

TRUE NORTH

Anchored in God

Module 2, Video 3



North Star Quote:

“You don’t have to ‘pray.’ Just sit and let Jesus love your heart.”

-Sr. Beth Anne Dillon

Choose a new way to pray today from the list below. If you can make it to an Adoration chapel and pray with the Lord, bonus!

1. Praying with Scripture

Read one of the following chapters of the Bible, or several. Read it slowly and take it very personally. Ask the Holy Spirit to speak in whatever way he wants you to hear him:

Matthew 28

Exodus 4

Psalms 4

Jeremiah 29

Spend fifteen minutes “chewing on” the words you just read. You can write to God in a journal if that helps you. Give him space to speak. *You can declare God’s and help and presence and sovereignty into the situation you are deciding on in this course.*

2. Liturgy of the Hours/Divine Office

Download iBreviary to your phone and choose one of the prayers to pray today:

Morning prayer

Daytime Prayer

Evening Prayer

Night Prayer

You can pray it alone or with others. If you pray with others, the psalms are typically spoken antiphonally, meaning that one person reads one paragraph/sentence and the other reads the next one. In a monastery or convent this is done, where one side of the chapel alternates with the other back and forth.

On the app it reads very easily and intuitively; if you use a paper breviary you may need assistance understanding how to use it! You can speak the hymn if you don’t know it already, or sing it.

Note: the places where the + sign is displayed are indications to make the sign of the cross.