

## Oremus: Week 1

### Sts Anne and Joachim Catholic Church

*Read slowly, meditatively through each Scripture passage, once a day*

*Read the passage once to become familiar with the text*

*Slowly read the passage a second time*

*Very, very slowly read the passage a third time*

*Pay attention to which word, words, or phrases captures your attention or tugs at your heart.*

*Talk to God about what is on your heart...and listen.*

Day 1: Jeremiah 29:11-14

Day 2: John 15:1-17

Day 3: Psalm 139:1-18

Day 4: Romans 8:22-27

Day 5: Romans 8:31-39

Day 6: Psalm 63

Day 7: Revisit the prayer that was most meaningful this past week.

For each day, journal the following responses

- 1) The "strongest" thought or feeling during my prayer was...
- 2) My heart "rested" when...
- 3) I sense the Lord was telling me...
- 4) I ended the prayer wanting...