

Living our FAITH

PRAY READ WORSHIP LOVE

ELCIC National Bishop Susan Johnson personally invites you to join with your sisters and brothers across this church, individually and as congregations and specialized ministries, to strive for a deeper discipleship as we live out our baptismal covenants.



“God is calling us into this deeper relationship—a call to living out our baptismal covenants.”

Over the next four years, we will take a closer look at each of the following four areas:

PRAY

2019–2020: We are called to daily prayer. Whether this is an area you are completely comfortable with or something you have struggled with, there is no one way to pray, nor is there any one time to pray. Pray whenever and however you feel comfortable.

READ

2020–2021: We are called to daily reading of the Bible. There are many ways to include reading the Bible into your daily life.

WORSHIP

2021–2022: We are called to regular attendance at communal worship and regular personal devotions. Consider ways that you can increase your worship life.

LOVE

2022–2023: We are called to live generous lives. Love includes community and service. Love encompasses all. *And now faith, hope and love abide, these three; and the greatest of these is love* (1 Corinthians 13:13).

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PRAY

We are called to daily prayer. Whether this is an area you are completely comfortable with or it's something you want to grow, a daily prayer practice is very individual—there is no one right way to pray! Pray whenever and however you feel comfortable. And if you're looking for ways to grow your daily prayer, here are a few thoughts to consider:

- ◆ Set aside a bit of time each day to prayer. In this busy and hectic world, find time each day and commit to spending 5, 10, 15 minutes or more focusing on prayer. Pencil it in your calendar so it becomes a regular part of your daily life.
- ◆ Be specific about your prayer practice. As the names of people who you want to pray for come into your mind, write down their names so that when you get to the time you have set aside for prayer, you can pray for that person by name.
- ◆ Consider using a daily devotion (such as *Eternity for Today* or *Praying the Catechism*) to focus your prayer practice. These resources include a scripture reading, a reflection and a prayer or some guidance on what to include in your prayers.
- ◆ Start a journal. Keep a journal and include in there your prayers. Commit to writing in it daily.
- ◆ Follow the *Anglican Lutheran Cycle of Prayer*. For each Sunday there are intentions for specific groups in both the ACC and ELCIC. Look around for other prayer cycles that you'd like to include as part of your prayer life.
- ◆ Offer prayers for others when you feel they could use a prayer. You may be surprised how often this will be a welcome gesture.

Do you have other ways in which you intentionally include prayer as part of Living YOUR Faith?

**We would love to hear from you.
Share your thoughts and ideas by emailing
LivingOurFaith@elcic.ca**

Find out more at elcic.ca/LivingOurFaith