

## To Remember

1. God loves you and always looks at you with a gaze of love. Begin all of your prayer times by taking time to receive God's loving gaze.
2. End each prayer time by talking with the Lord as with a friend. Say what is on your heart and listen for what God may say.
3. One of God's greatest forms of love is presence. God is with you.
4. What I ask of God: Open me to your presence, now and forever.

## Praying with Scripture:

- A. Come into God's loving presence. Receive God's loving gaze.
- B. Read the scripture meditatively, looking for God's love and presence. When you find it, open yourself to that love. Spend the bulk of your time praying with the scripture.

### Eph 3:14-21

For this reason I bow my knees before the Father, <sup>15</sup> from whom every family in heaven and on earth takes its name. <sup>16</sup> I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, <sup>17</sup> and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. <sup>18</sup> I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, <sup>19</sup> and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. <sup>20</sup> Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, <sup>21</sup> to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

- C. Take time to talk with the Lord as with a friend. You don't need to use complex or impressive words, but say what is on your heart and mind. Take time to listen to what the Lord may be saying in response.

## God Is With Me

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Your Notes/Reflections