



CONTEMPLATIVE PRAYER

PREPARED BY
MAJOR CARSON DECKER

made for
a divine
purpose

JEREMIAH 1:5



CALL AND COMMITMENT 2026



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KNOWN. SET APART. APPOINTED

PREPARE

Sit quietly and take a few slow breaths.
Allow your thoughts to settle.
Gently place yourself in God's presence.

Read Jeremiah 1:5,

The Lord gave me this message: "Before I shaped you in the womb, I knew all about you. Before you saw the light of day, I had holy plans for you: a prophet to the nations—that's what I had in mind for you."

KNOWN

Silently repeat the word "known."

Pause.

Let it mean:

- You are seen fully
- You are understood beyond words
- Nothing about you is hidden

Pray: I am known.

Rest with this word for a minute.

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SET APART

Silently repeat the words "set apart."

Pause.

Let it mean:

- You have value
- Your life has purpose

Pray: I am set apart.

Do not rush to define how or why. Simply receive this truth.

APPOINTED

Silently repeat the word "appointed."

Pause.

Let it mean:

- There is meaning ahead of you
- You are not forgotten
- You are being shaped over time

Pray gently: I am appointed.

You don't need to know what to or when. Rest in trust rather than answers.

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REST IN SILENCE

Now hold all three together, breathing slowly:

Known.
Set Apart.
Appointed.

Sit in silence, allowing peace rather than thoughts to lead.

Optional: Journaling

Write the words Known, Set Apart, Appointed in your journal.

After each word, describe what you want to carry with you from this reflection.

CLOSING PRAYER

End with a simple prayer:

"Abba, help me live today as one who is known, set apart, and appointed. Help me to trust what is still becoming. Amen."

Take a deep breath and return to your day.