

Thirty minutes

Pray - Lord Jesus, I give you this space – please meet me in the quietness. Amen

Stilling – *Do the stilling exercise from the ten minutes per day exercise (overleaf).*

Read – *Either read your own daily Bible passage, or read the Psalm for the day (below) slowly*

Monday – Psalm 8

Tuesday – Psalm 23

Wednesday – Psalm 27

Thursday – Psalm 30

Friday – Psalm 42

Saturday – Psalm 46

Sunday – Psalm 47

Listen and reflect – *Keep the passage open in front of you and ask God to highlight a verse or phrase for the day. Dwell on it and pray through the thoughts which come.*

Journal – *Note the verse or phrase in your journal, and the thoughts which come through it.*

Review (Examen) - *Review the day that has just passed, asking Jesus to show you what was most significant. Reflect on what was a highlight of the day and thank Him. What was the lowest point? – offer it to him in prayer. Note where God was most present in the day. Write all these down in your journal.*

Pray – *Commit the day ahead to the Lord in prayer, particularly the times of stillness and times of meeting with others. Finish with the Lord's Prayer.*



Before you begin:

Decide on a time and a place: *This is a starter guide (for one week) and has options for 2 minutes, 10 minutes, or 30 minutes. Jesus calls us from where we are – don't try to do too much, too soon, only to risk giving up – do what you feel you can, and commit to sticking to it.*

Prepare: *Place this guide where you plan to spend the time. If you're doing the 30 minute reflections, you will need a Bible, journal and pen/pencil.*

Accountability: *It's often helpful to share with someone else that you are going to commit to this. If you're in a small group, tell them – and ask them to ask how you found it. If you're not, why not join one (speak to Neil – neil.smart@sjs.church) or ask a trusted friend to ask you how it went.*

Two minutes

Pray - Lord Jesus, I give you this space – please meet me in the quietness. Amen

Stilling - *Take three deep breaths and be still – try to stop thinking of anything and concentrate on your breathing. If your mind wanders, bring it back to your breathing.*

Read - *Read the verse for the day below, slowly – twice.*

Monday – Be still, and know that I am God. (Psalm 46:10)

Tuesday – Remain in me, as I also remain in you. (John 15:4a)

Wednesday – Come to me, all you who are weary and burdened, and I will give you rest. (Matthew 11:28)

Thursday – My presence shall go with you, and I will give you rest. (Exodus 33:14)

Friday – Be still before the LORD and wait patiently for him. (Psalm 37:7)

Saturday – Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. (Psalm 91:1)

Sunday - Unless the Lord builds the house, those who build it labour in vain. (Psalm 127:1)

Listen and reflect - *Ask the Lord to speak to you through the verse. How is it relevant to you today?*

Pray - Lord Jesus, let me be connected to you as much in the busyness of the day, as I am in this quiet. May I know your presence with me – and may I follow your will. Your Kingdom come, Your will be done. Amen

Ten minutes

Pray - Lord Jesus, I give you this space – please meet me in the quietness. Amen

Stilling – *Read this before trying to do the exercise (which should take 3-4 minutes). Try to do the exercise without reading it as you go.*

- Begin by closing your eyes and paying attention to the noises outside of the room you are in. Can you hear a road, people, wildlife, what do you notice? Focus on this for around a minute.
- After this, try to block out the noise outside the room, and focus on the noise in the room. Is there a clock? Try not to be distracted by anything outside the room, only focusing on what's going on inside. Again, do this for around one minute.
- Now, try to avoid listening to the noises in the room and focus and listen to the noises you make – to your breathing.
- Once you've done this, sit in the silence for one more minute.

Read - *Read the verse for the day below, slowly – twice.*

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Sunday - Unless the Lord builds the house, those who build it labour in vain. (Psalm 127:1)

Listen and reflect - *Ask the Lord to speak to you through the verse. How is it relevant to you today? What would he like you to take from it as you go from this place? How might it be relevant to your day or week?*

Pray – *Commit the day ahead to the Lord in prayer, particularly the times of stillness and times of meeting with others. Finish with the Lord's Prayer.*