



## **Scripture Journal**

Select one of the daily readings to spend a bit of time with.

Passage:

Read it slowly.

What stands out to me?

Read it again.

What do I hear that offers insight into who God is?

Read it one more time.

What helps me know more about who God is calling me to be?

# Prayer Model

Jesus gave us a prayer model when he said “Pray, then, in this way (Matthew 6:9-13 NRSVUE):

## **Our Father in heaven,**

Pray for your family, give thanks, name specific needs, and share conflicts and struggles with God.

## **may your name be revered as holy.**

Offer praise to God for who God is and note where and when you have felt God’s presence recently.

## **May your kingdom come.**

Pray for those who have asked for your prayers and those you know who are in need of prayer.

## **May your will be done on earth as it is in heaven.**

Pray for the leaders of your faith community, your town, your state, your country, and the world. Name situations where God’s presence is desperately needed. Offer thanks for the helpers in the world.

## **Give us today our daily bread.**

Ask for your practical needs and pray for the wisdom to steward your resources wisely and compassionately.

## **And forgive us our debts, as we also have forgiven our debtors.**

Ask God to show you where you have caused harm and how to restore peace in your relationships.

## **And do not bring us to the time of trial, but rescue us from the evil one.**

Ask for God’s protection and wisdom to navigate all of your relationships and activities with love and justice and humility.

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.