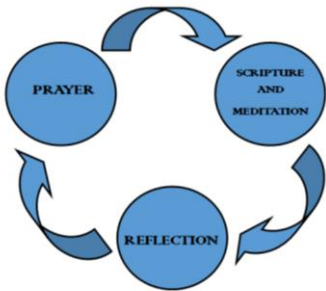




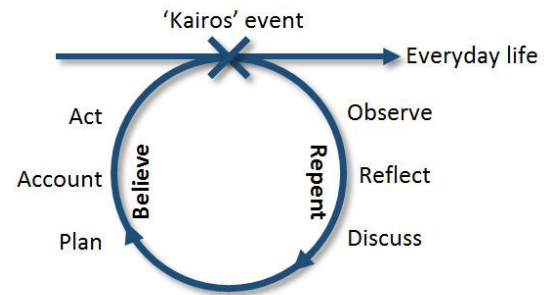
# DISCIPLESHIP PATH

## WEEK 2

### DAILY DISCIPLESHIP RYTHYMS



Reflection Method



### This Week's Morning and Evening Prayers

#### Morning Prayer

*“As I rise from sleep I thank You, O Holy Trinity, for through Your great goodness and patience You were not angered with me, an idler and sinner, nor have You destroyed me in my sins, but have shown Your usual love for men, and when I was prostrate in despair, You raised me to keep the morning watch and to glorify Your power. And now enlighten my mind’s eye and open my mouth to study Your words and understand Your commandments and do Your will and sing to You in heartfelt adoration and praise Your Most Holy Name of Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.” - St Basil the Great, 330–379 AD*

**Immediately following: recite the Lord’s Prayer:**

*“Our Father who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For Thine is the kingdom and the power and the glory forever and ever. Amen.”*

#### Evening Prayer

*O Eternal God and King of all creation, who has granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed I may please Your most holy Name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For Yours is the kingdom, the power and the glory of the Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.” - St Macarius the Great, 300–391 AD*

**Immediately following: recite the Lord’s Prayer:**

***“Our Father who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For Thine is the kingdom and the power and the glory forever and ever. Amen.”***

## 1. Monday

**i** Scripture Reading:

Read Galatians 2:1-10

Reflection At Day's End (before Evening Prayer):

What has Jesus taught me today through His Word?

What has He taught me today through my experiences?

Where in my encounter with the Word and in my relationships and life do I see I need to repent, or “turn away from?”

Follow the Reflection Method in your Reflection Rhythm.

## 2. Tuesday

**i** Reading from a Church Father

*“Furthermore, it is taught that we cannot obtain forgiveness of sin and righteousness before God through merit, work, or satisfactions, but that we receive forgiveness of sin and become righteous before God out of grace for Christ's sake through faith when we believe that Christ has suffered for us and that for his sake our sin is forgiven and righteousness and eternal life are given to us. For God will regard and reckon this faith as righteousness in his sight, as St. Paul says in Romans 3[:21-26] and 4[:5].” – The Augsburg Confession, Article IV*

Reflection At Day's End (before Evening Prayer):

What has Jesus taught me today through His Word and Teaching?

What has He taught me today through my experiences?

Where in my encounter with the Word and in my relationships and life do I see I need to repent, or “turn away from?”

Follow the Reflection Method in your Reflection Rhythm.

## 3. Wednesday

**i** Scripture Reading:

Genesis 3:1-15

Reflection At Day's End (before Evening Prayer):

What has Jesus taught me today through His Word and Teaching?

What has He taught me today through my experiences?

Where in my encounter with the Word and in my relationships and life do I see I need to repent, or “turn away from?”

Follow the Reflection Method in your Reflection Rhythm.

## 4. Thursday

**i** Psalm Meditation:

Read Psalm 2

Reflection At Day's End (before Evening Prayer):

What has Jesus taught me today through His Word and Teaching?



Gather. Prepare. Send.

OUR G.P.S.

*What has He taught me today through my experiences?*

*Where in my encounter with the Word and in my relationships and life do I see I need to repent, or “turn away from?”*

*Follow the Reflection Method in your Reflection Rhythm*

## 5. Friday

### **i** Scripture Reading:

*Galatians 2:11-21*

### Reflection At Day's End (before Evening Prayer):

*What has Jesus taught me today through His Word and Teaching?*

*What has He taught me today through my experiences?*

*Where in my encounter with the Word and in my relationships and life do I see I need to repent, or “turn away from?”*

*Follow the Reflection Method in your Reflection Rhythm.*

## 6. Saturday

### **i** Scripture Reading:

*Genesis 3:16-24*

### Reflection At Day's End (before Evening Prayer):

*What has Jesus taught me today through His Word and Teaching?*

*What has He taught me today through my experiences?*

*Where in my encounter with the Word and in my relationships and life do I see I need to repent, or “turn away from?”*

*Follow the Reflection Method in your Reflection Rhythm.*

## 7. Sunday

### **i** **WORSHIP**

### Reflection At Day's End (before Evening Prayer):

*What has Jesus taught me today through His Word, Teaching, and in Worship?*

*What has He taught me today through my experiences?*

*Where in my encounter with the Word and in my relationships and life do I see I need to repent, or “turn away from?”*

*Follow the Reflection Method in your Reflection Rhythm.*