



CHRIST CHURCH
GARDEN CITY

To What Spiritual Practice Are You Called?

One Minute or less

- ___ I/We will read a **daily devotional** guide at _____ [time of day].
- ___ I/We will pray **the Lord's Prayer** each day at _____ [time of day].
- ___ I/We will **name 3 ways that I've been blessed**
and give thanks to God for them in prayer at _____ [time of day].
- ___ I/We will **sit quietly for 60 seconds** in God's Presence at _____ [time of day].

Five Minutes or so

- ___ I/We will read my Devotional Guide and a passage of scripture, adding my/our personal prayers
- ___ I/We will pray the Lord's Prayer, personalizing it with our own additions
- ___ I/We will sit in silence in God's Presence for 5 minutes, practicing Centering Prayer
- ___ I/We will make a prayerful review of my day, listing
— moments I felt close to (or especially aware of) God's love and
— moments I lost touch with God's love

Ten Minutes or more

- ___ I/We will combine the Spiritual Practices checked above.
- ___ I/We will sit in silence in God's Presence for 10 minutes,
practicing Centering Prayer.
- ___ I/We will begin the following spiritual practice(s):

***If we make this commitment for Lent 2016, with God's Help.
If we fail one day, we promise to begin again the next day.***

Signed: _____ **Date:** _____





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A PARAPHRASE OF THE LORD'S PRAYER

by Dallas Willard

Dearest Father, Always Near Us and Surrounding Us,

May your name be treasured and loved.

May your rule be established in our hearts and in our lives.

May your will be done here on earth in the same way it's done in heaven.

Give us today the things we need for today;

Forgive us our many impositions on you,

As we go on forgiving those who have offended us in any way.

Save us from times of unnecessary trials,

And deliver us from everything that's bad for us.

For You are the One in Charge;

You have all the power,

And all the glory belongs to you.

And that's just the way we want it!

