

PRAY WITHOUT CEASING

MY RULE OF LIFE

Steven Petersheim



DAILY BREATH PRAYER: "GOD BE IN MY HEAD"

GOD BE IN MY HEAD

Sir Henry Walford Davies

God be in my head,
And in my understanding;
God be in mine eyes,
And in my looking;
God be in my mouth,
And in my speaking;
God be in my heart,
And in my thinking [& feeling];
God be in mine end,
And in my departing.

*Laying hands on top of head, breathing in
Pause, breathing out*

*Closing/covering eyes, breathing in
Pause, breathing out*

*Cupping chin, breathing in
Pause, breathing out*

*Hand over heart, breathing in
Pause, breathing out*

*Hands on legs/feet, breathing in
Pause, breathing out*

WEEKLY SELF-REFLECTION: BEING AN INSTRUMENT OF HIS PEACE

This week, have I been an instrument of his peace?

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

- This week**, have I planted love?
- This week**, have I pardoned anyone?
- This week**, have I acted in faith?
- This week**, have I chosen to hope?
- This week**, have I brought light?
- This week**, have I brought joy?

- This week**, when have I consoled another?
- This week**, how have I been understanding?
- This week**, how have I acted in love?
- This week**, what have I given and received?
- This week**, have I offered/accepted pardon?
- This week**, have I died to self and lived in the light of eternity?

SPIRITUAL ROUTINES

“IN HIM WE LIVE AND MOVE AND HAVE OUR BEING” (ACTS 17:28)

Daily

- Breath Prayer: “God Be in My Head”
- Time for God: Scripture Reading (*See below*)
- Time for My Family: Dinner/conversation
- Time for My Children: Singing/Praying/Reading with them before bed

Weekly

- Self-Reflection: “Lord, Make Me an Instrument of Your Peace”
- Time for God: Sabbath/Practice of the Presence (*see below*)
- Time for Beth: Weekly dates, Evening shows/games/talks after the kids are in bed
- Time for Myself: Running/praying, enjoying nature (several times a week)

WORSHIP PRACTICES

Scripture Reading – Daily

1. **Reading Plan:** Following the categories in *The Book of Common Prayer*
OT Law & History, OT Prophets & Wisdom, Psalms, Gospels & Acts, NT Epistles
2. **Significant Scriptures**
 - “Create in me a clean heart, O God, and renew a right spirit within me.” (Psalm 51:10)
 - “You will keep him in perfect peace, whose mind is stayed on you, because he trust in you. Trust in the Lord forever, for in Yah, the Lord, is everlasting strength.” (Isaiah 26:3-4)
 - “O Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often would I have gathered your children together as a hen gathers her brood under her wings, and you were not willing!” (Matthew 23:37)
 - “Lord, to whom shall we go? You have the words of Life!” (John 6:68)
 - But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” (II Cor 12:9)

Practice of the Presence – Weekly (at least one of the following)

- Worship Songs & Prayers – Standing, Kneeling, Prostrate, Raised Hands, Folded Hands, etc.
- Fasting and Asking for Self and Others (Newspaper, Prayer Requests, Nations, etc.)
- Pray Specifically with/for Someone Else
- Contemplation, Meditation, Lectio Divina, etc.
- Responding – Journaling, Poetry, Art, etc.
- Corporate: Church, Chapel, etc.