

# creed

humanity

This week we want to deepen our spiritual lives by creating a daily prayer pattern. Begin each day with the daily prayer and do the spiritual exercises listed. This is meant to be a tool to help you spend time with God - not a task to rush and finish. It's ok if you miss a day.

## daily prayer

Our God, you dressed yourself in the tattered garments of our human nature that we might dress ourselves with your divine ways. Help us, therefore, to wear our human frailties with the dignity and resolve of those who are the earthly cradles of the nature of God. Amen.

## daily reading: Psalm 4:1-3

Read and personalize it as your prayer.

## daily scripture readings

Sunday  
Genesis 1:26-27

Monday  
Genesis 2:7-9

Tuesday  
Romans 8: 1-17

Wednesday  
2 Timothy 1:1-14

Thursday  
1 Peter 2:21-25

Also read the PEOPLE Statement on the message outline.

Friday  
Matthew 6:25-34

Saturday  
Matthew 6:7-14

## journal

Take some time this week to reflect and write about this statement:

*Beliefs become conviction  
when they define who we are  
and shape the way we live.*

## prayer

Take time to pray for friends, family and your daily needs.

## daily reflection questions

How do I see myself?

In light of the fact that I'm created in God's image,  
how should I see myself?

In light of the fact that I'm created in God's image,  
how should I see others?

Will I treat the people I meet today with dignity  
respect, justice and love?

## closing prayer

Thank You, Lord Jesus, for this time together. I rejoice while I feel your life and presence as your spirit overlays and changes my life. Hold me close to yourself today. Help me to treat every person I meet with dignity, respect, justice and love. Amen.