



Faith & Life Discovery Journal Resource

Weekly Prayer Starter
04.13.09 – 04.17.09

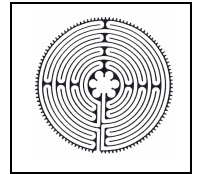
How to use the Weekly Prayer Starter:

Grab your bible & journal & find a quiet, comfortable spot to begin your daily Bible reading. You may want to play your favorite hymns softly in the background. Spend a few minutes relaxing, quieting your mind. To prepare to focus on God & His Word, try the suggested prayer exercise. Then pray the suggested prayer starter personalizing it to your needs & desire for God's guidance.

This Week's Prayer Starter:

Lord, as I reflect on this week's celebration of Easter, I thank you for reminding me that I can't save myself. Thank you for rescuing me through the cross and resurrection. I am just in awe at how desperate your love is for me. Forgive me for the many ways I sin and fall short of your glory. Help me to understand what it means to live a righteous life. Thank you for taking my place on the cross. I try to picture in my mind what you have done for me, but I can't fully comprehend. But, I do believe. Jesus, I confess that you are Lord and I believe with my whole heart that God raised you from death. Thank you for saving me! I can only think of one way to respond. Help me to share my faith with others so that they might come to know and love you and be saved as well. Jesus, I want you to come into every corner of my life and transform me with your love. You are so good, Lord. Thank you for making me new! But don't stop there. Make me hungry. Satisfy my craving for spiritual milk and grow me to be more like you. I love you Jesus. Amen.

Some suggested exercises for spiritual centering:



The Prayer Labyrinth

The labyrinth is a spiritual tool that many people use to grow closer to God. The labyrinth is an archetype, a divine imprint, found in all religious traditions in various forms around the world. Labyrinths can be large for walking, indoors or outdoors, and small designed for your fingers to walk. Unlike a maze, there are no dead ends or false paths in a labyrinth. You simply follow the path to the center, putting one foot in front of the other. The path winds throughout and becomes a mirror for where we are in our lives; it touches our sorrows and releases our joys. So walk it with an open mind and an open heart.

There are three stages of the walk:

- ❖ **Purgation (entering):** A releasing, a letting go of the details of your life. During this stage you walk the path toward the center. This is an act of shedding thoughts and emotions. It quiets and empties the mind letting go of the barriers and busyness that stand between us and God.
- ❖ **Illumination (receiving):** The time in the center. The center of the labyrinth symbolizes God as the axis of our world, the central point around which our lives and journeys revolve. The center is a place of meditation and prayer, openness and peacefulness. The time spent in the center is time spent being open to God's leading. Take your time and stay as long as you like as you experience, learn, or receive what this unique moment offers.
- ❖ **Union (reviewing):** You leave the center following the same path. Use this time to review and consider what occurred in the center and how it may be applied to your life. We journey out of the labyrinth carrying something of our encounter with God with us.

Suggestions as you trace the labyrinth: Think of Jesus as your companion, open yourself to God's guidance, ask to become aware of God's blessings to you, repeat a few lines of scripture, trace without words, sing, thank God for the blessing of each member of your family or a group you are involved in and ask for God's blessings on each person. *As you trace the labyrinth, thank God for the gift of salvation & reflect on how Jesus work on the cross impacts your life.*

For more resources, including a finger labyrinth that can be downloaded for noncommercial use, see www.labyrinths.org/resources/resourcesforfacilitators.html