



# CHURCH OF THE RESURRECTION

Your Lenten Disciplines: Pray, Fast, Give

## Appendix

### **Devotional Resources:**

[\*Searching For and Maintaining Peace\*](#) by Jacques Phillipe. The chapters of this small treatise are very short and can be read in three minutes or less. Phillipe helps us understand what it means to truly trust God, and with profound insight he guides us beyond mere understanding into the authentic experience of trusting.

[\*Emotionally Healthy Spirituality: Day by Day\*](#) by Peter Scazzero. This 40-day devotional includes short liturgies for morning and evening prayer and meditation upon a Bible passage. It helps us grow into greater maturity by exposing many of the unhealthy ways we relate to God and understand ourselves.

[\*Emotionally Healthy Relationships: Day by Day\*](#) by Peter Scazzero. This 40-day devotional includes short liturgies for morning and evening prayer and meditation upon a Bible passage. It focuses on helping us identify the common, unhealthy patterns of relating to others and replacing those with authentic, healthy ways to love one another.

### **Prayer Resources**

#### **Breath Prayers:**

A breath prayer consists of one phrase that you pray as you breathe in, and another phrase that you pray as you breathe out. These are prayed slowly and repetitively as you sit, kneel, or perhaps go for a walk. Below are some examples to choose from. You can also create your own.

Breathe in: *Lord, Jesus Christ, Son of God,*  
Breathe out: *Have mercy on me, a sinner.*

Breathe in: *Abba Father, I am Yours*  
Breathe out: *Fill me with Your Spirit.*

Breathe in: *Lord, I wait for You;*

Breathe out: *Come, Lord Jesus.*

### **Palms Up / Palms Down**

Turn your palms downward and tell God all the things you are anxious, worried, concerned, or fearful about. Give them to him.

Turn your palms upward and ask the Father for those things that you need in your daily life. Ask him also for the greater gifts that your soul needs (e.g. love, joy, peace, wisdom, humility, courage, etc.)

### **Examen**

This is a way of prayerfully reviewing your day before you go to sleep.

1. Become present to God and aware of his loving gaze upon you.
2. Give him thanks for whatever comes to mind; nothing is too small or too obvious.
3. Review the day. Thank him for the good things you received or that happened. Confess any sinful thoughts, words, or actions that you remember.
4. Look ahead to what awaits you the next day and invite the Lord to help you and be with you.

### **The Book of Common Prayer**

While you may primarily use the BCP for corporate prayer, it's also a great resource for individual times of intercession. You'll find the red books on the bottom of the bookshelf in the All Saints Prayer Chapel. Two particular sections may help guide your prayers for the Church and for the world: The Great Litany (starting on page 91) and the Prayers of the People (starting on page 128). You can find digital versions of the [BCP online](#) or through the [Daily Office app](#).

### **Lectio Divina**

This is a tool for meditative prayer, based on a short passage of Scripture. Begin by picking a passage that is not too long. You can use 3-4 verses of a Psalm or a short story from the Gospels. Then follow these steps:

1. Read the passage slowly, out loud, three times. Listen attentively for one word or phrase and choose that word/phrase to become the focus of your meditation.
2. Meditate on that word/phrase; memorize it, reflect on it, turn it over and over in your mind and look at it from many angles. Consider it in the context of the passage and how it is used in our world today. Read the passage again, holding the word/phrase before your mind as you read.
3. Show God what you have found. Talk to him about your observations. Ask him how he wants you to respond, what he might be showing you through this word/phrase. Ask the Holy Spirit to connect this word/phrase to your life today. Read the passage again.
4. Sit in God's presence, rest in his love for you.

