

Fourth

The Prayer of St. Francis

(The attitude of God's kind of love to bring to situations and broken relationships.)

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love,

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

*O divine Master, Grant that I may not so
much seek*

To be consoled, as to console,

To be understood, as to understand,

To be loved, as to love,

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying that we are born to eternal life.

St. Francis of Assisi (1181-1226)

Fifth

The 23rd Psalm

(The caring, restoring nature of God.)

God, my shepherd!

I don't need a thing.

You have bedded me down in lush
meadows,

you find me quiet pools to drink from,

True to your word,

you let me catch my breath

and send me in the right direction.

Even when the way goes through

Death Valley,

I'm not afraid when you walk at my side.

Your trusty shepherd's crook

makes me feel secure.

You served me a six-course dinner

Right in front of my enemies.

You revive my drooping head;

My cup brims with blessing.

Your beauty and love chase after me

Every day of my life.

THE MESSAGE

Translated by Eugene Peterson

A Spiritual Adventure

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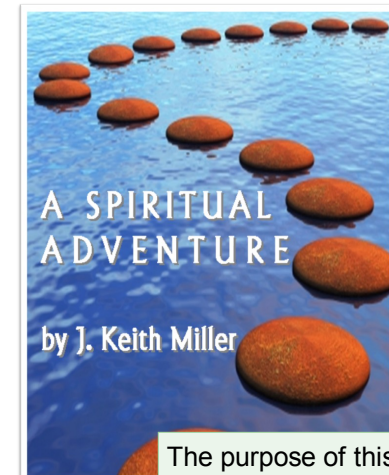
Phone: 866-536-9922 Fax: 512-338-4059

Email: office@keithmiller.com

A SPIRITUAL ADVENTURE

*Jesus said, "Love the Lord your God
with all your passion, prayer and
intelligence. This is the most
important, the first on any list. But
there is a second to lay alongside it:
'Love others as well as you love
yourself.' These two commands are
pegs. Everything in the Law and
the Prophets hangs from them."*

(Matthew 22:37-40, THE MESSAGE)



The purpose of this adventure is to
discover what it may mean to try to
love God and others this way. This
booklet contains some stepping
stones for the journey.

First

A Prayer of Commitment

God, I offer myself to Thee

To build with me and to do with me as
Thou wilt.

Relieve me of the bondage of self,
that I may better do Thy will.

Take away my difficulties, that victory
over them may bear witness to
those I would help of
Thy Power, Thy Love, and Thy Way
of Life.

May I do Thy will always.

By William Wilson



Second

Seven Minutes with God

First 30 Seconds: Ask God to calm your heart and make you open and receptive to His presence and His will.

Next 4 Minutes: Read the Gospel of John with these questions in mind:

- * “What kind of Personality does God have-to whom I have given my life?”
- * “Is there anything here that speaks to me for today? Now?”

Next 2 ½ minutes: Prayer -- ACTS

Adoration: Just tell God that you love Him-in your own words.

Confession: Not just, “Lord, forgive me for my sins.” Be specific and search your heart for the things you have done and be brutally honest in laying these things out before God. Then, when you have given Him honestly all these things in your consciousness *let Him have them.* They are now His responsibility. Yours is to live for Him today.

Thanks-giving: Again, be specific.

Supplication: **First for others.** Keep a prayer list. When you don’t know what to pray for people you love, you can put them in your cupped hands in your imagination, and imagine God with His hands cupped, then simply place your loved one in His hands and say nothing.

Then for yourself. The amazing thing about this order of praying is that by the time you get around to yourself, many times you may find yourself saying only, “And as for me, Lord, Thy Will be done.” At any rate, it is good to end your prayers with that statement.

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Third

The Serenity Prayer

(staying centered in the midst
of a chaotic life.)

God, grant me the serenity
To accept the things I cannot
change,
The courage to change the
things I can,
And the wisdom to know the
difference.
Living one day at a time,
Enjoying one minute at a
time,
Accepting hardship as the
pathway to peace.
Taking, as Jesus did, the sinful
world as it is, and not as we
would have it.
Trusting that You will make
things right, if we surrender
to Your will.
So that we may be reason-
ably happy in this life,
And supremely happy with
you forever in the next.

By Reinhold Niebuhr (1892-1971)