

4 Simple Steps Work/Prayer Sheet

Date _____ Day # _____

#1—Clear the Mind/ Spiritual Ju-Jitsu

(list distractions and forget them)

#2—Read the Daily Readings

1st Reading _____

Responsorial Psalm

2nd Reading _____

Gospel _____

#3—Join the Story!

Who are you in the story? Why?

What do you see? Hear? Smell? Feel?

Read through the readings again. Who are you this time? Why? Who is the most outlandish figure in the scene? Who do you like / Dislike?

What are your reactions to Jesus' words? What would you say to Jesus or others in this reading?

**Use the back of this page to write down additional thoughts or insights.*

#4—Talk to God/Listen to God

Lord, how do these readings help me see Your will in ____ (*whatever it is you are asking God for—help, understanding, patience, clarity, etc*) _____

- Is the word I'm receiving **persistent**?
- Does this word give me **peace**?
- Can I be **obedient** to this word?

Is God saying YES, NO, or NOT YET?

Be patient, ask again tomorrow, trust in the Lord!

#5—GIVE THANKS! Thank you Lord for this time spent in your word...