



Week 3

Practice + Activities

What's Covered In Week 3:

This week we will be focusing on praying scripture. See the "Praying Scripture" page for guidance. This will be done in place of the attributes of God activity. In addition, we will continue reading a chapter of Romans each day. This week you will read Romans 6-11. We will also continue to end our days with the "Prayer of Examen".

Takeaways For This Section:

Be sure to watch the week 3 teaching before beginning the weekly practices! The teaching will explain and give you a vision for the week. Don't give up if you find praying a Psalms is HARD! Remember, this is a new tool in your toolbelt and will need practice before you can use it well.



Week 3 Overview

Next Step Now

Below are your daily activities for week 3.

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Pray a Psalm a Day

1

Allow the Psalm to give you the honest language and freedom to be vulnerable before the Lord. Either pick your own Psalm or use one of the examples listed in the activity description.

Read Romans 6-11 and Memorize Romans 12:1-2

2

Read one chapter a day looking for evidence of the mercy of God. List His mercies you notice and use this list to help you know God better. In addition, continue to memorize/meditate on Romans 12:1-2

End each day with the Prayer of Examen

3

Learn to slow down and sit in God's presence. This evening prayer time teaches you to listen for God and ends your day focused on Him.

