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Season 3



Sometimes all it takes to change the world is a little light. Since our beginnings as a small bible study in 2015, we have been determined to make a positive impact in the spaces around us. The core of our efforts is to introduce you to the source of your light as we journey together through connection to Christ. He meets us in the most sacred of spaces...ordinary moments and everyday encounters. It is through these sacred spaces and through the collaboration of gifts that we hope to help you radiate a light that shines so brightly you inspire others to do the same.

OUR PURPOSE

"To be a people who gives light to everyone in the house," making the world a brighter, more hopeful place. *Matthew 5: 14-16*

OUR VISION

That every Christian would fully live into their created purpose, bringing a renewed vitality to the Body of Christ. *Eph 1:10; 1 Corin 12: 12-27*

OUR MISSION

Creating sacred spaces that ignite a renewal of our Christian faith and engage our God-aiven aifts.

OUR SACRED SPACES

Devotionals: Psalm 119:105 says, "Your word is a lamp to my feet and a light to my path." Diving into the Word brings clarity, creativity, and boldness into the daily journey of faith. In the pages of the Bible, we learn how to live wisely, which is the first step toward pursing our purpose. Through daily reflection, we learn to focus our eyes on God who is alive and present all around us.

Podcast: Can I Getta Amen podcast was formed as a medium to spread courage, hope, and contagious joy through the gift of conversation. We share our passion for personal growth and making the world a brighter place through the light of others' stories. Our guests are willing to explore their faith journey with us and share in the excitement of seeking a deeper meaning in life.

Gatherings: Through small groups and special events, we take time away from the busyness of life to gather in the presence of God. In these sacred spaces, we come together to glorify Him by communing in a warm and inviting environment that awakens our physical and spiritual senses.

Start spreading your light today! Visit wearethelightproject.org.





If you are walking into a new season of life...a dry season, a plentiful season, a waiting season, a busy season, a painful season, or a_____ season, YOU. ARE. IN. THE. RIGHT. PLACE! The intention behind this devotional-planner is to discover the inner peace that comes when we embrace where we are and walk in our purpose using our unique gifts and passions to serve others. I recommend using pages 8-9 to discover your light before you begin!

This devo-planner is not intended to be another to-do list, rather it is a mindful practice we can use to recognize how the unseen actions we do every day can be an opportunity to make a difference in the world around us. Let us recognize how the routines in our day are precious moments, and when captured can be become part of our purposed journey.

As time goes on, I encourage you to review your previous journals, and you may begin to see a pattern of God leading you down a path. Reflection has helped me significantly to see my blind spots and recognize the places where I was repeatedly getting stuck. But most importantly, journaling and reflection has allowed me to see the places where God met me and gifted me each day with blessings! Each evening reflection as well as page 174 will help you capture patterns and wisdom gained from this season.

Stick with the daily practice of praying, reading, reflecting, and journaling, even on the days when it's hard or when the inspiration doesn't come easy. Persistence and consistency are necessary to embrace distractions and lay a foundation for meeting God regularly in that sacred space. Pages 16-17 are essential steps that will guide you in this practice to get the most out of this experience.

Above all else, remember to give yourself grace! Focus on the One you are meeting in prayer, the God who cares for you, who walks with you, and who waits patiently for you to discover who He created you to be, just like a gentleman would. With all my love,

Kristi Fredien

About Me

I am married to Josh, my college sweetheart, and I am mom to Emmy and Evelynn, as well as our fur baby Bella. The idea for this book came to me at a time when I was feeling stuck and restless. Struggling to find my identity and purpose in the world, I longed to know why God created me. The answer to this question is one that will continue to unfold for the rest of my life. However, it's through this wandering journey that I discovered what I really longed for was the peace that passes all understanding. "Pursuing Peace" is a tool I am happy to share with anyone who might also be on a similar journey.

Every journey requires a loyal companion! I'd love to introduce you to my fellow collaborators on this special project. Some of them I've known for years and some for months. Each of them has a unique personality, a story to tell, and wisdom to share based on their particular season of life.

Special thanks to Laura Huval for the My Song contributions.

COMPANIONS on the JOURNEY

Brittany Lemoine Brittany lives in a small farm town in Avoyelles parish with her husband Chris and two little boys, Tripp and John Luke. Her calling as a mother is what strengthened her relationship with God to a deeper level that continues to grow. It's through having children she realized the all-encompassing love God has for each of us. It's now her goal to uplift mommas and women by meeting them where they are, extending arace, love and compassion.

Angie De Villier
Angie is a wife and mom to Evan, Ethan, and Amber. Angie and Joey have been married for 30 years. She has owned and operated her beauty salon in her hometown for 32 years, Angie's love of God and people have been an integral part of her life and business. During one of the darkest times of her life, being diagnosed with Ovarian cancer, she grew closer to God and was able to show others how God's Grace was sufficient. Her mantra became, "I can do All things through Christ who strenathens me."

Adriane Tiel

Adriane and her husband Jason have 2 girls, Lillian and Adelyne. Adriane works from home as a freelance graphic designer. Seeing God's fingerprints in her life has given her confidence in placing the present and future into God's hands. Growing through scripture, prayer and listening to the Holy Spirit brings her deeper and deeper into a relationship with Jesus.

Monica Rougeau

Monica is a wife and a mom to 3 beautiful children, Kassie, Kevin and Karson. She is the founder of Elevare International and an author who writes about the power of servant leadership. She spends her days meeting people where they are personally and professionally as she lives out her God-given passion of helping people rise above their struggles to transform into the servant leader they are called to be.

Greta Bordelon

Greta is a loving wife to her best friend Joe and a mother to 3. She loves to cook and has a passion for people. She is an Occupational Therapist in the outpatient and nursing home setting and she has come to learn that God gave her these big, strong hands in order to help her patient's feel better and heal faster. Her relationship with God is ever-evolving and she's learning to be okay with that. It's a beautiful life and she is so Blessed!

Tennifer Harris
Jennifer and her husband Brad live in Baton Rouge with two very active boys, Isaac and Jackson. She graduated from LSU, began her career in medical sales, and currently leads a sales team. Jennifer's faith in God has been instrumental in guiding her through life's challenges. It was not until starting this journey with The Light Project that her relationship with God grew deeper, so did the desire to make a positive impact on others.

Leah Landry

Leah is a certified life coach and small business owner. She, along with her husband James and her two kids Isabel and Saul, love living life fully, even though it's not always perfect. Leah is always on the search for deep connections with God and others. You can find her rocking on porches, warming cups of coffee, exploring art and music, and new places. These are the things that fill her cup.

Valerie is a wife and mother of 4, Cooper, Caroline, Charlotte, and Griffin. She along with her husband, Doug, are small business owners in their hometown of Crowley. Growing deeper and more confident in her faith and living her vocation as a wife and mother is what drives her to build a relationship with Christ. Her journey with The Light Project has brought her deeper into community and ignited her passion to see the good in others.

Alyse Blanchard
Alyse lives in Thibodaux, Louisiana, with her husband Gene, who is a sugarcane farmer, and their two children Grant and Georgia. She is passionate about her Catholic faith and grateful for the people in her life and the opportunity to serve her community as a clinical psychologist/neuropsychologist.

Melanie Bienvenu

Melanie is a wife to John, mother to Cecilia, Elijah, and Cole, physician, and educator. Being raised in a strong Catholic family helped to establish the foundation necessary to tackle and embrace life's adversities. Confronted since the age of 11 with Inflammatory Bowel Disease, Melanie developed a passion for helping people with their spiritual as well as their physical well-being. Being on this journey has inspired her to slow down, embrace a simple life, appreciate her blessings, and to care for all of God's people.

Alison Privat

Alison is a wife and mom of 3, Charlie, Graham, and Madeline. She graduated with a Business Administration and Marketing degree and later became a certified teacher. Alison taught for 8 years until she became a mom. Through these experiences, she found her passion for hospitality and her love for children. Most recently Alison felt a calling to dive deeper into her faith, and she currently uses her passions to serve the Light Project non-profit.

Elizabeth Boulet

Elizabeth, or Lizzy, and her husband, PJ, are both Crowley natives and are raising their three children, Kate, Peter John, and Charlotte, She attended ULL and currently works as a teacher in the tiny rural village of Estherwood, LA. Lizzy's strong faith in God has guided her through the darkness that life can sometimes bring. She is so thankful to have found a group of women with souls that crave the same thing as her own - finding the light. She is thrilled for the opportunity to be part of the Light Project and to connect with women on a journey similar to hers.

Kathryn Franklin
Kathryn is a genuine Cajun lady raised in a faith filled home who loves family, community and all things festival. She has been married to Michael for over 20 years and they have two daughters Allyson & Mallory. She is a passionate yet practical gal who can be known to settle most comfortably in a "be brief, be bright, be gone" way of life. Genuine friendships are her most treasured blessing, and she believes without a doubt that the people, places, and things you surround yourself influence your life.

Kayla Stansbury
Kayla has 1 main goal - to leave people better than she found them. She has an intense passion for people. Her hope is to make every encounter matter. If she can put a tiny smile on your face, make you belly laugh, make you feel less anxious, less alone, less stressed, more powerful, more free, more confident....If she can do or say anything that makes you feel so good that you pass that feeling on to someone else - her mission will be accomplished. Ripples make waves. Let's be better humans!

Purpose of Devo-Planner

This Devo-Planner serves as a tool to open our eyes to God's presence in this season and throughout ALL parts of our day...

- To slow down, reflect, and allow His Word to guide us as we seek deeper meaning in our lives.
- To accompany us in the daily discovery of our unique light in order to serve one another and glorify God.
- To identify the small actions that will help us in our pursuit for inner peace.
- To live intentionally by bringing awareness to the divine moments we might miss as well as the opportunities for spiritual growth. Each day and each breath are a gift.

presence of

We see Jod when we look for Him through...

Scripture – Reading God's living Word will renew our minds daily. It is a gift full of promises, wisdom, and nourishment for our day.

Reflection – Setting the tone for the day, we rest in the quiet and observe the beauty in all of God's creation.

Journaling – Reviewing our day in gratitude and identifying what we can surrender to God will help us to focus on what passions bring us joy.

Connection - Recognizing the unique gifts in ourselves and in one another allows us to celebrate who God is inside each of us



PURPOSE

Our purpose is what we were created for - the core from which our passions radiate. We were created to live in unity with God, first here on earth and ultimately in Heaven. We were designed to seek fulfillment through relationship with God and to be a living testimony of His love using our unique spiritual gifts.

PERSONALITY

Our God-given gifts allow us to serve the common good, to build up one another, and to serve and Glorify God together. Our gifts determine where we are placed in the Body of Christ for a specific purpose, like the pieces of a puzzle. Our temperament, experience, brokenness, and wisdom all play a part in forming our personality.

PASSIONS

Our passions are placed on our heart by God. They light us up and connect to us deep within our spirit. We find joy and spiritual well-being through pursuing those things that are most important to us, while also being willing to suffer in the pursuit of them. Our passions are often complimented by the spiritual gifts we are given by God.

PURSUIT

Pursuit is how we live out our passions. These are intentional steps that help us daily to walk in our purpose. When we pursue our passions each day, in both big and small ways, we are sure to grow in peace and fulfillment.

PEACE

It is when all of our spiritual gifts, passions, and pursuits align with one another that we begin to grow, flourish, and prosper in our purpose. This is where we live and radiate a "peace that surpasses all understanding". It doesn't mean our lives become perfect but instead that we accept life for what it is. We can fully embrace that God uses all of it for our good and His Glory.



Let's identify ways we can let God shine through our GIFTS!

Complete this section before starting the book and review throughout each week, as a reference. Use this list to find the path where God may be calling you to flourish.

G: What am I naturally gifted in doing?
I: What am I interested in learning more about?
F: Where do I find fulfillment? What makes me smile?
T: What do my family and friends treasure about me?
E: In what tasks or projects do I feel energized?
${f D}$: Where and how am I driven to serve others above myself?
8

My Companions

The people whom God puts on my path.

Who supports me in the pursuit of my passions?
Who challenges me to grow?
With whom can I share my gifts, beginning with those closest to me?

is the result of a need in our world converging with the light of our God given gifts & passions.



C PRAYER FOR companions

Dear Lord, Thank you for the people whom you have placed in my life. Help me to remember that they are a gift from you. As you received the support of many companions when you walked upon Earth, may the support of my companions strengthen me to love like you. Whether it is through giving or through receiving, help me to never take them for granted. Please bless them, keep them safe, give them strength and guide them in their purpose. Amen

"Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up...Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

Ecclesiastes 4: 9-10,12

Daily Examen

A WAY TO MEDITATE on scripture

WHAT IS LECTIO DIVINA?

Lectio Divina is a way of praying the scriptures, which can lead us deeper into God's word. We slow down. We read a short passage and chew on it slowly and carefully. We savor it. Scripture begins to speak to us personally, magnifying the union we have through Christ, who is himself the Living Word.

Preparation... Get comfortable. Open your mind and heart to God. Recognize the presence of the Holy Spirit.

- 1. **Read** (Lectio) Read the passage out loud, slowly allowing the words to resonate and settle in your heart. After a pause, re-read the passage out loud. During these first two readings, listen for the word or phrase that catches your attention and lights up for you.
- 2. **Reflect** (Meditatio) Take time to sit with your word or phrase. Re-read the passage quietly to yourself and listen to where the word connects with your life right now. Enter into the scene in your imagination. Carefully watch the people. Listen to how they interact. What do you hear and experience as you watch and listen?
- 3. **Pray** (Oratio)- Talk to God about the word or phrase he has highlighted and what's coming up. It may be helpful to journal. How has God addressed you in this Word and invited you to respond? Allow the Scripture to lead you into a prayer response.
- 4. **Rest** (Contemplatio) Rest in God's presence. Deeply receive God's word and His love. Give yourself some time to wait and be still before you reenter life as usual. Take God's word with you throughout the day. Return to it and remember it all day long. Stay with God until you feel nudged to leave this sacred space.

Note: Distractions can be turned into attractions. Inner pondering, rumination, or revisiting of memories can be an invitation for you to dialogue with God.

Action... As a result of encountering God in Sacred Scripture, we receive the grace to then serve others. As Pope Benedict XVI states in Verbum Domini, "We do well also to remember that the process of lectio divina is not concluded until it arrives at action (actio), which moves the believer to make his or her life a gift for others in charity" (no. 87).

Resources: www.loyolapress.com / www.saintandrewsabbey.com

*RSV-CE is the translations used for the verses included in this devotional. You are encouraged to read them in multiple translations for inspiration in prayer.

A WAY TO MEDITATE on your day

A great way to pray is to look for God's presence in your life. St. Ignatius Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern his direction for us. Try this version of St. Ignatius's prayer.

Become aware of God's presence. Look back on the events of the day in the company of the Holy Spirit. Ask God to bring clarity and understanding.

Review the day with gratitude. God is in the details. Use the gratitude and surrender sections in your journal to review the moments of your day.

Pay attention to your emotions. Reflect on the feelings you experienced during the day. What is God saying through these feelings?

Choose one feature of the day and pray from it. Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. Pray whether intercession, praise, repentance, or gratitude.

Look toward tomorrow. Ask God to give you light for tomorrow's challenges. Seek God's guidance. Pray for hope. Allow your feelings to guide your prayer.

End the Daily Examen with the Our Father.

Saint

Ignatius

Resource: www.ignatianspirituality.com

He who loves perfection must be filled with humility like a lamp with oil: for lamps are full within and give light without, and their influence makes itself felt in whatever direction they are turned.

Saint Ignatius of Loyola



From the belief that
I have to earn Your love

Deliver me, Jesus.

From the fear that I am unlovable

Deliver me, Jesus.

From the false security that I have what it takes

Deliver me, Jesus.

From the fear that trusting You will leave me more destitute

Deliver me. Jesus.

From all suspicion of Your words and promises

Deliver me. Jesus.

From the rebellion against childlike dependency on You

Deliver me, Jesus.

From refusals and reluctances in accepting Your will

Deliver me, Jesus.

From anxiety about the future

Deliver me, Jesus.

From resentment or excessive preoccupation with the past

Deliver me, Jesus.

From restless self-seeking in the present moment

Deliver me. Jesus.

From disbelief in Your love and presence

Deliver me. Jesus.

From the fear of being asked to give more than I have

Deliver me. Jesus.

From the belief that my life has no meaning or worth

Deliver me, Jesus.

From the fear of what love demands

Deliver me, Jesus.

From discouragement **Deliver me**, **Jesus**.

That You are continually holding me sustaining me, loving me

Jesus, I trust in you.

That Your love goes deeper than my sins and failings, and transforms me

Jesus, I trust in you.

That not knowing what tomorrow brings is an invitation to lean on You

Jesus, I trust in you.

That you are with me in my suffering

Jesus, I trust in you.

That my suffering, united to Your own, will bear fruit in this life and the next

Jesus, I trust in you.

That You will not leave me orphan, that You are present in Your Church

Jesus. I trust in vou.

That Your plan is better than anything else

Jesus, I trust in you.

That You always hear me and in Your goodness always respond to me

Jesus, I trust in you.

That You give me the grace to accept forgiveness and to forgive others

Jesus. I trust in vou.

That You give me all the strength I need for what is asked

Jesus. I trust in vou.

That my life is a gift

Jesus. I trust in vou.

That You will teach me to trust You

Jesus, I trust in you.

That You are my Lord and my God

Jesus, I trust in you.

That I am Your beloved one

Jesus, I trust in you.

Written by Sr. Faustina Maria Pia, SV; Sisters of Life. www.sistersoflife.org.

PRAYERS For SURRENDER

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you and I hope that I have that desire in all that I am doing. And I know that if I do this, you will lead me by the right road although I may know nothing about it. Therefore, will I trust you always though I may seem to be lost and in the shadow of death, I will not fear, for you are ever with me and you will never leave me to face my perils alone.

Thomas Merton

...

I surrender to you today with all my heart and soul. Please come into my heart in a deeper way. Help me to hold nothing back. Holy Spirit, bring me closer to the person of Jesus Christ. I surrender all to you: my time, my treasures, my talents, my health, my family, my resources, my work, relationships, time management, successes and failures. I release it and let it go. I surrender my understanding of how things 'ought' to be, my choices and my will. I surrender my weaknesses and strengths to you. I surrender my emotions, my fears, my insecurities. I especially surrender _____. Lord, help me to trust my whole life to you, the past, the present, and the future.

Anonymous



PRAYERS for GRATITUDE

Oh God, I am so overwhelmed with gratitude for all that you give me. I often do not have the words to thank you sufficiently. I look around and see so much beauty and so many blessings. I pray that I can delight in your creation in the same way that you delight in me. May the Holy Spirit, my helper, move my prayers of thankfulness to fully express my heart. And thank you for all those whom you put in my life. Let me never take them for granted. Amen

•••

As I rise out of bed this morning, thank you for my feet to walk the path you have set apart for me. Thank you for my hands that they can bless others who are on my path. Thank you for my eyes that they may see your beauty in all things and in all people. Thank you for my lips that they may speak words of kindness, love, and glorify you. Thank you for my nose that I may smell your sweet fragrance. Thank you for my ears that they will listen well, not only to your guidance, but to others as we journey together. Thank you for my heart that calls me to respond with love to all these things in your name. Amen

Contributed by Kristi, Predien

Poetry PRAYERS

Use these prayer poems for encouragement and for reflection. Poetry prayers are written from the heart, allowing verses and God's creation to guide us in praise and reminding us of His love.

Psalm 1: 1-2 A Joyful Prayer

Lord, my joy is in you, in your word, Your word is a love letter to me. As long as I follow you, my life will flourish and I will prosper. As long as I follow you, I will not grow weak or tired of doing your will! Thank you for these promises. Amen

Isaiah 40:31 A Prayer for Strength

Lord, you are my strength. If I wait on you, I will soar above adversity. I will walk and run without tiring, because You, are the source of all my strength unending, eternal, Amen

A Prayer of Kindness

God, your kindness overwhelms and ignites my heart, for You, I promise...!'ll do my part. To be kind to everyone I meet, whether it is a kind word or deed, We are all called to be God's body, His hands, His feet. God, you alone know my soul, and kindness will be my daily goal. Amen

A Prayer for Trust

Trust is easier said than done, like how God keeps the oceans contained and at the perfect moment...rises the sun. Yet, He is the one who created it all, the ultimate mastermind... We cannot fathom how or why, and no greater love than His will we find. An open mind and an open heart, is truly the beginning of trust, it's in that beginning where we need to start. Help me to trust you Lord! Amen

God As Love

Oh my love, how strong are you? So compassionate, giving, true. You, my love, come to me every day, I am the one whom sometimes, pushes away. Then, you come to me again in a sunrise, with such beauty, I can't believe my eyes. At night, you are the gentle cooing of a dove, or a fiery sunset for my eyes to behold. You, Love, have a treasure that is more valued than any precious gem or gold. Amen

Contributed by Angie De Villier



Morning PRAYERS

As the sun rises on this day, I offer up my mind, body, and soul to you. Guide my thoughts and actions, and inspire me to be bold in my faith. In the most mundane tasks, help me to seek your presence as a reminder that each moment of my day is a gift from you. Thank you, God, for giving me another day to seek your face. Amen.

God, go before me this day. Protect my family and all those I love as we live in a world that can feel overwhelming. Keep our spirits full of your peace and joy. I pray for those who are sad, sick, lonely, and lost. Guide them into your loving presence and help all of those who follow you to be graceful in our encounters with people we don't understand. Let us remember how graceful you are to us. Amen

"The Church invites us to call upon the Holy Spirit every day, especially at the beginning and the end of every important action." CCC 2670-2672

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.



Evening PRAYERS

Lord, ease my mind and cleanse my spirit from anything that I have attached to today that is not your will. Thank you for the grace and mercy you have shown me. Help me to rest while your Spirit continues to speak truth to my soul. Prepare me for another day ahead as I lay down my worries at your feet. Protect those I love and keep us safe, especially in our most vulnerable moments. Amen

Wrap me in your arms, Lord. Stay with me while I fall asleep. Help me to feel secure in the warmth of your presence. Bring peace and consolation to my heart as I let go of my mistakes and worries into your hands. Help me to not pick them back up tomorrow. Thank you for your constant mercy. Help me to love like you do. Amen

Contributed by Kristi Fredien

How do I do this?

Tips for Reflection

— & Journaling

1- Embrace the season

Ecclesiastes 3:1 says, "For everything there is a season." Seasons have a way of restoring our hope in the Lord because we know the tough times will soon pass and new promises are waiting to be revealed. God designed all of creation to reflect a unique facet of His glory. Seasons reveal so much about His creativity and consistency. We are called to seek His good purposes and consider the gifts of our time, capacity, knowledge, resources, and people who are doing life with us. Whichever season we find ourselves in, we can trust that God is making everything beautiful for its time.

2- Create Sacred Space

In order to create space in our day, we can take the already established moments and use our time more intentionally. What if we...Worshiped while driving, reflected in the bath, practiced gratitude while cleaning up the mess or while folding clothes - each piece of laundry can represent something for which we are grateful.

It's essential to take a quick inventory of those things that plague our mind or cause us to feel unrest. Ruminations can be opportunities for surrendering to God. To gain further clarity and make room for relationship with God, we can fast from anything that we reach for in times of stress. For example, turning off the radio in the car and fully experiencing the scene while we drive allows our mind and heart to be available to God. Setting technology limits for ourselves and inviting family to participate makes us available to those we love.

3- Breathe

Our breath is powerful. Think about it. With just one breath, God breathed life into dust creating Adam, and He continues to breathe new life over us each and every day! During reflection time, we focus on breathing in the life and peace of Jesus, and breathing out the things that are weighing us down. Recognizing that every breath is a gift magnifies our appreciation for Jesus, our Savior. On each inhale say, "Jesus" and on each exhale say, "I Surrender to You." Let's get creative - you can also make up your own!

4- Let it Flow

Getting started can also be hard when the paper is blank. The brief notes sections in the daily purpose are meant for brief thoughts and action that inspire us. As we grow in this space, adding journal paper can help us to go deeper. The Holy Spirit is our helper so we can always ask Him for guidance and inspiration.

Journaling brings clarity and freedom, it's just that simple. It removes the chains from our thoughts and allows us to feel everything inside of us without judgement. The act of writing things down not only helps us to better remember, but it also allows us to go deeper and awaken our feelings. Nevertheless, avoidance of reflection and journaling is common. Many of us have the tendency to want what we write down to be perfect. Fear of vulnerability with our thoughts and dreams also has the potential to keep us from journaling as we worry who else might read it.

5- Find Companions

Having an accountability partner in the form of a companion can help to bring awareness to those moments where we get stuck. As we allow others to help us, we become more self-aware of what barriers keep us from truly reflecting and expressing what is sometimes hidden in our hearts.

Putting our Purpose into Practice ———





MY PURPOSE

The Finding Your Light section starting on page 8 focuses on the big picture of our lives. Our passions may change depending upon seasons, accomplishments, and life circumstances, but the focus is to remain intentional in living on our unique path. Continue to refer back to the Finding Your Light section monthly as a way to assess your gifts and track your progress in your pursuits.



WEEKLY PURPOSE

Each week, we deep dive and reflect on one scripture verse chosen by one of our contributors. Because Jesus is the Word and our Light on this path, connecting with him brings us wisdom, clarity, and inspiration to grow in virtue. On Sundays, we begin a new week by reading, reflecting, and planning our pursuit for the days that follow, allowing the scripture verse and virtues to guide us in living intentionally.



DAILY PURPOSE

Each morning is an opportunity to reflect deeper on our weekly verse. Here we focus on living out the Word as well as the action steps, or our pursuit, associated with our using our gifts we discovered on page 8. The daily reflection section also allows us time to examen the little moments in our day.

It's in the Daily Purpose that we carve out sacred spaces for a few essentials to keep our minds renewed:

- 1- Notes and purposed steps: After reading our verse and pondering on the question, we take a minute as the Holy Spirit breathes life into our steps for the day. The chosen virtue for the week can inspire our steps. Also, asking ourselves, "How can I best use my gifts in this season of life and who can I best serve?" If we write it down, we are more likely to commit, which will bring us a sense of peace and fulfillment.
- 2- Gratitude: Celebrating what brings us joy and looking for the blessings in each day helps us to refine our spiritual senses for God's presence.
- 3-Surrender: The places where we may feel restless, irritable, and anxious are the areas where we continue to ask God for help in surrendering back to Him. We aren't meant to carry these burdens, but to lay them down daily at the foot of the Cross. Psalm 37:7 says, "Be still in the presence of the Lord, and wait patiently for him to act."



Allow the Word to be the guiding light to living your purpose this week.

Matthew 7:3

Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye?

My Song:

"Jesus, Friend of Sinners" by Casting Crowns

Contributed by Melanie

My Virtue: Kindness

Kindness begins with the understanding that we all struggle.

- Charles Glassman

Prepare	
(Silencio)	

Put yourself in the presence of the Holy Spirit. Become quiet and offer yourself to God.

Read (Lectio)

Consider reading in multiple translations. Allow the words to settle in your heart. Re-read the passage loud one last time. Listen for the words that light up for you and make note of them here.

Reflect	
Meditatio)	

Where does the word connect with my life now? Who do I most identify with in the scene? What does this passage say about Jesus?

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Reflect (Meditatio)

Now using your imagination & senses, journal the following about the scene in this verse.

Pray (Oratio)	ing you to respond? Allow the Scripture to lead you into prayer response.
(Oratio)	ing you to respond? Allow the Scripture to lead you into prayer response. If needed, journal this conversation on another sheet.
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Matthew 7:3

Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye?



In what ways do I allow myself to be vulnerable in self-reflection? What does it feel like to be vulnerable with God?

What steps can I take so that I am not quick to judge others?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests



KINDNESS

Purposed steps to take this week:

- Use the Daily Examen on page 11. Where did I practice kindness?
- Confess my sins.

100

- Give an unprovoked compliment.
- Pray the Litany of Humility.

100



How does pride keep me blinded from loving others unconditionally? What can I do to overcome my pride?

How can I better see other's gifts rather than their faults?

Votes: PURPOSED STEPS	Votes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests
Q	9



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What efforts can I pursue to avoid the temptation of sin?

In review of my week, what did I experience that fed my spirit & brought me joy? What actions taken filled me up? To whom can I express gratitude this weekend?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
	Gratitude:
Cumanalan	Surrender:
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Prayer Requests	Prayer Requests
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weekly Purpose



What wisdom have I gained that I



can take into this new week?	Frayer Keguests
Notes: PURPOSED STEPS	
Sunday Ser	vice Notes
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Allow the Word to be the guiding light to living your purpose this week.

Mark 11: 23-24

Truly, I say to you, whoever says to this mountain, 'Be taken up and cast into the sea,' and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you receive it, and you will.

My Song:

Seek Ye First by Karen Lafferty

Contributed by Alyse

My Virtue: Prayerfulness

"Prayer is a surge of the heart; it is a simple look turned toward heaven..."

- St. Therese of Lisieux

Prepare	
(Silencio)	

Put yourself in the presence of the Holy Spirit. Become quiet and offer yourself to God.

Read (Lectio)

Consider reading in multiple translations. Allow the words to settle in your heart. Re-read the passage loud one last time. Listen for the words that light up for you and make note of them here.

Reflect	
(Meditatio)	

Where does the word connect with my life now? Who/What do I most identify with in the scene? What does this passage say about Jesus?

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Reflect (Meditatio)

Now using your imagination & senses, journal the following about the scene in this verse.

Pray	Talk to God about the word(s) He revealed. How is He inviing you to respond? Allow the Scripture to lead you into
(Oratio)	prayer response.
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T

What does my prayer life look like currently?

How can I increase the boldness of my prayers? What is holding me back from asking for what I need from God?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests



Purposed steps to take this week:

- Thank God for three blessings daily.
- Pray with the song for the week.
- Attend daily Mass.



• Spend an extra 10 minutes reading the Gospel of Mark.







What am I praying for persistently?

How do I experience God's answers to my prayers?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	_ Surrender:
Prayer Requests	Prayer Requests
10.	5



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What new prayer habit can I embrace the rest of this week?

1/4

In review of my week, what did I experience that fed my spirit & brought me joy? What actions taken filled me up? To whom can I express gratitude this weekend?

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Surrender:	Surrender:
Prayer Requests	Prayer Requests

weekly Purpose





What wisdom have I gained that I can take into this new week?	Prayer Requests
Notes: PURPOSED STEPS	
Sunday Ser	vice Notes
107	



Allow the Word to be the guiding light to living your purpose this week.

John 12: 24-26

Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit. He who loves his life loses it, and he who hates his life in this world will keep it for eternal life. If any one serves me, he must follow me; and where I am, there shall my servant be also; if any one serves me, the Father will honor him.

My Song:

Lose My Soul by Toby Mac

Contributed by Angie

My Virtue: Humility

Virtue is the freedom from pride or arrogance.
-Unknown

Prepare	
(Silencio)	

Put yourself in the presence of the Holy Spirit. Become quiet and offer yourself to God.

Read (Lectio)

Consider reading in multiple translations. Allow the words to settle in your heart. Re-read the passage loud one last time. Listen for the words that light up for you and make note of them here.

Reflect	
Meditatio)	

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Reflect (Meditatio)

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John 12: 24-26

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T

Jesus chose to die to serve many. How can I choose to serve others today? Today, before I act or react, let me think about W.W.J.D (What would Jesus Do?)

Journal about your day later.

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests



- HUMILITY

Purposed steps to take this week:

- Give up a luxury today.
- Do something kind without expecting praise.
- Praise someone for a deed well done.
- Talk to someone about Jesus today.







The path to Heaven is humility. What is blocking my path (greed, pride, honor)? Review your purposed steps for this week. Journal about your experience.

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests
111	



Pray the Litany of Humility. Does anything speak to me? Where can I become more humble?

In review of my week, what did I experience that fed my spirit & brought me joy? What actions taken filled me up? To whom can I express gratitude this weekend?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
	-
Gratitude:	Gratitude:
Surrender:	Surrender:
	-
Prayer Requests	Prayer Requests

weekly Purpose





What wisdom have I gained that I can take into this new week?	Prayer Requests
Notes: PURPOSED STEPS	
Sunday Ser	vice Notes
113	



Allow the Word to be the guiding light to living your purpose this week.

Matthew 5: 14-16

You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.

My Song:

This Little Light of Mine by Sam Cooke

 $Contributed\ by\ Brittany$

My Virtue: Charity

"It is in giving that we receive."

– St. Francis of Assisi

Prepare	
(Silencio)	

Put yourself in the presence of the Holy Spirit. Become quiet and offer yourself to God.

Read (Lectio)

Consider reading in multiple translations. Allow the words to settle in your heart. Re-read the passage loud one last time. Listen for the words that light up for you and make note of them here.

Reflect
Meditatio)

Where does the word connect with my life now? Who/What do I most identify with in the scene? What does this passage say about Jesus?

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	114		

Reflect (Meditatio)

Now using your imagination & senses, journal the following about the scene in this verse.

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Pray (Oratio)	Talk to God about the word(s) He revealed. How is He invi ing you to respond? Allow the Scripture to lead you into prayer response. If needed, journal this conversation on another sheet.
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	Vision for Week

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T

We may experience little deaths to self by putting others' needs before our own. What acts of service will my day entail? When have I felt God's love? Bask in these wonderful memories. How will I spread this overwhelming love to others today?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
	Surrender:

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Prayer Requests



- CHARITY

Purposed steps to take this week:

- Speak words of enouragement.
- Abstain from complaining.
- Provide a meal for a family.

• Lift others by writing a positive post-it note for them to see.





Th

Psalm 63: 5 "My soul shall be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips." How will I speak the truth today? Jesus calls us to spread His word. Often times actions speak louder than words. How will I let my actions spread the Glory of God today?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Draw our Do averable	Drewer De avenda
Prayer Requests	Prayer Requests



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What habit(s) will I form to bring me closer with God, thereby extending His grace and showing His love more readily throughout my life? In review of my week, what did I experience that fed my spirit & brought me joy? What actions taken filled me up? To whom can I express gratitude this weekend?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests

weekly Purpose





What wisdom have I gained that I can take into this new week?	Prayer Requests
Notes: PURPOSED STEPS	,
Sunday Ser	vice Notes
119	



Allow the Word to be the guiding light to living your purpose this week.

Luke 17:5-6

The apostles said to the Lord, "Increase our faith!" And the Lord said, "If you had faith as a grain of mustard seed, you could say to this sycamine tree, 'Be rooted up, and be planted in the sea,' and it would obey you.

My Song:

Oceans (Where feet may fail) by Hillsong United

Contributed by Greta

My Virtue: Faith

"Faith lifts the soul. Hope supports it. Experience says it must. And Love says let it be!" - St. Elizabeth Seton

Prepare (Silencio)

Put yourself in the presence of the Holy Spirit. Become quiet and offer yourself to God.

Read (Lectio) Consider reading in multiple translations. Allow the words to settle in your heart. Re-read the passage loud one last time. Listen for the words that light up for you and make note of them here.

Reflect (Meditatio) Where does the word connect with my life now? Who/What do I most identify with in the scene? What does this passage say about Jesus?

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Reflect (Meditatio)

Now using your imagination & senses, journal the following about the scene in this verse.

hat do I see? • W hat do I feel? Wh	o or what can I touch?
Pray (Oratio)	Talk to God about the word(s) He revealed. How is He inviting you to respond? Allow the Scripture to lead you into a prayer response.
	If needed in med this convergation on another sheet
ssing/Adoration,	If needed, journal this conversation on another sheet. Petition, Thanksgiving, Praise, or Intercession
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Rest	Petition, Thanksgiving, Praise, or Intercession Rest in God's presence. Deeply receive God's word & res
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Luke 17: 5-6

The apostles said to the Lord, "Increase our faith!" And the Lord said, "If you had faith as a grain of mustard seed, you could say to this sycamine tree, 'Be rooted up, and be planted in the sea,' and it would obey you.





We might think of faith as something that we HAVE vs. something that we DO. Would I characterize my faith as being active or passive? How so?

In what ways can I emulate the apostles' request to 'increase their faith'? Where can I petition the Lord to begin this work in me?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratifude:
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solielidel.	soliender.
Prayer Requests	Prayer Requests



Purposed steps to take this week:

- Complete the Surrender section each day and trust God's got it.
- Pray the Serenity Prayer.

• Share how God revealed himself to you this week with a friend.







What worries keep me from pursuing my faith further? What can I lay at the foot of the cross today?

In addition to this devotional, what steps am I taking to "increase my faith"?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests
123	



Sa

What resources around me, be it people, bible studies, or literature, can I utilize to help me on my journey to be more faith-filled? In review of my week, what did I experience that fed my spirit & brought me joy? What actions taken filled me up? To whom can I express gratitude this weekend?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests

weekly Purpose





What wisdom have I gained that I can take into this new week?	Prayer Requests
Notes: PURPOSED STEPS	·
Sunday Ser	vice Notes
125	



Allow the Word to be the guiding light to living your purpose this week.

Matthew 5:8

"Blessed are the pure in heart, for they shall see God."

My Song:

The Beatitudes by Hillsong United

Contributed by Jennifer

 $My\ Virtue: \ {}_{\text{of Heart}}$

"A pure heart allows the love of God to flow through it for others, holding nothing for itself." Unknown

Prepare	
(Silencio)	

Put yourself in the presence of the Holy Spirit. Become quiet and offer yourself to God.

Read (Lectio)

Consider reading in multiple translations. Allow the words to settle in your heart. Re-read the passage loud one last time. Listen for the words that light up for you and make note of them here.

Reflect
Meditatio)

Where does the word connect with my life now? Who/What do I most identify with in the scene? What does this passage say about Jesus?

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	126	

Reflect (Meditatio)

Now using your imagination & senses, journal the following about the scene in this verse.

Talk to God about the word(s) He revealed. How is He inviting you to respond? Allow the Scripture to lead you into a prayer response. If needed, journal this conversation on another sheet.
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Rest in God's presence. Deeply receive God's word & rest in His presence & love. Stay in the arms of God until you feel prompted to leave.
Vision for Week
Words & Actions God's Word with you into the week. Return to it often. e words, images & prayer you want to guide this week's actions.

Matthew 5:8

Blessed are the pure in heart, for they shall see God.

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T

What does it mean to have a pure heart?

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How does a pure heart help me to see things according to how God sees them?

Votes: PURPOSED STEPS	Votes: PURPOSED STEPS
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Surrender:	Surrandar
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Prayer Requests	Prayer Requests
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PURITY OF

Purposed steps to take this week:

- Begin and end your day in prayer.
- Fast from what pulls you away from God.

• Ask a child to tell you what they know about God.







How does the world define happiness?
What keeps me from being singlehearted towards God?

What modern-day idols commonly tempt me away from having clean hands and a pure heart before God?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests
129	



Sa

What does the word "blessed" mean to me? How would being blessed according to Jesus change our lives? In review of my week, what did I experience that fed my spirit & brought me joy? What actions taken filled me up? To whom can I express gratitude this weekend?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests

weekly Purpose





What wisdom have I gained that I can take into this new week?	0 D 1
Carriage into mistic worky	Prayer Requests
Notes: PURPOSED STEPS	
Sunday Ser	vice Notes
131	



Allow the Word to be the guiding light to living your purpose this week.

Luke 11:2-4

And he said to them, "When you pray, say: "Father, hallowed be thy name. Thy kingdom come. Give us each day our daily bread; and forgive us our sins, for we ourselves forgive every one who is indebted to us; and lead us not into temptation.

My Song:

Surrounded (Fight my Battles) by Kari Jobe

Contributed by Kathryn

 $My\ Virtue \hbox{: } \hbox{Holiness}$

Pray without ceasing.

Prepare	
(Silencio)	

Put yourself in the presence of the Holy Spirit. Become quiet and offer yourself to God.

Read (Lectio)

Consider reading in multiple translations. Allow the words to settle in your heart. Re-read the passage loud one last time. Listen for the words that light up for you and make note of them here.

Reflect (Meditatio)

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Reflect	
Meditatio)	

Now using your imagination & senses, journal the following about the scene in this verse.

What do I see? • What do I hear? • What can I smell? • Can I taste anything? Describe. What do I feel? Who or what can I touch?		
Pray (Oratio)	Talk to God about the word(s) He revealed. How is He inviting you to respond? Allow the Scripture to lead you into a prayer response. If needed, journal this conversation on another sheet.	
Blessing/Adoration, F	Petition, Thanksgiving, Praise, or Intercession	
Rest	Rest in God's presence. Deeply receive God's word & rest	
(Contemplatio)	in His presence & love. Stay in the arms of God until you feel prompted to leave.	
Г	Vision for Week	
	Words & Actions God's Word with you into the week. Return to it often. 'the words, images & prayer you want to guide this week's actions.	

100

And he said to them, "When you pray, say: "Father, hallowed be thy name. Thy kingdom come. Give us each day our daily bread; and forgive us our sins, for we ourselves forgive every one who is indebted to us; and lead us not into temptation.



pray in my day?

What keeps me from making time to In what areas in my life or parts of my day can I cling to repetitive prayer to bring me peace? What words will I repeat?

100

J Votes: PURPOSED STEPS	Votes: PURPOSED STEPS
Gratitude:	Gratitude:
••••••	
Surrender:	Surrender:
Prayer Requests	Prayer Requests



- HOLINESS

Purposed steps to take this week:

- Pray the Our Father each day.
- Fast from social media.
- Say the Rosary in your prayer time.
- Spend time in adoration.



Jesus craves a relationship with me. What can I do today to invite him into my life to be my best friend?

Jesus teaches us to pray through imitation. Who am I imitating in my life? Would Jesus be proud of me?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests
135	



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By clinging to the words of the "Our Father", I take one small step towards holiness. How will I pursue holiness today? In review of my week, what did I experience that fed my spirit & brought me joy? What actions taken filled me up? To whom can I express gratitude this weekend?

Notes: PURPOSED STEPS	Notes: PURPOSED STEPS
Gratitude:	Gratitude:
Surrender:	Surrender:
Prayer Requests	Prayer Requests

weekly Purpose



What wisdom have I agined that I



can take into this new week?	Prayer Requests
Notes: PURPOSED STEPS	
Sunday Ser	vice Notes
137	