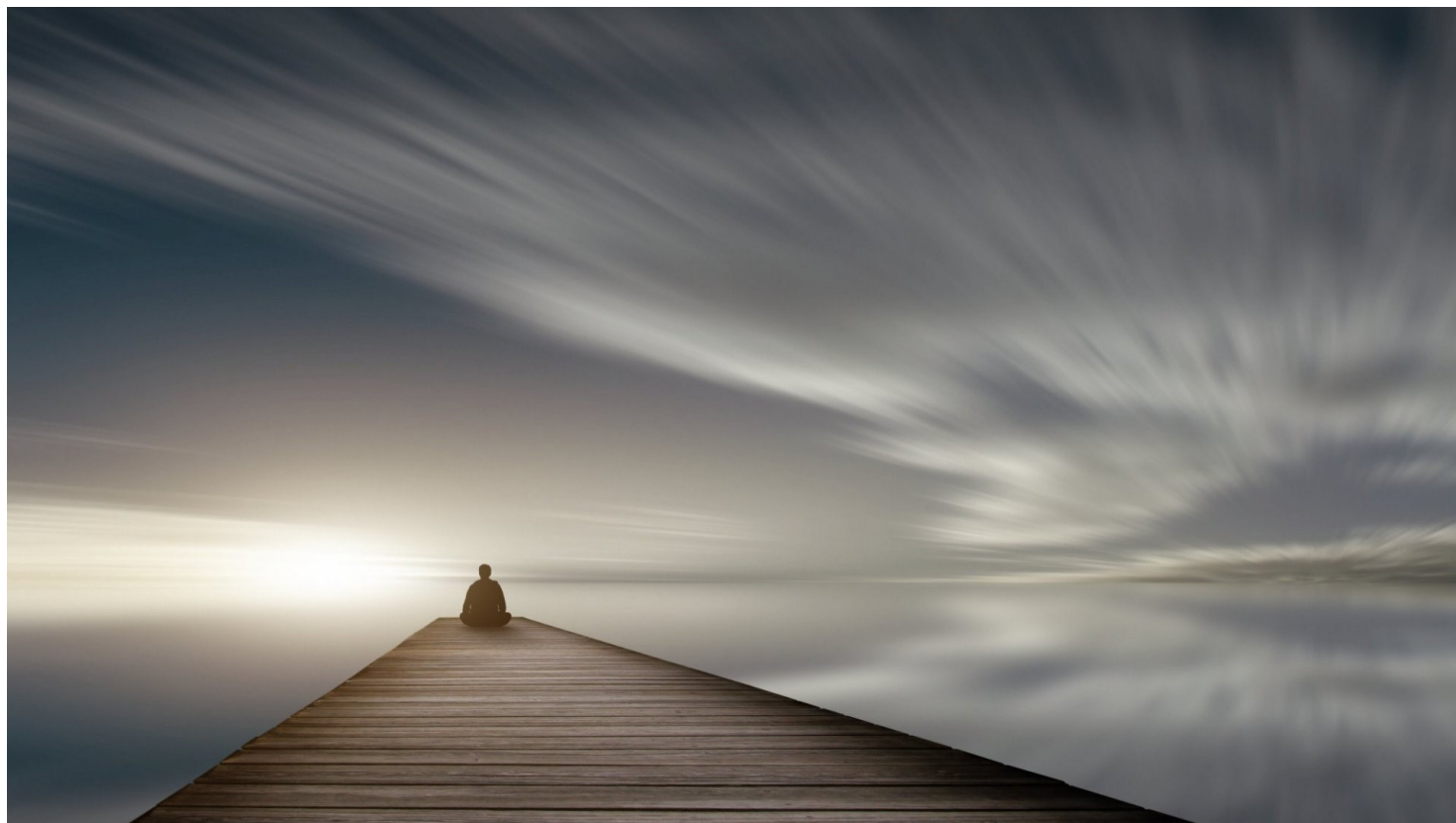


Matthew 6:6 Jesus' teaching to his disciples on prayer:

⁶“Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.



Friday, November 13th

To Practice: Twice today, choose a quiet space where you will be undisturbed for 10 minutes. Gather yourself into a comfortable seated position. Set a timer for 10 minutes. Close your eyes. Begin.

Breathe...Now....Here.

To Reflect:

Yeshua (Jesus) says...

Come to know the One in the presence before you, and everything hidden from you will be revealed.

For there is nothing concealed that will not be revealed, and nothing buried that will not be raised.

Logion 5, The Gospel of Thomas