



Desert Cross Daily Prayer, Scripture, & Devotion
Week of September 21—September 26, 2020

*You are encouraged to gather with the members of your household and join the members and friends of the Desert Cross community; though we be in separate locations, let us worship together at **6pm**.*

Daily Spiritual Examen

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern God's direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience. Come, let us pray.

Monday, September 21, 2020

Read: Micah 6:8

Daily Spiritual Examen

Gather together! If able, light a candle as a way of asking for God's light as you look over the day . . . Say a prayer that you all know, such as the Lord's Prayer:

Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.

Examen: Share with each other or think to yourself:

Go through your day: what happened this morning? . . .
What happened at lunch time . . . and in the afternoon? . . .

How was the evening meal? . . .

What else do you remember about today? ...

What was good about today? . . .

What was difficult about the day? . . .

What are you finding hard about having to stay inside at the moment? Or what is difficult about needing to go out?

Where did you see God in your day?

Ask God for what you need for tomorrow . . .

Pray for anyone who might be feeling lonely or sick at this time . . .

Thank God for this day . . .

Closing: "Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen."

Tuesday, September 22, 2020

Read: Isaiah 61:1-2

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Thank God for this day . . .

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Wednesday, September 23, 2020

Read: Luke 4:16-21

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Thursday, September 24, 2020

Read: Psalm 146:5-9

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Friday, September 25, 2020

Read: Matthew 22:34-40

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Saturday, September 26, 2020

Read: Romans 12:15-18

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