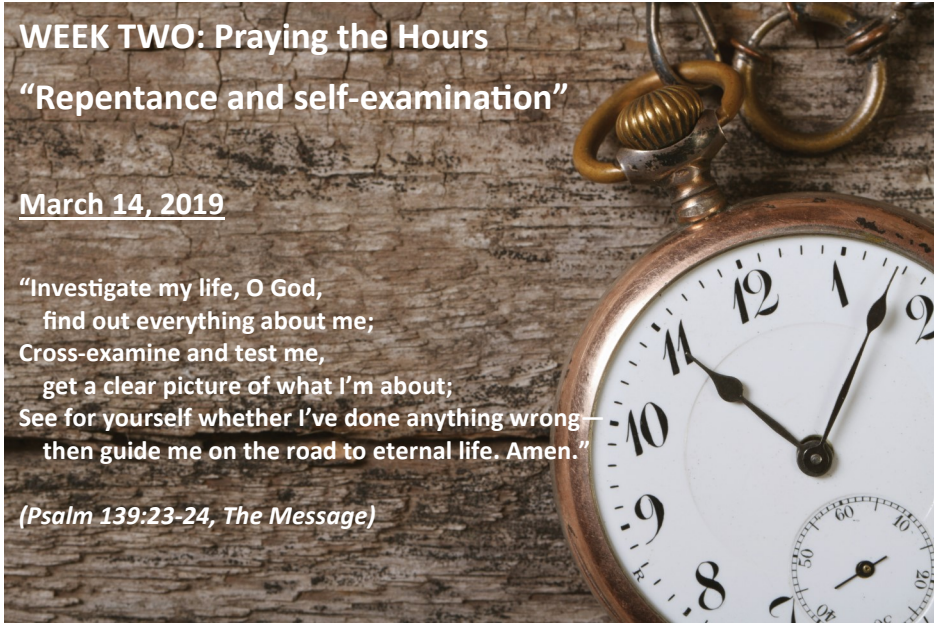


WEEK TWO: Praying the Hours “Repentance and self-examination”

March 13, 2019

“Lord, it is easy for me to be distracted by so many things. Sometimes, we actually make ourselves busy to avoid self-examination! I admit, I’m good at ignoring, denying, neglecting. But you, O Lord, you know that’s not good for me. And I know deep down it’s not good. So lead me by the still waters that I may quiet the chaos around me and that which is deep within my soul. Holy Spirit, take me by the hand and walk with me from room to room, opening doors, shining your light on every part of my being. When I pull away, I know you will gently draw me back. When I come across something I can’t face, help me to have compassion for myself and not judge myself so harshly. Make me brave enough to face this daunting task and remind me that as I do, I am always safe in your loving arms where grace and mercy and forgiveness wait for me. Amen.” (Major Kathie Chiu)



WEEK TWO: Praying the Hours  
“Repentance and self-examination”

March 14, 2019

“Investigate my life, O God,  
find out everything about me;  
Cross-examine and test me,  
get a clear picture of what I’m about;  
See for yourself whether I’ve done anything wrong—  
then guide me on the road to eternal life. Amen.”

*(Psalm 139:23-24, The Message)*



WEEK TWO: Praying the Hours  
“Repentance and self-examination”

March 15, 2019

“Father thank you because your word promises that when I confess my sin, you are faithful and just and will forgive me and make me clean. (1 John 1:9). Oh Lord, help me to see that when you convict me of sin it is because you love me and want me to walk freely as your son or daughter.”

*(Major April McNeilly)*



WEEK TWO: Praying the Hours  
“Repentance and self-examination”

March 16, 2019

“Create in me a clean heart, O God;  
restore within me a sense of being brand new.  
<sup>11</sup> Do not throw me far away from Your presence,  
and do not remove Your Holy Spirit from me.  
<sup>12</sup> Give back to me the *deep* delight of being saved  
by You;  
let Your willing Spirit sustain me. Amen.”

*(Psalm 51:10-12; The Voice)*

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WEEK TWO: Praying the Hours

“Repentance and self-examination”

March 17, 2019

“Lord, I call out to you today, needing you more than the air I breathe! Forgive me for how I’ve dirtied my hands with sin. Forgive me for too often being double-minded: My love for you on one side, my selfish ambition on the other. Yet you call me to give it all up for you, to be yours and yours only! Help me to be honest with myself, truly honest. Help me to grieve and cry – even to the point of despair – over my all-too careless attitude toward sin. I submit to you today God. I lay myself before you. Do with me what you will! Then lift me up to stand tall in your Presence.”

*(Based on James 4:8-10. Major April McNeilly)*



WEEK TWO: Praying the Hours

“Repentance and self-examination”

March 18, 2019

“Dear Heavenly Father, I have so many faults: selfishness, envy, pride; even a judgmental spirit at times. Help me to give it all to you - so I can strive to be more like your beautiful Son, Jesus Christ. Help me, also, to reach out to others this day - helping, encouraging, in any way possible; therefore focussing less on self, and more on those you love so deeply. All this I ask in the name of the Father, Son, and Holy Spirit, Amen.”

*(Major Beverly Ivany)*



WEEK TWO: Praying the Hours

“Repentance and self-examination”

March 19, 2019

“Father, ‘My spirit has become dry because it forgets to feed on You.’ Awaken a deep desire to be completely submitted to you.”

*(St. John of the Cross)*

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