

Lenten Season 2017 Prayer Guide

Pray with Me

Lenten Prayer for Youth of our Church



Downers Grove First United Methodist Church
www.dgfumc.org

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Pray with Me

Lenten Prayer for Youth of our Church

David Wraight said, *“In this world the question is not whether young people will be mobilized to change the world but: ‘Who will capture their hearts and what cause will they be mobilized for?’”* What might happen if Jesus captures their hearts, and that what motivates and mobilizes them is a passion after the heart of God? How this happens will likely be different than with previous generations. Adults and those in positions of authority who impose rules and will upon them do not influence the young people today. Instead, they have a great desire for, and are moved by relationships. Adults who authentically care about being with them, hanging out or just committing to them in prayer *will* make a difference in the life of teens.

Millennials (those born after 1985) want to understand the purpose behind what they do. Mostly, they want to be a part of something meaningful to them. We inspire them to attain a common goal by allowing them to be a part of developing the vision. They really want to be a part of the action, be asked to get involved in making a difference. Focusing on relationships rather than merely involvement in a program has the effect of motivating

them to be a part of the vision. This is a question for ours and for all churches: what is our vision and how does the church involve young people in the context of this vision within the faith community?

Eugene Peterson offers beautiful pastoral advice: leading is not necessarily about “getting things done.” Rather, “the person is placed in the community to pay attention and call attention to ‘what is going on right now’ between men and women, with one another and with God—this kingdom of God that is primarily local, relentlessly personal, and prayerful ‘without ceasing.’” However, this kind of ministering “can’t be measured or counted, and often isn’t even noticed.” Except, God notices. And, I notice. And, the teens notice the presence of God—whether or not they understand that it is a result of others being instruments of God’s grace and peace and love to them—through prayer.

If you are interested in being matched with a specific teen or young adult, committing to pray once per day during the 40 days of Lent, please contact Howie. I look forward to seeing how God will move in this church and the young people this year!

The Mindfulness Spiritual Practice Sequence

The many poses of yoga are usually incorporated into a sequence designed to promote fluidity, balance, and centering strength. In much the same way, the inner, spiritual/soul “poses” of prayer often follow a natural spiritual sequence. The practice begins with centering, an inner focus of noticing the presence of the Spirit with the aid of scripture or word or image. When the mind and heart are quiet, a bit more time and attention is needed to build and protect that space. Spending time in the “pose” of quiet space and reflection is refreshing and strengthening. In a sense, an overflow of love and gratitude often follows, that needs to be extended outward, a graced prayerful “pose” intentionally offered to another.

One way we might remember this mindfulness spiritual practice sequence is with the alliteration, Notice, Nest, and Nurture.

#NoticeNestNurture

Notice

To notice is more than just seeing. It implies intention. It is purposeful alertness to the facets of the object of your gaze. When you notice, something is activated inside. It evokes wonder and the possibility of more fully appreciating what you see. To notice is to allow the Creator to speak to your creative mind and heart—and become more of who you truly are.

Nest

Building a nest is also intentional. A safe space must be located (even if it is in a front porch's light fixture!) Then, carefully gathering twig by twig to form a place of rest. It is a home base, a safe space, and it must be protected from those who might wish to harm the contents within.

Nurture

Nurturing is more than speaking words to another. Once again, to nurture someone you must be intentional about it. Nurturing implies relationship and has the best interest of the other in mind. It makes both the nurturer and the one being nurtured *more* of who each is; more like God. To nurture is to actively love.

How to Use This Prayer Guide

Each day's entry begins with a centering prayer. Begin by breathing deeply as a way of quieting yourself and opening to the Holy Spirit who is closer to you than your breath. The prayer is an invitation to God to speak to you in these moments.

Keep breathing.

Before each scripture passage you will be prompted to *notice* a word or phrase that catches your attention. You might read

it in the way of *Lectio Divina* with the steps that follow, or pausing after each phrase. Whichever manner you choose or have time for, try to remain attentive.

Read passages each time slowly and reflectively, not primarily to gain information or analyze the text, but to hear God's intention for you and the one for whom you pray. Read it four times (silently or aloud) asking a slightly different question each time, each reading is another twig to line the nest. Allow for a few moments of silence after each reading.

- In the first reading, listen for the word or the phrase that strikes you. In the silence that follows, just savor the word.
- In the second reading, listen for the way in which your life is touched by this word. What is it in my life that needed to hear this word today?
- In the third reading, listen for an invitation from God contained in this word. Is there something God is inviting me to be, or do in response to this word? What is my response back to God?
- Read the passage a fourth time and rest in the word you have received in total abandonment to the love of God.
- Resolve to “live out” the word you have received—*nurture*—as God leads.

Power in the Name

Blank spaces are provided in which you may write the name of the person or group toward whom your attention is directed. There is power in naming, a blessing to be called by name. I encourage you to actually write the name in the spaces provided and *notice* how the character of your prayer shifts (or doesn't).

Throughout the booklet there will be extra space. Feel free to use it to reflect, journal, doodle, whatever is useful to your prayer space.

Day One: Ash Wednesday



Genesis 3:19

For you were made from dust,
and to dust you will return.

Day Two:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Joel 2:12-14 Yet even now, says the LORD, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD, your God?

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for your grace and your mercy. Thank you, for your mindful attention on _____. Turn my attention back to you. Give _____ and me the strength and courage to return. Help my unbelief. Help us to notice your blessing, and then to extend it to those we encounter today. Amen.

How will I intentionally *nurture* _____ today:

Day Three:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Isaiah 58:6-9a Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am.

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for your justice and freedom. Thank you, for your mindful attention on _____. Open my eyes to see that fast you choose for me today. Give _____ and me the courage to make things right in our context. Help _____ draw on the power of your vindication for a troubled one. Help us to notice your glory, your presence, and then to be the answer to another's cry for help today. Amen.

How will I intentionally *nurture* _____ today:

Day Four:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Psalms 51: 1-4 Have mercy on me, O God, because of your unfailing love.

Because of your great compassion, blot out the stain of my sins.

Wash me clean from my guilt. Purify me from my sin.

For I recognize my rebellion; it haunts me day and night.

Against you, and you alone, have I sinned; I have done what is evil in your sight.

You will be proved right in what you say, and your judgment against me is just. [NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for your love that never runs out.

Thank you, for your mindful attention on _____. Open my eyes to your compassion for me. Give _____ and me the courage to recognize and let go of the guilt. Help _____ draw on the power of your complete forgiveness. Help us to notice your grace in your presence, and by loving mercy, extend mercy to another today. Amen.

How will I intentionally *nurture* _____ today:

Sunday: *Celebrate!*

Good and Gracious God, I celebrate your mindful attention on me and on _____. Thank you, for the work you are doing in and through us. Amen.

Day Five:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Psalm 51:9-15 Don't look too close for blemishes, give me a clean bill of health.

God, make a fresh start in me, shape a Genesis week from the chaos of my life.

Don't throw me out with the trash, or fail to breathe holiness in me.

Bring me back from gray exile, put a fresh wind in my sails!

Give me a job teaching rebels your ways so the lost can find their way home.

Commute my death sentence, God, my salvation God, and I'll sing anthems to your life-giving ways.

Unbutton my lips, dear God; I'll let loose with your praise. [MSG]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for your creative work in me. Thank you, for your mindful attention on _____. Help me to breathe in your holy life-giving grace. Give _____ and me the courage to stop hiding from your presence. Help _____ draw on the power of mercy that saves us from our mistakes. Help us to notice your movement around us, and be free to sing praises of You over someone today. Amen.

How will I intentionally *nurture* _____ today:

Day Six:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

2 Cor 5:20-6:2 We're Christ's representatives. God uses us to persuade men and women to drop their differences and enter into God's work of making things right between them. We're speaking for Christ himself now: Become friends with God; he's already a friend with you. How? you ask. In Christ. God put the wrong on him who never did anything wrong, so we could be put right with God.

Companions as we are in this work with you, we beg you, please don't squander one bit of this marvelous life God has given us. God reminds us, I heard your call in the nick of time; The day you needed me, I was there to help. Well, now is the right time to listen, the day to be helped. [MSG]

Line the *nest* of God's presence with this prayer for _____ and myself:

Jesus, thank you, for wanting to be my friend and taking the blame for me. God, thank you, for your mindful attention on _____. Help me to breathe in the marvelous life you give. Give _____ and me the courage to not waste Your beautiful gifts to us. Help _____ draw on the power of Christ's mercy and to notice the help you are so ready to give each moment. Amen.

How will I intentionally *nurture* _____ today:

Day Seven:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Matt 6:19-21 Don't hoard treasure down here where it gets eaten by moths and corroded by rust or—worse!—stolen by burglars. Stockpile treasure in heaven, where it's safe from moth and rust and burglars. It's obvious, isn't it? The place where your treasure is, is the place you will most want to be, and end up being. [MSG]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for bringing me into your presence that holds more honor than that of the wealthiest person on earth. Thank you, for your mindful attention on _____. Help me to breathe out the distraction of mindless things. Give _____ and me the courage to focus on what is right and good—good for all. Help _____ draw on the power of Christ's purposes and notice Jesus in the center of the heart in each moment today. Amen.

How will I intentionally *nurture* _____ today:

Day Eight:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Matt 6:19-21 The LORD God placed the first person in the Garden of Eden to tend and watch over it. But the LORD God warned, “You may freely eat the fruit of every tree in the garden—except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die.” [~NLT]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Holy God, thank you, for placing me into a space that has just what I need. Thank you, for your mindful attention on _____. Help me to breathe the promise of your constant presence. Give _____ and me the courage to trust your provision this day. Help _____ draw on the knowledge already available because Christ dwells within. Amen.

How will I intentionally *nurture* _____ today:

Day Nine:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Psalm 32:6-10 Therefore let all who are faithful offer prayer to you; at a time of distress, the rush of mighty waters shall not reach them. You are a hiding place for me; you preserve me from trouble; you surround me with glad cries of deliverance. *Selah* I will instruct you and teach you the way you should go; I will counsel you with my eye upon you. Do not be like a horse or a mule, without understanding, whose temper must be curbed with bit and bridle, else it will not stay near you. Many are the torments of the wicked, but steadfast love surrounds those who trust in the LORD. [NRSV]

Line the *nest* of God's presence with this prayer for _____ and myself:

Merciful God, thank you, for Being a safe place. Thank you, for your protection and kind attention to _____. Open my ears to your whisper, your direction. Give _____ and me the courage to trust your provision this day. Help _____ recognize Your love all around. Amen.

How will I intentionally *nurture* _____ today:

Day Ten:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Romans 5:18-19 Here it is in a nutshell: Just as one person did it wrong and got us in all this trouble with sin and death, another person did it right and got us out of it. But more than just getting us out of trouble, he got us into life! One person said no to God and put many people in the wrong; one person said yes to God and put many in the right. [MSG]

Line the *nest* of God's presence with this prayer for _____ and myself:

Gracious God, thank you, for making all things right. Thank you, for making the way unimpeded to be in relationship with _____. Clear my heart and mind to fully dwell in your presence. Give _____ and me the strength to keep the communication open today. Help _____ notice what still needs to be made right in *this* day. Amen.

How will I intentionally *nurture* _____ today:

Sunday: *Celebrate!*

Good and Gracious God, I celebrate your mindful attention on me and on _____. Thank you, for the work you are doing in and through us. Amen.

Day Eleven:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Gen 12:1-4a GOD told Abram: “Leave your country, your family, and your father’s home for a land that I will show you. I’ll make you a great nation and bless you. I’ll make you famous; you’ll be a blessing. I’ll bless those who bless you; those who curse you I’ll curse. All the families of the Earth will be blessed through you.” So Abram left just as GOD said, and Lot left with him. [MSG]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Holy God, thank you, for always choosing us. Thank you, for making _____ a unique image of You. Open my eyes to see where You are directing me. Give _____ and me the courage to go where You lead and *are* already. Help _____ notice Your blessing and to bless others today. Amen.

How will I intentionally *nurture* _____ today:

Day Twelve:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Psalm 121 I look up to the mountains—does my help come from there?

My help comes from the LORD, who made heaven and earth!

The LORD will not let you stumble; the one who watches over you will not slumber.

Indeed, the LORD who watches over Israel never slumbers or sleeps.

The LORD watches over you! The LORD stands beside you as your protective shade.

The sun will not harm you by day, nor the moon at night.

The LORD keeps you from all harm and watches over your life.

The LORD keeps watch over you as you come and go, both now and forever. [NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Lord God, your DNA is in everything. Thank you, for your constant attention on _____. Open my eyes to see you in creation. Give _____ and me a clear sense of your presence. Help _____ notice Your protection and extend it to another today. Amen.

How will I intentionally *nurture* _____ today:

Day Thirteen:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Romans 4:16-17 So the promise is received by faith. It is given as a free gift. And we are all certain to receive it, whether or not we live according to the law of Moses, if we have faith like Abraham's. For Abraham is the father of all who believe. That is what the Scriptures mean when God told him, "I have made you the father of many nations." This happened because Abraham believed in the God who brings the dead back to life and who creates new things out of nothing. [NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Lord Jesus, thank you, for removing the law's accusation against me. Thank you, for your grace that saturates _____. Help my unbelief. Increase the faith of _____ and me in your power to make all things new. Help _____ notice your life-giving presence and create something beautiful today. Amen.

How will I intentionally *nurture* _____ today:

Day Fourteen:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

John 3:8,16-17 The wind blows wherever it wants. Just as you can hear the wind but can't tell where it comes from or where it is going, so you can't explain how people are born of the Spirit. For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him. [NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for loving me even more than a parent. Thank you, for your Spirit that empowers _____. Help my unbelief. Give _____ and me strength to accept your grace. Help _____ notice your peace and be an instrument of that peace today. Amen.

How will I intentionally *nurture* _____ today:

Day Fifteen:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Matt 17:1-5 Six days later, three of them saw that glory. Jesus took Peter and the brothers, James and John, and led them up a high mountain. His appearance changed from the inside out, right before their eyes. Sunlight poured from his face. His clothes were filled with light. Then they realized that Moses and Elijah were also there in deep conversation with him. Peter broke in, “Master, this is a great moment! What would you think if I built three memorials here on the mountain—one for you, one for Moses, one for Elijah?” While he was going on like this, babbling, a light-radiant cloud enveloped them, and sounding from deep in the cloud a voice: “This is my Son, marked by my love, focus of my delight. Listen to him.” [MSG]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Holy God, thank you, for revealing yourself to me. Thank you, for your transforming life in _____. Help me to be still and listen. Give _____ and me strength to accept your grace. Help _____ notice your delight and show delight in another today. Amen.

How will I intentionally *nurture* _____ today:

Day Sixteen:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Exodus 17:5-7 GOD said to Moses, “Go on out ahead of the people, taking with you some of the elders of Israel. Take the staff you used to strike the Nile. And go. I’m going to be present before you there on the rock at Horeb. You are to strike the rock. Water will gush out of it and the people will drink.” Moses did what he said, with the elders of Israel right there watching. He named the place Massah (Testing-Place) and Meribah (Quarreling) because of the quarreling of the Israelites and because of their testing of GOD when they said, “Is GOD here with us, or not?” [NLT]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Holy God, thank you, for already being present where you lead me. Thank you, for your constant concern for _____. Help me to seek your guidance. Give _____ and me courage to lead. Help _____ notice someone who is in need today, and by your provision fill it. Amen.

How will I intentionally *nurture* _____ today:

Sunday: *Celebrate!*

Good and Gracious God, I celebrate your mindful attention on me and on _____. Thank you, for the work you are doing in and through us. Amen.

Day Seventeen:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Psalm 95:1-5, 8 Come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. Let us come to the LORD with thanksgiving. Let us sing psalms of praise to the LORD. For the LORD is a great God, a great King above all gods. The LORDS hands hold the depths of the earth and the mightiest mountains. The sea belongs to the LORD, made by the LORD. The LORDS hands formed the dry land, too. The LORD says, “Don’t harden your hearts as Israel did at Meribah, as they did at Massah in the wilderness.” [NLT]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Lord God, thank you, for sharing with me all of your creation. Thank you, for your attention that rests specifically on _____. Help me to make the room to be filled with gratitude. Open the eyes and ears and heart of _____ and me to notice with awe and wonder at all you have made and are making. Help _____ infect someone else with that same awe and wonder today. Amen.

How will I intentionally *nurture* _____ today:

Day Eighteen:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Romans 5:1-5 Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory. We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because God has given us the Holy Spirit to fill our hearts with his love. [~NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Lord God, thank you, for hope. Thank you, for your attention that rests specifically on _____. Help me to recognize the peace that Jesus made. Give _____ and me the endurance in our hard times. Help _____ notice the developing character and provide hope for someone who may be especially disappointed today. Amen.

How will I intentionally *nurture* _____ today:

Day Nineteen:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

John 4:23-29 But the time is coming—indeed it’s here now—when true worshipers will worship the Father in spirit and in truth. God is looking for those who will worship in spirit and truth. For God is Spirit, so those who worship God must worship in spirit and in truth.” The woman said, “I know the Messiah is coming—the one who is called Christ. When he comes, he will explain everything to us.” Then Jesus told her, “I AM the Messiah!” Just then his disciples came back. They were shocked to find him talking to a woman, but none of them had the nerve to ask, “What do you want with her?” or “Why are you talking to her?” The woman left her water jar beside the well and ran back to the village, telling everyone, “Come and see a man who told me everything I ever did! Could he possibly be the Messiah?” [~NLT]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Lord God, thank you, revealing yourself in spirit and in truth. Holy Spirit, thank you, for mindfulness of _____. You know me and love me, and love me by knowing me. Help _____ and me to know and love you more. Give _____ eyes to notice someone who needs to be truly known today and courage to share that love. Amen.

How will I intentionally *nurture* _____ today:

Day Twenty:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Isaiah 7:10-14 Then the LORD spoke to Ahaz again, saying, “Ask for a sign from the LORD your God to prove to yourself that these things are true. It may be a sign from as deep as the place of the dead or as high as the heavens.” But Ahaz said, “I will not ask for a sign or test the LORD.” Then Isaiah said, “Ahaz, descendant of David, listen carefully! Isn’t it bad enough that you wear out the patience of people? Do you also have to wear out the patience of my God? The Lord himself will give you a sign: The virgin will be pregnant. She will have a son, and she will name him Immanuel.” [NCV]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Almighty God, thank you, wanting to be in relationship with me. Holy Spirit, thank you, for wanting to be in relationship with _____. Open my ears to hear your voice, and my eyes to see signs of you. Help _____ and me to have the courage to follow the example of Jesus. Help _____ be the arms and feet of Jesus to someone who needs God’s comfort today. Amen.

How will I intentionally *nurture* _____ today:

Day Twenty-One:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Psalm 45:6-8 Your throne, O God, endures forever and ever. You rule with a scepter of justice. You love justice and hate evil. Therefore God, your God, has anointed you, pouring out the oil of joy on you more than on anyone else. Myrrh, aloes, and cassia perfume your robes. In ivory palaces the music of strings entertains you. [NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Lord Jesus, thank you, being justice and righteousness—consistently. Holy Spirit, thank you, for choosing to make your holy presence known to _____. Open my eyes to see you're your glory around me. Help _____ and me to notice the fragrance of your existence here and now. Help _____ be music to the ears of someone who just heard harsh words today. Amen.

How will I intentionally *nurture* _____ today:

Day Twenty-Two:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Psalm 40: 5-10 O LORD my God, you have performed many wonders for us. Your plans for us are too numerous to list. You have no equal. If I tried to recite all your wonderful deeds, I would never come to the end of them. You take no delight in sacrifices or offerings. Now that you have made me listen, I finally understand—you don't require burnt offerings or sin offerings. Then I said, "Look, I have come. As is written about me in the Scriptures: I take joy in doing your will, my God, for your instructions are written on my heart." I have told all your people about your justice. I have not been afraid to speak out, as you, O LORD, well know. I have not kept the good news of your justice hidden in my heart; I have talked about your faithfulness and saving power. I have told everyone in the great assembly of your unfailing love and faithfulness. [NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for your patience with me. Holy Spirit, thank you, for helping _____ understand who you are. Help me stay longer where you are, at the very center of my soul. Help _____ and me to notice your faithfulness today. Help _____ have the courage to be an instrument of your unfailing love this day. Amen.

How will I intentionally *nurture* _____ today:

Sunday: Celebrate!

Good and Gracious God, I celebrate your mindful attention on me and on _____. Thank you, for the work you are doing in and through us. Amen.

Day Twenty-Three:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Heb 10:4-10 But instead of removing awareness of sin, when those animal sacrifices were repeated over and over they actually heightened awareness and guilt. The plain fact is that bull and goat blood can't get rid of sin. That is what is meant by this prophecy, put in the mouth of Christ:

You don't want sacrifices and offerings year after year; you've prepared a body for me for a sacrifice.

It's not fragrance and smoke from the altar that whet your appetite. So I said, "I'm here to do it your way, O God, the way it's described in your Book."

When he said, "You don't want sacrifices and offerings," he was referring to practices according to the old plan. When he added, "I'm here to do it your way," he set aside the first in order to enact the new plan—*God's* way—by which we are made fit for God by the once-for-all sacrifice of Jesus. [MSG]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for making things right between you and me. Holy Spirit, thank you, for making things right between you and _____. Help me stop being motivated by societal rules, but to be motivated by our relationship. Help _____ to experience the freedom that comes from knowing that love is what matters. Give _____ the courage to be a little different while moving through today. Amen.

How will I intentionally *nurture* _____ today:

Day Twenty-Four:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Luke 1:35-38 The angel replied, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the baby to be born will be holy, and he will be called the Son of God. What’s more, your relative Elizabeth has become pregnant in her old age! People used to say she was barren, but she has conceived a son and is now in her sixth month. For the word of God will never fail.” Mary responded, “Here am I, the Lord’s servant. Let it be with me just as you say.” And then the angel left her. [~NLT]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Holy God, thank you, for *being* God with us. Holy Spirit, thank you, for your desire to be personally involved in the life of _____. Help me to abandon myself to the work of your Spirit in me as Mary did. Help _____ to be especially unconcerned today by the labels assigned by others. Give _____ the courage to walk this day with authentic belief that nothing is impossible with you. Amen.

How will I intentionally *nurture* _____ today:

Day Twenty-Five:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

1 Samuel 16:7 But the LORD said to Samuel, “Don’t be impressed with his looks or stature, for I have rejected him. The LORD doesn’t see things the way you see them. People judge by outward appearance, but the LORD looks at the heart.” [MSG/NLT]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Jesus, thank you, for knowing me as I am most truly. Holy Spirit, thank you, for loving _____ by knowing _____. Help me to pull down the façade of who I think others want me to be. Help greater insight of _____’s true self—the unique image of you—take place. Give _____ the courage to live fully into this awareness in a specific way this day. Amen.

How will I intentionally *nurture* _____ today:

Day Twenty-Six:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Psalm 23:1, 4a, 6a The Lord is my shepherd; I have all that I need. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Surely your goodness and unfailing love will pursue me all the days of my life. [NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Jesus, thank you, for knowing me as I am most truly. Holy Spirit, thank you, for loving _____ by knowing _____. Help me to pull down the façade of who I think others want me to be. Help greater insight of _____'s true self—the unique image of you—take place. Give _____ the courage to live fully into this awareness in a specific way this day. Amen.

How will I intentionally *nurture* _____ today:

Day Twenty-Seven:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Eph 5:8-14 For once you were full of darkness, but now you have light from the Lord. So live as people of light! For this light within you produces only what is good and right and true. Carefully determine what pleases the Lord and then do it. Don't waste your time on useless work, mere busywork, the barren pursuits of darkness. Expose these things for the sham they are. It's a scandal when people waste their lives on things they must do in the darkness where no one will see. Rip the cover off those frauds and see how attractive they look in the light of Christ. This is why it is said, "Wake up from your sleep, climb out of your coffins, and Christ will give you light." [NLT/MSG]

Line the *nest* of God's presence with this prayer for _____ and myself:

Jesus, thank you, for the energizing life of your light. Holy Spirit, thank you, for the light you shine on who _____ is most truly. Help me to pull down the façade of what I think others want me to do. Help _____ have the strength to climb out of the coffin of other's intimidations. Give _____ the courage to be exposed by your light and energized by that life. Amen.

How will I intentionally *nurture* _____ today:

Day Twenty-Eight:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

John 9:7, 30-33, 37-39 Jesus said to him, “Go, wash in the pool of Siloam” (which means Sent). Then he went and washed and came back able to see The man answered, “Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing.” . . . Jesus said to him, “You have seen [the Son of Man], and the one speaking with you is he.” He said, “Lord, I believe.” And he worshiped him. Jesus said, “I came into this world for judgment so that those who do not see may see, and those who do see may become blind.” [NRSV]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Jesus, thank you, for giving me faith by opening my eyes to see you as you are. Holy Spirit, thank you, for making yourself known to _____. Help my unbelief. Jesus, give _____ the faith to recognize you as you are. Help _____ share your healing love with someone who especially needs it today. Amen.

How will I intentionally *nurture* _____ today:

Sunday: *Celebrate!*

Good and Gracious God, I celebrate your mindful attention on me and on _____. Thank you, for the work you are doing in and through us. Amen.

Day Twenty-Nine:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Ezekiel 37:11-14 Then he said to me, “Mortal, these bones are the whole house of Israel. They say, ‘Our bones are dried up, and our hope is lost; we are cut off completely.’ Therefore prophesy, and say to them, Thus says the Lord GOD: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. And you shall know that I am the LORD, when I open your graves, and bring you up from your graves, O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the LORD, have spoken and will act, says the LORD.”
[NRSV]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Holy God, thank you, for constantly breathing into me fresh life. Holy Spirit, thank you, for making space and a place for _____. Help me to fully live who I am most truly today. Jesus, give _____ clearer understanding of identity in the context of the community. Help _____ see you act in a specific way today. Amen.

How will I intentionally *nurture* _____ today:

Day Thirty:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Psalm 130 From the depths of despair, O LORD, I call for your help.

Hear my cry, O Lord. Pay attention to my prayer.

LORD, if you kept a record of our sins, who, O Lord, could ever survive?

But you offer forgiveness that we might learn to fear you.

I am counting on the LORD; yes, I am counting on him. I have put my hope in his word.

I long for the Lord more than sentries long for the dawn, yes, more than sentries long for the dawn.

O Israel, hope in the LORD; or with the LORD there is unfailing love. His redemption overflows.

He himself will redeem Israel from every kind of sin. [NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, hearing my cries to you. Holy Spirit, thank you, for paying attention to the prayers of _____. Help me to trust your mindful attention of me more fully. Jesus, give _____ a real sense of hope today. Help _____ give your hope to someone who really needs it today. Amen.

How will I intentionally *nurture* _____ today:

Day Thirty-One:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Rom 8:10-11 It stands to reason, doesn't it, that if the alive-and-present God who raised Jesus from the dead moves into your life, this God will do the same thing in you that God did in Jesus, bringing you alive to God? When God lives and breathes in you (and God does, as surely as God did in Jesus), you are delivered from that dead life. With his Spirit living in you, your body will be as alive as Christ's!

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for being alive and present to me.
Holy Spirit, thank you, for living in _____ intentionally. Help me to know what it means to be alive to you in a specific way today.
Jesus, help _____ identify with you and see your life-giving presence. Help _____ be a life-giving presence to someone today. Amen.

How will I intentionally *nurture* _____ today:

Day Thirty-Two:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

John 11:21-27 Martha said to Jesus, “Lord, if only you had been here, my brother would not have died. But even now I know that God will give you whatever you ask.” Jesus told her, “Your brother will rise again.” “Yes,” Martha said, “he will rise when everyone else rises, at the last day.” Jesus told her, “I am the resurrection and the life. Anyone who believes in me will live, even after dying. Everyone who lives in me and believes in me will never ever die. Do you believe this, Martha?” “Yes, Lord,” she told him. “I have always believed you are the Messiah, the Son of God, the one who has come into the world from God.” [NLT]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Holy God, thank you, for concerning yourself with my concerns. Holy Spirit, thank you, for your mindful attention toward _____. Help my unbelief. Jesus, show your resurrection power to _____ in a real way today. Help _____ be an instrument of that power to someone this day. Amen.

How will I intentionally *nurture* _____ today:

Day Thirty-Three:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Psalms 118:22-29 The stone that the builders rejected has now become the cornerstone.

This is the LORD's doing, and it is wonderful to see.

This is the day the LORD has made. We will rejoice and be glad in it.

Please, LORD, please save us. Please, LORD, please give us success. Bless the one who comes in the name of the LORD. We bless you from the house of the LORD.

The LORD is God, shining upon us. Take the sacrifice and bind it with cords on the altar.

You are my God, and I will praise you! You are my God, and I will exalt you!

Give thanks to the LORD, for he is good! His faithful love endures forever. [NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, this day, the day you have made.

Holy Spirit, thank you, for all you have for _____ in this day.

Help me to have an attitude of wonder throughout this day. Jesus, help _____ to have a sense of wonder in this day. Help

_____ be an instrument of your faithful, enduring love to someone this day. Amen.

How will I intentionally *nurture* _____ today:

Day Thirty-Four:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Matt 27:28-31 They took off his clothes and put a red robe on him. Using thorny branches, they made a crown, put it on his head, and put a stick in his right hand. Then the soldiers bowed before Jesus and made fun of him, saying, "Hail, King of the Jews!" They spat on Jesus. Then they took his stick and began to beat him on the head. After they finished, the soldiers took off the robe and put his own clothes on him again. Then they led him away to be crucified. [NCV]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, help me to be mindful today of the lengths to which you took to make my relationship with you right. Holy Spirit, thank you, for going through heaven and hell to be with _____. Jesus, open the eyes of _____ to see you in a new way today. Help _____ be a tangible presence to someone this day. Amen.

How will I intentionally *nurture* _____ today:

Palm Sunday: *Celebrate!*

Good and Gracious God, I celebrate your mindful attention on me and on _____. Thank you, for the work you are doing in and through us. Amen.

HOLY WEEK

Day Thirty-Five:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Psalm 36:5-11 Your unfailing love, O LORD, is as vast as the heavens; your faithfulness reaches beyond the clouds. Your righteousness is like the mighty mountains, your justice like the ocean depths. You care for people and animals alike, O LORD. How precious is your unfailing love, O God! All humanity finds shelter in the shadow of your wings. You feed them from the abundance of your own house, letting them drink from your river of delights. For you are the fountain of life, the light by which we see. Pour out your unfailing love on those who love you; give justice to those with honest hearts. Don't let the proud trample me or the wicked push me around. [NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for loving me with a love that never runs out. Holy Spirit, thank you, for always being a safe space for _____. Jesus, open the eyes of _____ to see your light on your movement today. Help _____ actively be in solidarity with someone feeling pushed around this day. Amen.

How will I intentionally *nurture* _____ today:

Day Thirty-Six:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

1 Cor 1:25-31 Human wisdom is so tinny, so impotent, next to the seeming absurdity of God. Human strength can't begin to compete with God's "weakness." Take a good look, friends, at who you were when you got called into this life. I don't see many of "the brightest and the best" among you, not many influential, not many from high-society families. Isn't it obvious that God deliberately chose men and women that the culture overlooks and exploits and abuses, chose these "nobodies" to expose the hollow pretensions of the "somebodies"? That makes it quite clear that none of you can get by with blowing your own horn before God. Everything that we have—right thinking and right living, a clean slate and a fresh start—comes from God by way of Jesus Christ. That's why we have the saying, "If you're going to blow a horn, blow a trumpet for God." [MSG]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for choosing to stay with me in spite of myself. Thank you, for creating and knowing the true "somebody," the true worth of _____. Jesus, help _____ to sense the true inestimable personal worth in a real way today. Holy Spirit, work through _____ to bring honor to you in someone else's life this day. Amen.

How will I intentionally *nurture* _____ today:

Day Thirty-Seven:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Heb 12:1-3 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. Think of how people hurt themselves by opposing him; then you won't become weary and give up.
[NLT]

Line the *nest* of God's presence with this prayer for _____ and myself:

Holy God, thank you, for making the first move by giving me faith. Thank you, for surrounding _____ with angels constantly testifying to your glory. Jesus, help _____ not dwell on mistakes but be encouraged by your love today. Holy Spirit, work through _____ to encourage another with that same love this day. Amen.

How will I intentionally *nurture* _____ today:

Day Thirty-Eight:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

John 13:34-35 So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.” [NLT]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Holy God, thank you, for being mindful of me. Thank you, for being mindful of _____. Jesus, help _____ show your love by loving others. Holy Spirit, make _____ an instrument of your love to someone who especially needs it this day. Amen.

How will I intentionally *nurture* _____ today:

Day Thirty-Nine:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

Hebrews 10:16-19, 23-25 “This is the new covenant I will make with my people on that day, says the LORD: I will put my laws in their hearts, and I will write them on their minds.” Then he says, “I will never again remember their sins and lawless deeds.” And when sins have been forgiven, there is no need to offer any more sacrifices. And so, dear brothers and sisters, we can boldly enter heaven’s Most Holy Place because of the blood of Jesus. Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near. [NLT]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Holy God, thank you, for forgetting all of my mistakes.
Thank you, for always covering the mistakes _____ makes.
Jesus, help _____ to be steady in faith today. Holy Spirit,
give _____ opportunities to encourage many this day. Amen.

How will I intentionally *nurture* _____ today:

Day Forty:

Holy Trinity, center me now that I may *notice* Your creative intention, *nest* in the broad, safe space of Your presence, and intentionally *nurture* another with the same.

What word or phrase do I *notice* on which I may center:

1 Peter 4:7-11 Everything in the world is about to be wrapped up, so take nothing for granted. Stay wide-awake in prayer. Most of all, love each other as if your life depended on it. Love makes up for practically anything. Be quick to give a meal to the hungry, a bed to the homeless—cheerfully. Be generous with the different things God gave you, passing them around so all get in on it: if words, let it be God’s words; if help, let it be God’s hearty help. That way, God’s bright presence will be evident in everything through Jesus, and *he’ll* get all the credit as the One mighty in everything—encores to the end of time. Oh, yes! [MSG]

Line the *nest* of God’s presence with this prayer for _____ and myself:

Holy God, thank you, for the awesome power your love has. Thank you, for your bright presence so evident in _____. Jesus, give _____ an added sense of that presence today. Holy Spirit, help _____ be quick to be generous with your gifts to someone else this day. Amen.

How will I intentionally *nurture* _____ today: