

*“For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised” (2 Cor. 5:14-15).*

# WEEK ONE

Pray

## KEY SCRIPTURE:

A verse to memorize and meditate on this week

“The LORD is near to all who call on him, to all who call on him in truth” (PSALM 145:18).

## TAKING IT FURTHER:

A section of Scripture to ponder in depth

“Thus Solomon finished the house of the LORD and the king’s house. All that Solomon had planned to do in the house of the LORD and in his own house he successfully accomplished. Then the LORD appeared to Solomon in the night and said to him: ‘I have heard your prayer and have chosen this place for myself as a house of sacrifice. When I shut up the heavens so that there is no rain, or command the locust to devour the land, or send pestilence among my people, if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land. Now my eyes will be open and my ears attentive to the prayer that is made in this place. For now I have chosen and consecrated this house that my name may be there forever. My eyes and my heart will be there for all time’” (2 CHRON. 7:11-16).

## QUESTIONS:

Considerations to renew your mind and move you to action

1. What stands out in this Scripture when you first read it?
2. Are there things in this Scripture that remind you of what God in Christ Jesus has done for you or who He has made you to be?
3. What does this Scripture teach us about God’s will in regard to the habit we are focusing on this month?

4. What is God calling you to repent of and change in your life?

5. How can you put into action what God has taught you?

## HOW I WILL:

Ways to practice this discipline

- Pick morning, evening or a mealtime to offer individual or family prayers.
- Memorize the introduction and meaning to the Lord’s Prayer in the Small Catechism.

This week do one of the above or a similar action that fits your context.

## PRAYER:

Words to turn your heart to God and ask for His blessing

O holy and most merciful God, all Your ways are perfect and good. We ask You to make us, Your people, know and believe this always. According to Your promises, give us every blessing of body and soul as we seek first Your kingdom. Help us daily to live in the newness of life we have received through Your Holy Spirit in our Baptism. Since we have been connected to Jesus’ lifegiving death and resurrection in those waters, grant us each day to grow in the grace and knowledge of our Lord and Savior Jesus Christ, through the same Jesus Christ, our Lord. Amen.

“What you have learned and received and heard and seen in me — practice these things, and the God of peace will be with you” (PHIL. 4:9).