

ONE PERCENT PRAYER

Take 1% of your day to get to know Jesus better



ARCHDIOCESE *of* MILWAUKEE

Prepare (1 min)

Begin by taking a moment to breathe calmly, be present to the current moment, and become aware that Jesus is here, looking on you with love... Ask Jesus to guide your prayer.

In the name of the Father, and of the Son, and of the Holy Spirit. Jesus, I believe that You see me, You hear me, You know me, You love me. Thank You. Please teach me to pray. Help me be fully present to You. Give me the grace to know You better, love You more, and follow more closely as Your disciple.

Recognize - How Are You Doing? (2 min)

I acknowledge how I'm doing right now... my thoughts... feelings... desires...

Relate - Tell Jesus How You Are Doing

(1 min)

Jesus, here's what's bringing me joy... and what's weighing on me...

Receive - Listen for His Response (4 min)

Jesus, teach me to listen to You. Is there anything You want me to know about?

[listen]

Holy Spirit, please speak to me through this Scripture passage...

Read Scripture Passage of the Day a couple times. Listen for what stands out.

Respond - Talk It Over (3 min)

Jesus, help me speak to You from my heart about what stands out to me in this passage... and how it connects to my life...

Jesus, what are You trying to show me through that? [listen]

Rest - Just Be With God (3 min)

Simply be with Jesus, resting in His presence.

Resolve (1 min)

Thank You, Lord for all that You have done in this time of prayer and for being with me today. Please heal the sick, suffering, and dying. Bless me and help me grow as Your disciple. I also pray for these prayer intentions... [include all those you have been praying for]

For these and all the intentions of everyone who prays 1% Prayer today, I pray, Our Father... In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Consider jotting down in a journal what you think God showed you during your prayer and how you will live it out today.

DAILY SCRIPTURE PASSAGES

- | | |
|----------------------|----------------------|
| 1: Matthew 16:13-17 | 16: John 11:1-44 |
| 2: Matthew 3:13-17 | 17: John 8:1-11 |
| 3: John 4:4-26 | 18: Mark 10: 46-52 |
| 4: Luke 5:1-11 | 19: Luke 19:1-10 |
| 5: Mark 1:21-39 | 20: Luke 15:11-32 |
| 6: Mark 2:1-12 | 21: Matthew 20:20-28 |
| 7: Luke 7:36-50 | 22: Matthew 25:31-40 |
| 8: Mark 4:35-41 | 23: John 12:1-8 |
| 9: Mark 5:25-34 | 24: John 13:1-17 |
| 10: Mark 6:30-44 | 25: Luke 22:14-20 |
| 11: Matthew 14:22-33 | 26: Matthew 26:36-46 |
| 12: Mark 9:30-37 | 27: Luke 23:33-47 |
| 13: Mark 10:17-27 | 28: John 20:1-18 |
| 14: John 10:7-18 | 29: Luke 24:13-35 |
| 15: Luke 10:38-42 | 30: Matthew 28:16-20 |



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www.archmil.org/one-percent-prayer