



This week practice the Prayer of Recollection. Start by finding a quiet place. Center your mind on Christ. Ask the Holy Spirit to guide your thoughts and prayers.

- **Recollect:** Remember who you are in Christ. Read the Scripture for the day and thank God for who He has made you.
- **Record:** As you focus on this Scripture and pray, record any distracting thoughts by writing one word that will serve as reminder of the thought.
- **Receive:** Take all these distractions to God. Confess any “idols of the heart.” Give the Father your worries and anxieties. Receive forgiveness and comfort.
- **Recollect:** Read the Scripture once again and remind yourself of who you are in Christ.

day one

Who I Am in Christ: Holy
Ephesians 1:4

Distractions:

Prayer:

day two

Who I Am in Christ: God's Beloved Child

1 John 3:1

Distractions:

Prayer:

day three

Who I Am in Christ: Known by God

1 Corinthians 8:3

Distractions:

Prayer:

day four

Who I Am in Christ: God's Workmanship

Ephesians 2:10

Distractions:

Prayer:

day five

Who I Am in Christ: Temple of the Holy Spirit

1 Corinthians 6:19

Distractions:

Prayer: