

Sacred Space Times of Preparation

PREPARATION

For we were not making up clever stories when we told you about the powerful coming of our Lord Jesus Christ. We saw his majestic splendour with our own eyes when he received honor and glory from God the Father. The voice from the majestic glory of God said to him, "This is my dearly loved Son, who brings me great joy."

We ourselves heard that voice from heaven when we were with him on the holy mountain. 2 Peter 1:16-18

CONFESSION

The temptations in your life are no different from what others experience.

And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

1 Corinthians 10:13

ADORATION and GRATITUDE

Sing a new song to the Lord!
Let the whole earth sing to the Lord!
Sing to the Lord; praise his name.

**Each day proclaim the good news that he saves.
Publish his glorious deeds among the nations.**

Tell everyone about the amazing things he does. Psalms 96:1-3

MEDITATION & CONTEMPLATION — Mark 1:9-15*

One day Jesus came from Nazareth in Galilee, and John baptized him in the Jordan River. As Jesus came up out of the water, he saw the heavens splitting apart and the Holy Spirit descending on him like a dove. And a voice from heaven said, "You are my dearly loved Son, and you bring me great joy."

IN SOLITUDE AND/OR COMMUNITY

Read	Slowly, several times.
Reflect	How do I relate to this?
Respond	What is my next step of obedience?
Rest	Receive God's healing and renewal.

The Spirit then compelled Jesus to go into the wilderness, where he was tempted by Satan for forty days. He was out among the wild animals, and angels took care of him.

Later on, after John was arrested, Jesus went into Galilee, where he preached God's Good News. "The time promised by God has come at last!" he announced. "The Kingdom of God is near! Repent of your sins and believe the Good News!"

ANCHORING PRAYER

«Your Good News fills me with Great Joy.»

REVIEW OF THE HEART

- *In what ways is God currently preparing me to do His will?*
- *Where do I feel that I am lacking in terms of spiritual preparation?*

WISDOM

- John baptized with water, but in just a few days you will be baptized with the Holy Spirit." Acts 1:5
- God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. James 1:12
- But the believers who were scattered preached the Good News about Jesus wherever they went. Acts 8:4

TESTIMONY *What is God saying to me?*

INTERCESSION *Prayers for the Church, others, and me.*

Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. Ephesians 6:18

CLOSING PRAYER

O Lord, accept me in penitence. O Lord, leave me not. O Lord, lead me not into temptation. O Lord, grant me good thoughts. O Lord, grant me tears and remembrance of death and compunction. O Lord, grant me the thought of confessing my sins. O Lord, grant me humility, chastity and obedience. O Lord, grant me patience, courage and meekness. O Lord, plant in me the root of all blessings, the fear of Thee in my heart. O Lord, grant me to love Thee with all my mind and soul, and always to do Thy will. O Lord, protect me from certain people, and demons, and passions, and from every other harmful thing. O Lord, Thou knowest that Thou actest as Thou wilt; may Thy will be also in me, a sinner, for blessed art Thou for ever. Amen.

Prayer of St. John Chrysostom

SACRED SPACE EVERY DAY

Be still and quiet before God.

Be filled with the Holy Spirit.

Speak and act from a listening heart.

Pray for, and serve my community.