

Sunday

Morning Prayer

Thank you God for

1. _____
2. _____
3. _____

.....in my life.

Evening Prayer

This evening I thank you Lord for these 3 good things in my life.

Silently pray ma-ra-na-tha (Come Lord Jesus) for 1 minute in the tradition of Christian Meditation.

Glory be to the Father,
And to the Son,
And to the Holy Spirit:
As it was in the beginning,
Is now and ever shall be,
World without end.
Amen

Special thanks to Tony Cosentino for the concept of this book

3 Good Things

Book

Christian Meditation

Simply put, Christian Meditation is about standing the quiet of the heart and meeting God there. It involves descending beneath the noise of our chattering minds, our aches, pains and emotions to a place of deep encounter with God, dwelling within.

1. Sit still and upright with your back straight.
2. Place both your feet flat on the floor.
3. Close your eyes lightly.
4. Be aware of your normal breathing pattern for a minute or two as you relax.
5. Silently, interiorly, begin to say your single word.
6. Listen to the sound of your mantra as you say it, gently and continuously.
7. Do not think or imagine anything – spiritual or otherwise.
8. If thoughts and images come, these are distractions at the time of meditation; keep returning to simply saying the word.
9. Maintain this stillness for the entire period of the meditation.

(Adapted from the Canadian Christian Meditation Community by Tony Cosentino). <http://www.wccm-canada.ca/>)

Monday

Morning Prayer

Thank you God for

7. _____

8. _____

9. _____

.....in my life.

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Saturday

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4. _____

5. _____

6. _____

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Friday

Morning Prayer

Thank you God for

13. _____

14. _____

15. _____

.....in my life.

Evening Prayer

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World without end.
Amen

Tuesday

Morning Prayer

Thank you God for

10. _____

11. _____

12. _____

.....in my life.

Evening Prayer

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World without end.
Amen

Wednesday

Morning Prayer

Thank you God for

16. _____

17. _____

18. _____

.....in my life.

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Thursday

Morning Prayer

Thank you God for

19. _____

20. _____

21. _____

.....in my life.

Evening Prayer

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