

Daily Readings Week 6

10/6	Sunday	Exodus 32:1-14	The Golden Calf
10/7	Monday	Exodus 32:15-20; 34:1-10	Moses Makes New Tablets
10/8	Tuesday	Deuteronomy 1:19-33	Israel's Refusal to Enter the Land
10/9	Wednesday	Deuteronomy 1:34-40; 2:1-8	Israel's Years in the Desert
10/10	Thursday	Deuteronomy 6:1-9	The Great Commandment
10/11	Friday	Joshua 1:1-9	God's Call to Joshua
10/12	Saturday	Joshua 23:1-15	Joshua's Wisdom to the People

This week's theme centers around our personal responsibility to obey God in his promises. As you read the daily Scriptures, think about the responsibility you take for obeying the promises of God, and the consequences and rewards for holding on to the promises of God.

Prayer Journal Week 6



Twinsburg Congregational Church

October 6-12, 2024

Centering Prayer, a surrender method of meditation, or contemplative prayer, that reaches back to the early days of Christianity. It has in its concepts the idea of going to the center, the center of our being and the center of being.

HOW TO “DO” CENTERING PRAYER:

- Find a quiet space where you are unlikely to be disturbed.
- Sit in a way that allows you to be relaxed in body and alert in mind. Use a chair, meditation cushion or prayer rug, according to your own physical needs and preferences.
- Gently close your eyes.
- “Allow your heart to open toward that invisible but always present Origin of all that exists.”
- Whenever you become aware of a thought, no matter what its nature, let it go.
- Use a “sacred word”

This is a word or short phrase that helps you to let go of thoughts. It is a reminder of your intention to remain open to the silence. Generally sacred words fall into one of 2 categories: “God” words/phrases such as “Abba”, “Jesu”, “Reality”, “Come Lord” or “state” words/phrases such as “love”, “peace”, “be still”. Sacred words are not used as mantras, as in constantly repeating them, but as a reminder of your intention to remain open.

- Continue this practice for 20 minutes. At the end of the time get up and go about your business, leaving the practice behind, in the same way you let go of your thoughts.
- People who are just beginning, and are particularly restless in mind and body, may find it easier to start off with shorter

prayer periods, perhaps only 5 minutes per sit to start. Then after a few days extend the time to 10 minutes and so on until you are able to sit for 20 minutes. Give the practice at least 2 weeks before you decide if it is right for you.

Daily Prayer Time

Interact with Scripture:

What is the promise of God in the daily Scripture? How is the provision of God working in this passage?

Interact with the World:

What is the value of keeping the promise of God? God’s promises are for us to use to orient our lives? Where do you see that failing?

Interact with myself:

What are some insights about me, my attitudes, my responses, or my actions can I gain from this passage? How can I keep the promises of God centered in my thoughts and life?

Interact with God:

What one thing is God saying to you here? What can you appreciate about God? I now understand that God’s provisions come to me as _____.

What three things are you praying about today?

What needs are your burden?