

### Daily Devotion – In the Morning (beginning)

Stanzas 7, “Our Negligence in prayer and worship, and our failure to commend the faith that is in us. *“We confess to you, Lord.”*”

**Practices** – Repetitive embodying actions that help our thoughts and preoccupations take a back seat and bring a sense of peace. They often feel like nothing has happened.

- Check in about any practice so far
  - Journaling
    - Confession – words that make us squirm.
    - Prompts:
      - What do I fear, love, and trust the most? – That is my God.
      - What do I wish? Die to my wish.
      - What is one thing that is working against you feeling like you belong in this community?
  - Time to share about practices at home – fasting with a meal, breath, Haiku.
  - Breath – Breath prayers e.g., the Jesus prayer, chanting.
  - Share music selections we find help us focus on God, meditate, calm us.
- Lectio Divina Find a scripture about prayer, worship, commending the faith to others. Means “Sacred Reading”. James Martin, S.J. “The Bible is the Living Word and God wants to encounter you there in a very profound way.”
- <https://www.youtube.com/watch?v=i27Fqlyk2qY>
- Rest on one word or phrase
- Four Questions –
  - What does the text say? What is going on in the story?
  - What does the text say to me? What resonates between this story and my life? What connections do I see between this story and my life?
  - What do I want to say to God about the text? Express what comes to mind – questions, complaints...
  - What difference will this text make in my life? Where does this story lead me?

### Daily Devotion – In the Morning. (Conclusion)