teach me how to pray to You today – give me a spirit of thanksgiving and praise!

week 5
day 2

Faithful prayer

mark
11: 23–26

Truly, I say to you, whoever says to this mountain, “Be taken up and cast into the sea,” and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him.

psalm
102: 1–2

Hear my prayer, O LORD; let my cry come to You! Do not hide your face from me in the day of my distress! Incline your ear to me; answer me speedily in the day when I call!

Hear my prayer today, O Lord; let my cry come to You! Help me to believe that You hear and answer my prayers. Increase my faith and trust in You.

The Word of God

week 5
day 3

How pleasant your promise to my palate, sweeter than honey in my mouth! From your precepts I learn wisdom, so I hate all deceptive ways. Your word is a lamp for my feet, a light on my path. psalm 119:103-105

The word of God is something alive and active: it cuts more incisively than any two-edged sword: it can seek out the place where soul is divided from spirit, or joints from marrow; it can pass judgement on secret emotions and thoughts. hebrews 4: 12

Lord, grant me the desire to read the Holy Scriptures and come to know you better. May your eternal word penetrate my being and transform me into your likeness.

week 5
day 4

Words of Life

ezeziel
36: 25–28

I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws... you will be my people, and I will be your God.

john
8:32

If you make my word your home you will indeed be my disciples; you will come to know the truth, and the truth will set you free.

O Lord, You alone have the words of eternal life. Send me your Holy Spirit to help me proclaim your word, love others, and impart your hope to those around me.

Praise & Thanksgiving

week 5
day 5

I thank you, LORD, with all my heart for you have listened to the cry I uttered. In the presence of angels I sing to you, I bow down before your holy Temple. I praise your name for your faithful love and your constancy; your promises surpass even your fame. You heard me on the day when I called, and you gave new strength to my heart.

psalm
138: 1-3

You created my inmost self, knit me together in my mother's womb. For so many marvels I thank you; a wonder am I, and all your works are wonders. You knew me through and through, my being held no secrets from you, when I was being formed in secret, intricately woven in the depths of the earth.

psalm
139: 13-15

Lord, I praise You with all my being. Help me to see how you have loved and cared for me and that everything good in my life comes from you. I acknowledge you as my Saviour and King; not to me but to you all glory and praise is due!

week 5
day 6

Adoration

nehemiah
9: 6

You are the LORD, you alone; you have made heaven, the heaven of heavens, with all their host, the earth and all that is on it, the seas and all that is in them. To all of them you give life, and the host of heaven worships you.

romans
11: 33–36

O the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgements and how inscrutable his ways! For who has known the mind of the LORD? Or who has been his counsellor? Or who has given a gift to him, to receive a gift in return? For from him and through him and to him are all things. To him be the glory forever. Amen.

Eternal Father, I acknowledge you as Lord and Creator of the Universe. I thank You that in your love you chose to bring me into being. Help me to know your will and purpose for my life that I may serve and honour you.

Contemplation

week 5
day 7

“Be still, and know that I am God. I am exalted among the nations; I am exalted in the earth!”
The LORD of hosts is with us; the God of Jacob is our refuge.

psalm
46: 10-11

Lord, my heart is not lifted up, my eyes are not raised too high; I do not occupy myself with things too great and too marvellous for me. But I have calmed and quieted my soul, like a child quieted at its mother's breast; like a child that is quieted is my soul.

john
131: 1-2

Help me Lord in the face of the busyness of life to make time and space for you. Help me to be quiet that I might hear your voice above all the other distractions in my life so that I may follow you faithfully.

WEEK 6

CHURCH AND THE SACRAMENTS

*Through the Church and the sacraments,
God's grace and love is poured into our
lives in a unique way and we find
company and help for the journey in
getting to know Him and becoming more
and more fully who He made us to be.*

- p. 57 the people of god
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The People of God

week 6
day 1

And they devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Everyone was filled with awe; the apostles worked many signs and miracles. And all who believed were together and had all things in common; and they sold their possessions and goods and distributed them to all, as any had need.

acts
2: 45-47

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony.

colossians
3: 12-14

Thank You Lord for the gift of Your Church. Help me to live in peace and love with my fellow brothers and sisters in Christ. Bless and protect the Church today, and our Pope who leads and guides us here on earth.

week 6
day 2

Baptism

matthew
3: 16–17

And when Jesus was baptised, he went up immediately from the water, and behold, the heavens were opened and he saw the Spirit of God descending like a dove, and alighting on him; and lo, a voice from heaven, saying, "This is my beloved Son, with whom I am well pleased."

acts
2: 37–39

Repent and be baptised, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. The promise is for you and your children and for all who are far off – for all whom the Lord our God will call.

Heavenly Father, thank You that I have become Your beloved adopted child through the sacrament of baptism and received the fullness of Your Holy Spirit in confirmation. Release the gift of Your Holy Spirit afresh in me today.

The Eucharist

week 6
day 3

So Jesus said to them, "Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him."

john
6: 53-56

And he took bread, and when he had given thanks he broke it and gave it to them, saying, "This is my body which is given for you. Do this in remembrance of me". And likewise the cup after supper, saying, "This cup which is poured out for you is the new covenant in my blood."

luke
22: 19-22

Thank you Lord Jesus that you are truly present – Body, Blood, Soul and Divinity- in the Eucharist we receive at Mass. Give me a new reverence for your presence and deepen my desire to go to Mass and to receive you.

week 6
day 4

Reconciliation

psalm
32: 1–2, 5

Happy are those whose transgression is forgiven, whose sin is covered. Happy are those to whom the Lord imputes no iniquity, and in whose spirit there is no deceit... then I acknowledged my sin to you, and I did not hide my iniquity; I said, "I will confess my transgressions to the Lord", and you forgave the guilt of my sin.

john
20: 22–23

He breathed on them and said, "Receive the Holy Spirit. If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."

Lord, thank you that you died so my sins could be forgiven and I could know freedom and the power of your love to transform, heal and renew. Holy Spirit – please help me to see where I need forgiveness and give me the courage and grace to seek it.

Called

week 6
day 5

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.

1 cor
6: 19–20

But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light.

1 peter
2: 9

Thank you so much Lord that you choose to be with me in all the circumstances of my daily life. Help me always to know your loving presence and care and enable me to hear and respond to your invitation to be part of building your Kingdom here on earth.

week 6
day 6

Our Lady

luke
1: 46–49

And Mary said, “My soul magnifies the Lord, and my spirit rejoices in God my Saviour, for he has looked with favour on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name.”

john
19: 25–27

Standing by the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, “Woman, behold, your son!” Then he said to the disciple, “Behold, your mother!” And from that hour the disciple took her to his own home.

Lord Jesus, You have given me the gift of Your Mother Mary, to be my Mother too. Mary, I ask for your intercession for all my intentions today. May my soul glorify the Lord!

A New Creation

week 6
day 7

Therefore, if anyone is in Christ, he is a new creation; the old has passed away, behold, the new has come.

2 cor
15: 17

This is my commandment, that you love one another as I have loved you. Greater love has no man than this; that a man lay down his life for his friends.

john
15: 12-16

Heavenly Father, You have made me a new creation and given me Your Spirit to enable me to love like You. Help me to show Your love and mercy to all those whom I meet today.

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