



Day 31 | Continue the Journey

In today's One Percent Prayer, Pete invites you to commit to a specific plan for continuing your daily prayer and action to grow in love for God and neighbor.

In today's reading, we reflect on the day of Pentecost. It's because of what happened on this day of Pentecost 2,000 years ago that we can enter into the goodness, the truth, and the beauty of who Jesus is today. In a very real sense, we encounter Jesus in prayer today because these early Christians, animated by the Holy Spirit, lived out their conviction and their commitment to Jesus. We are able to encounter his love, his mercy, and his grace today, because these early Christians were moved by the Holy Spirit to devote themselves to community, to prayer, to sacraments, and to handing down the teaching through the Church.

These last 30 days have been an encounter with Jesus guided by that same Holy Spirit through the Scriptures handed on from that day until now. Our journey doesn't need to end here. These 30 days can be a launch pad to a new beginning in your daily walk and daily life with Jesus.

We invite you today to make a commitment to Jesus for how you will continue your journey with him. Write it down. Resolve to keep your commitment. Perhaps share it with someone who will help hold you accountable.

You might consider committing to continue living some of the habits we've established, by:

- Praying daily in the specific place set aside for prayer that has worked for you.
- Praying for at least 1% of your day, about 15 minutes. Use a timer so you can forget the clock.
- Praying with Scripture, where you can enter into the Word of God, listening for God's voice and responding from your heart. If you like the structure of our One Percent Audio Guides, and wish to continue it, you can print a copy to follow at [One Percent Prayer Prompts](#)
- At the end of each prayer time, committing to a specific action to live out your prayer.
- Committing to a specific plan for the content of your prayer times. Here are a few ideas:
 - Pray with the gospel from each day's [Daily Mass Readings](#).
 - Choose a gospel or other book of the Bible and work your way through it one story at a time, we recommend the [Gospel of Mark](#) or the [Psalms](#) as a good place to start.
- Inviting a friend to do One Percent Prayer with you. Start over with them on [Day 1](#), and discuss what God is doing in your lives through this simple daily commitment of prayer and action.
- Continuing to use the [Post-Game Review Card](#) or [Audio Guide](#) to review each day with Jesus

It's been a joy to walk with you in this time. Know of our continuing prayers for you.