



# Week 2

## *Practice + Activities*

### What's Covered In Week 2:

This week we will focus on the mercy of God as seen in the book of Romans. In addition, we will continue to spend time noticing the attributes of God throughout the Psalms. You may choose your own Psalm or select from Psalm 47, 50, 59, 61, 63, or 96. We will also continue to end our days with the "Prayer of Examen".

### Takeaways For This Section:

Be sure to watch the week 2 teaching before beginning the weekly practices! The teaching will explain and give you a vision for the week. Don't try to digest everything in each chapter of Romans. Remember you are only looking for the mercies of God. Read with that focus in mind.



# Week 2 Overview

## *Next Step Now*

*Below are your daily activities for week 2..*

|

# 1

## Begin each day reading a Psalm and looking for the attributes of God

Approach this time as an interactive time with God. Let this activity spur you into worship, praise, and humility as you focus on God.

# 2

## Read Romans 1-5 & Memorize Romans 12:1-2

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

# 3

## End each day with the Prayer of Examen

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.

