



This Week

- Pick up the [book](#) if you haven't already
- Read Daily Habit #1 in the book or watch this [introduction](#)
- Frame your day through these prayers¹ (or short prayers that you write on your own²)

Morning

Father, you sustain all things. You hold me and my household in the palm of your hand. Help me to trust in your power, and to lead me in acts of hope today. Amen.

Noon

Holy Spirit, give me presence, concentration, patience and love today. Whether in my professional or household duties, may I steward all my work towards its proper end: the glory of God and love of others. Amen.

Evening

Jesus, no matter what happened today, the most important fact of the world is still true: You love us. You died for us. You rose for us. And you will come again for us. Let us feel the peace of that promise, and rest in your love. Amen.

Check in questions with your partner/group (during off weeks)

- What challenges did you come across as you tried to implement the habit?
- What did you learn about God and yourself through the process?

¹ Adapted from <https://www.thecommonrule.org/spiritual-rhythms-for-quarantine>

² *Tip: If you would like to write your own short prayers, frame your prayers with a focus on who God is, what he has done, what he is doing, and how we can join him in what he is doing.