

Dream, Pray, Build

90 Days of Prayer

By Jim Scheurer

The first part of this segment on Prayer & Meditation comes from my experiences with the AL-ANON 12 Steps Program. It states:

Step 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

I substitute "Jesus Christ, God and the Holy Spirit" for "with God as we understood Him." This Step allows me to reach out with Prayer & Meditation to get closer to Jesus Christ, God and the Holy Spirit and to surrender my will and my life to God.

Next, I go to a prayer that I developed to get me centered for my day and my meditation. It goes like this:

I love the Lord my God with all my heart, all my mind, all my soul and all my strength. I love people, the way Jesus loves people. I actively listen with love to my inner voice that comes from the Lord. I release all that is unlike actions of love. I know Jesus is with me today, will take care of me today and that I am never alone.

On the reverse side I want to introduce you to a meditation that I learned from Gabriel Berstein who is a spiritual leader. This simple mediation can help center you when you might need some quick energy or reset you when you need to get to a new place.



Meditation of 5's

Find a nice place to sit and relax or you can do this as a walking meditation. The nice thing about this meditation, is that it only takes about 1 minute and you can do it anywhere. You can close your eyes if you want to, do it in silence or a noisy place or while you are sitting at a red light in your car! You can place your hands on your lap, open to the sky. Here we go:

1. Breathe in through your nose for 5 seconds. This is a deep breath like when you are ready to dive into a pool!
2. Hold your air for 5 seconds in your body. Feel the air in your body.
3. Exhale through your mouth for 5 seconds. Make sure it is a deep exhale for all 5 seconds.
4. Do Steps 1 - 3, 5 times. (Hence the Meditation of 5's.)
5. Do it more than 5 times if needed!

I've also benefited from Guided Imagery meditation (you can find instruction on YouTube.)

Sometimes when I need to center myself quickly, I do the Meditation of 5's followed by the AL-ANON Serenity Prayer:

God grant me the serenity to accept the things I cannot change, the Courage to change the things that I can and the WISDOM to know the difference.

HOW YOU CAN PARTICIPATE



- Sign up to receive a daily text reminder at 7PM to pray for the future of Vine church!
- Contribute to the Vine Church Weaving - in the worship you can weave your piece of ribbon or yarn, pray for our church, our ministries, our future—or you can engage a virtual version using the QR code.

