



Intro [Church Bells]

Opening Prayer: Welcome to today's One Percent Prayer, today is day [#]. 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. [pause]

*In the name of the Father, and of the Son, and of the Holy Spirit.
Amen*

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 to be fully present to you. Give me the grace to know you better, love you more, and follow more closely as your disciple.

Help me to acknowledge how I'm doing right now. My thoughts...my feelings...my desires... [pause and reflect]

Jesus, help me not to just *think* about how I'm doing, but to *tell* you what's on my mind and heart. Here's what's bringing me joy... [tell Jesus] and what's weighing on me... [tell Jesus].

Jesus teach me to listen to you, is there anything you want me know about all that. [listen]

Come, Holy Spirit, speak to me through this Gospel of [book, chapter, verses]

Read Daily Scripture Passage [see link below for daily passages]

<https://www.archmil.org/evangelization/New-Evangelization/Parish-Resources/One-Percent-Scripture.htm>

Jesus, help me to speak to you from my heart about what stands out to me in this passage. [tell Jesus]

Jesus, what was it like for you when you experienced the events of this passage? [listen]

Jesus, help me to speak to you from my heart about this passage's connection to my life. [tell Jesus]

Jesus, what do you want me to know about that? [listen]

Jesus, as I listen to this passage again, help me to know what You're speaking to me (or help me to know how you want me to live this truth)

OR

Lord, please bless my imagination. As I listen to this passage again, help me to imagine being there with you, imagining what it looks like, sounds like, feels like as the scene unfolds.

[Re-read the Scripture passage above]

Jesus is there anything else you want me to know? [listen]

Thank you, Lord for all that you have done in this time of prayer and for being with me today.

Jesus, please heal the sick, suffering, and dying, and bless all of us who are participating in this one percent prayer. I also pray for these intentions [include prayers for all those you have been praying for]

For these and all the prayer requests of everyone who prays this 1% Prayer today, I pray,

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. [Pause]

**Live
It**

Alright, so let's talk about how to live this out. Today, here's your task...

[See

<https://www.archmil.org/Courageous-Communion/StepOutStronger/daily-recordings.htm> for daily Live It Activities]