

Lawndale Community Church

Triple S 2 P

****Solitude *Silence* Scripture *Put in writing *Pray***

Weekly assignment Dec 14-Jan 3

■ **This week**

■ **30 minutes with God**

- Sit quietly for 5 minutes
- Pray the Lord's Prayer

Our Father in heaven, hallowed be your name. Your Kingdom come, your will be done, on earth as in heaven Give me today my daily bread. Forgive me my sins, as I forgive those who sin against me. Lead me not into temptation, but deliver me from evil. For the kingdom, the power and the glory are yours. Now and forever. Amen

- **Pray Psalm 23**
- **Pray 1 Corinthians 13:1-8**
- Read devotional
- Memorize
 - **II Corinthians 5:17** Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!
 - **Romans 12:1** Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is true worship.
 - **Romans 12:2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will
 - **John 3:16** For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.
 - **Psalm 139:23, 24** Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.

*Write thoughts in journal

*Pray for things on Heart

*Give the day to the Lord

Living from the Heart (pt9)

Wounded People Being Transformed

The two basic forms of woundedness

1. _____

2. _____

4 practices to heal our woundedness

1. _____

Where we begin

*A _____

*C _____

*O _____

2. _____

3. _____

4. _____

How to Love
