



Gather. Prepare. Send.

OUR G.P.S.

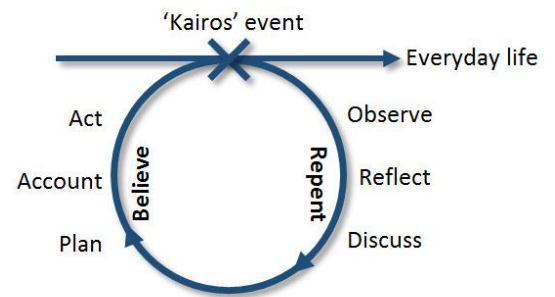
DISCIPLESHIP PATH

WEEK 3

DAILY DISCIPLESHIP RHYTHMS



Reflection Method



This Week's Morning and Evening Prayers

Morning Prayer

“Lord, deprive me not of Your heavenly joys. Lord, deliver me from eternal torments. Lord, if I have sinned in mind or thought, in word or deed, forgive me. Lord, deliver me from all ignorance, forgetfulness, cowardice and stony insensibility. Lord, deliver me from every temptation. Lord, enlighten my heart which evil desires have darkened. Lord, I being human have sinned, but You being the generous God, have mercy on me, knowing the sickness of my soul. Lord, send Your grace to my help, that I may glorify Your holy Name. Lord Jesus Christ, write me Your servant in the Book of Life, and grant me a good end. O Lord my God, even though I have done nothing good in Your sight, yet grant me by Your grace to make a good start. Lord, sprinkle into my heart the dew of Your grace. Lord of heaven and earth remember me, Your sinful servant, shameful and unclean, in Your Kingdom. Amen.” - St John Chrysostom 344–407 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 Lord, accept me in penitence. O Lord, leave me not. O Lord, lead me not into temptation. O Lord, grant me good thoughts. O Lord, grant me tears and remembrance of death and compunction. O Lord, grant me the thought of confessing my sins. O Lord, grant me humility, chastity and obedience. O Lord, grant me patience, courage and meekness. O Lord, plant in me the root of all blessings, the fear of You in my heart. O Lord, grant me to love You with all my mind and soul, and always to do Your will. O Lord, protect me from certain people, and demons, and passions, and from every other harmful thing. O Lord, You know that You act as You will; may Your will be also in me, a sinner, for blessed art You forever. Amen..” - St John Chrysostom 344–407 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 3:1-9

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

“I believe that Jesus Christ, true God, begotten of the Father from eternity, and also true man, born of the Virgin Mary, is my Lord, who has redeemed me, a lost and condemned person, purchased and won me from all sins, from death, and from the power of the devil; not with gold or silver, but with His holy, precious blood and with His innocent suffering and death, that I may be His own and live under Him in His Kingdom and serve Him in everlasting righteousness, innocence, and blessedness, just as He is risen from the dead, lives and reign to all eternity. This is most certainly true.” – The Small Catechism, The Second Article of the Apostles' Creed.

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?”

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3. Wednesday

i Scripture Reading:

Read Galatians 3:10-14

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?”

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4. Thursday

i Psalm Meditation:

Read Psalm 3

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



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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?”

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5. Friday

i Scripture Reading:

Read Galatians 3:15-18

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?”

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6. Saturday

i Scripture Reading:

Read Galatians 3:19-29

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?”

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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.