

# Walking with God

Spiritual Practices for Ordinary People



---

## Week 1: Worship

**PRAY:** Prayer is an individual form of worship. Start each morning by praying this prayer

*Lord, help me to see the beauty of his world you've given to us. Help me to notice the blessings all around me. Help me to remember that you are God and I am not. Help me to trust that somehow you will see me through even the painful things in life and bring good from them. Grant me a grateful heart. Finally, help me to be a living hallelujah. In Jesus' name...AMEN.*

Each day add a person or a concern you would like to include in your prayer. Write the name or concern here and speak to God what concerns you and how God can help:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**READ:** When you are done praying, read the short Scripture passage for the day. Consider journaling your response to the question asked.

Monday:	Psalms 138: 1-3	What are you thankful for today?
Tuesday:	Matthew 8: 2-4	Where do you need healing?
Wednesday:	Luke 7: 15-17	When has God come to help you?
Thursday:	Philippians 1:3-6	Who are you thankful for receiving?
Friday:	Romans 13: 11-12	How can you put on the armor of light?
Saturday:	Proverbs 2: 1-5	What have you learned by reading this week?

**BLESS:** End each daily prayer by praying this blessing into your heart:

*As I go out into the world, may I listen for the voice of God and follow wherever it leads.  
May God be with me and speak through me; May Christ be with me and raise me to new life;  
And may the Holy Spirit dwell within me and make me holy. Amen*