

renew my soul

21 DAYS OF PRAYER
& FASTING



Your soul is the most important part of who you are. It is the piece of your life that is eternal. The deep longing for God resides in your soul.

Our prayer is that this journal would help you slow down, rest, and allow your soul to be divinely renewed.



reflection

ONE

THE LORD'S PRAYER—MATTHEW 6:9-13

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 debts as we forgive
our debtors, and lead us not into temptation,
but deliver us from evil,
for thine is the kingdom and the power
and the glory, forever. Amen.



TWO

INSTRUMENT OF YOUR PEACE—ST. FRANCIS OF ASSISI

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love,
Where there is injury, pardon,
Where there is doubt, faith,
Where there is despair, hope,
Where there is darkness, light,
Where there is sadness, joy.
O Divine Master, grant that I may not so much
seek to be consoled as to console,
not so much to be understood as to understand,
not so much to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
it is in dying that we awake to eternal life.

reflection



Whatever you have learned or received or heard from me, or seen in me—
put it into practice. And the God of peace will be with you. Philippians 4:9



THREE

LET ME SERVE YOU—ST. THERESA OF AVILA

Govern everything by your wisdom, O Lord, so that my soul may always be serving you in the way you will and not as I choose. Let me die to myself so that I may serve you; let me live to you who are life itself. Amen.

reflection

Whoever serves me must follow me; and where I am, my servant also will be.
My Father will honor the one who serves me. John 12:26

FOUR

RECEIVE GRACE—JOHN WESLEY

O God, seeing as there is in Christ Jesus an infinite fullness of all that we can want or desire, may we all receive from him, grace upon grace; grace to pardon our sins, and subdue our iniquities; to justify our persons and to sanctify our souls; and to complete that holy change, that renewal of our hearts, which will enable us to be transformed into the blessed image in which you created us. O make us all acceptable to be partakers of the inheritance of your saints in light. Amen.





FIVE

TRUST—ST. AUGUSTINE

My God, let me know and love you, so that I may find my happiness in you. Since I cannot fully achieve this on earth, help me to improve daily until I may do so to the full. Enable me to know you ever more on earth, so that I may know you perfectly in heaven. In that way my joy may be great on earth, and perfect with you in heaven. O God of truth, grant me the happiness of heaven so that my joy may be full in accord with your promise. In the meantime let my mind dwell on that happiness, my tongue speak of it, my heart pine for it, my mouth pronounce it, my soul hunger for it, my flesh thirst for it, and my entire being desire it until I enter through death in the joy of my Lord forever. Amen.

reflection



SIX

FOR CLEANSING—LEONINE SACRAMENTARY

Cleanse us, O Lord, from our secret faults, and
mercifully absolve us from our presumptuous
sins, that we may receive Thy holy things with
a pure mind; through Jesus Christ our Lord.
Amen.



SEVEN

FOR ENLIGHTENMENT—LITURGY OF THE BLESSED APOSTLES

Enlighten, O our Lord and God, the movements of our meditations to hear and understand the sweet listenings to Thy life-giving and divine commands; and grant unto us through Thy grace and mercy to gather from them the assurance of love, and hope, and salvation suitable to soul and body, and we shall sing to Thee everlasting glory without ceasing and always, O Lord of all. Amen.

reflection

Rejoice always, pray continually, give thanks in all circumstances;
for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16–18



EIGHT

FOR GOD'S GUIDANCE—GELASIAN SACRAMENTARY

Lord, it is through You that all good things come;
as Your humble servants we ask that you grant us
holy inspiration so that we may think things that be
good, and by Your merciful guidance may perform
the same good, through Jesus Christ our Lord.
Amen.

reflection

But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. John 14:26



NINE

FOR PARDON—AMBROSE

O Lord, who hast mercy upon all, take away from me my sins, and mercifully kindle in me the fire of Thy Holy Spirit. Take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore Thee, a heart to delight in Thee, to follow and to enjoy Thee, for Christ's sake. Amen.

reflection



TEN

ACT OF PETITION—ST. AUGUSTINE

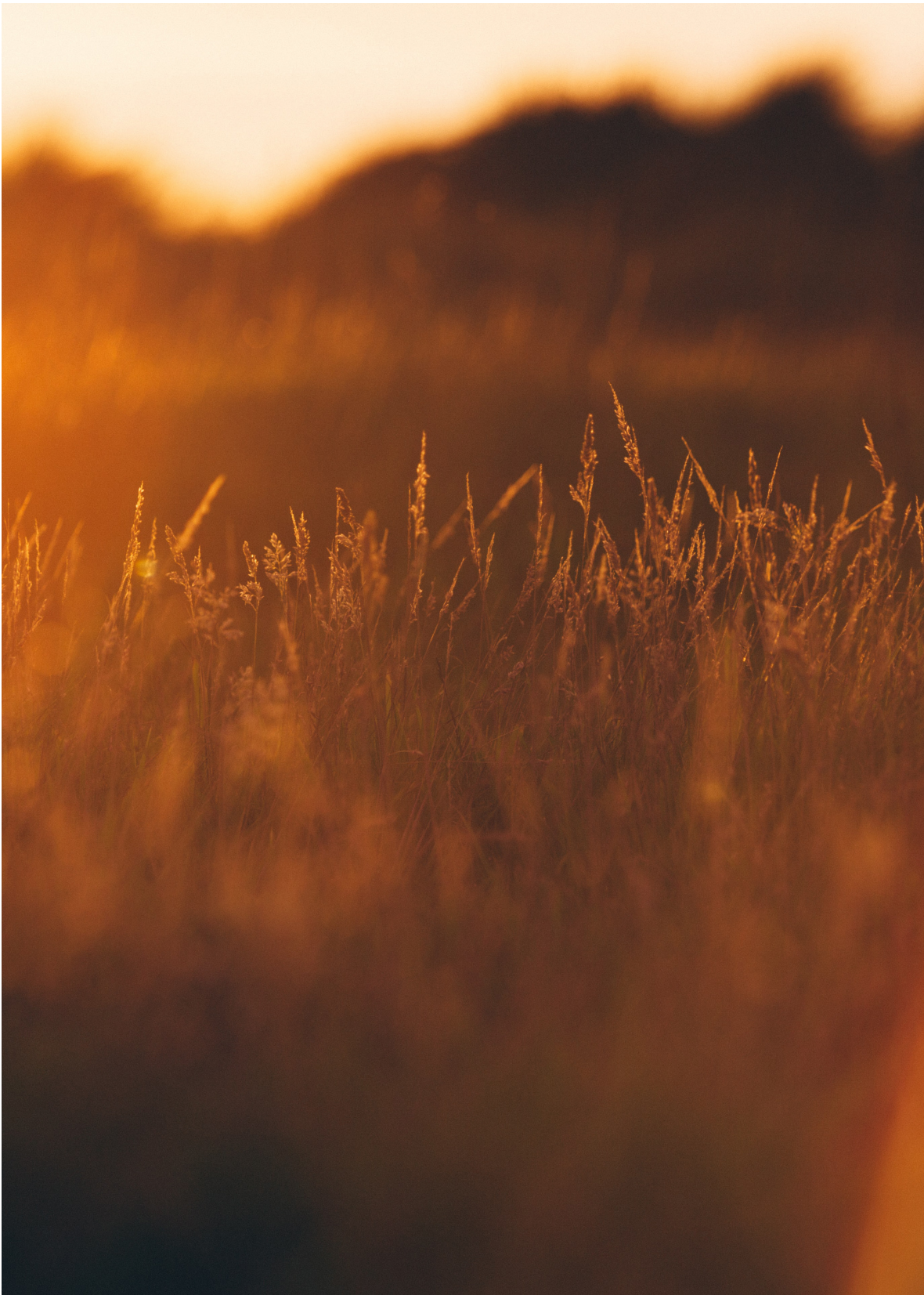
Give me yourself, O my God, give yourself to me. Behold I love you, and if my love is too weak a thing, grant me to love you more strongly. I cannot measure my love to know how much it falls short of being sufficient, but let my soul hasten to your embrace and never be turned away until it is hidden in the secret shelter of your presence. This only do I know, that it is not good for me when you are not with me, when you are only outside me. I want you in my very self. All the plenty in the world which is not my God is utter want. Amen.



ELEVEN

EMPTY VESSEL—MARTIN LUTHER

Behold, Lord, An empty vessel that needs to be filled. My Lord, fill it. I am weak in faith; Strengthen thou me. I am cold in love; Warm me and make me fervent that my love may go out to my neighbour. I do not have a strong and firm faith; At times I doubt and am unable to trust thee altogether. O Lord, help me. Strengthen my faith and trust in thee. In thee I have sealed the treasures of all I have. I am poor; Thou art rich and didst come to be merciful to the poor. I am a sinner; Thou art upright. With me there is an abundance of sin; In thee is the fullness of righteousness. Therefore, I will remain with thee of who I can receive but to whom I may not give. Amen.



TWELVE

INDWELLING OF THE SPIRIT—ADAPTED FROM ST. AUGUSTINE

Holy Spirit, powerful Consoler, sacred Bond of the Father and the Son, Hope of the afflicted, descend into my heart and establish in it your loving dominion. Enkindle in my lukewarm soul the fire of your love so that I may be wholly subject to you. We believe that when you dwell in us, you also prepare a dwelling for the Father and the Son. Therefore, come to me, Consoler of abandoned souls, and Protector of the needy. Help the afflicted, strengthen the weak, and support the wavering. Come and purify me. Let no evil desire take possession of me. You love the humble and resist the proud. Come to me, glory of the living, and hope of the dying. Lead me by your grace that I may always be pleasing to you. Amen.

reflection

So as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God. Colossians 1:10



THIRTEEN

BELOVED—JOHN WESLEY

Now, to God the Father, who first loved us, and made us accepted in the Beloved;
to God the Son, who loved us, and washed us from our sins in his own blood;
to God the Holy Ghost, who sheddeth the love of God abroad in our hearts,
be all love and all glory in time and to all eternity. Amen.

reflection





reflection

FOURTEEN

PERFECT LOVE—ST. AUGUSTINE

Grant me, even me, my dearest Lord, to know Thee, and love Thee, and rejoice in Thee. And, if I cannot do these perfectly in this life, let me at least advance to higher degrees every day, till I can come to do them in perfection. Let the knowledge of Thee increase in me here, that it may be full hereafter. Let the love of Thee grow every day more and more here, that it may be perfect hereafter; that my joy may be great in itself, and full in Thee. I know, O God, that Thou art a God of truth, O make good Thy gracious promises to me, that my joy may be full. Amen.



FIFTEEN

FOR THY WILL—GELASIAN SACRAMENTARY

Into thy hands, O Lord, we commit ourselves this day. Give to each of us a watchful, humble, and a diligent spirit, that we may seek in all things to know thy will, and when we know it may perform it perfectly and gladly, to the honor and glory of thy Name; through Jesus Christ our Lord. Amen.



reflection

SIXTEEN

PRAISE—AUGUSTINE

Great art Thou, O Lord, and greatly to be praised; great is Thy power, and Thy wisdom is infinite. Thee would we praise without ceasing. Thou callest us to delight in Thy praise, for Thou hast made us for Thyself, and our hearts find no rest until we rest in Thee; Who with the Father and the Holy Ghost all glory, praise, and honour be ascribed, both now and forevermore. Amen.



SEVENTEEN

COVENANT PRAYER—JOHN WESLEY

I am no longer my own, but yours.
Put me to what you will, place me with whom you will.
Put me to doing, put me to suffering.
Let me be put to work for you or set aside for you,
praised for you or criticized for you.
Let me be full, let me be empty.
Let me have all things, let me have nothing.
I freely and fully surrender all things to your glory and
service. And now, O wonderful and holy God, Creator,
Redeemer, and Sustainer,
you are mine, and I am yours.
So be it. And the covenant which I have made on earth,
let it also be made in heaven. Amen.

reflection

Whoever does not take up their cross and follow me is not worthy of me. Matthew 10:38



EIGHTEEN

THE SERENITY PRAYER—REINHOLD NIEBUHR

God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can, and the wisdom to know the difference.
Living one day at a time, enjoying one moment at a time; accepting hardship as
a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it;
trusting that You will make all things right if I surrender to Your will; so that I may
be reasonably happy in this life and supremely happy with You forever in the next. Amen.

NINETEEN

FOR REFRESHMENT—AUGUSTINE

O Holy Spirit, Love of God, infuse Thy grace, and descend plentifully into my heart; enlighten the dark corners of this neglected dwelling, and scatter there Thy cheerful beams; dwell in that soul that longs to be Thy temple; water that barren soil, over-run with weeds and briars, and lost for want of cultivating, and make it fruitful with Thy dew from heaven. Oh come, Thou refreshment of them that languish and faint. Come, Thou Star and Guide of them that sail in the tempestuous sea of the world; Thou only Haven of the tossed and ship-wrecked. Come, Thou Glory and Crown of the living, and only Safeguard of the dying. Come, Holy Spirit, in much mercy, and make me fit to receive Thee. Amen.



TWENTY

FOR BLESSINGS—CLEMENT OF ROME

May God, who seeth all things, and who is the Ruler of all spirits and the Lord of all flesh—who chose our Lord Jesus Christ and us through Him to be a peculiar people—grant to every soul that calleth upon His glorious and holy Name, faith, peace, patience, long-suffering, self-control, purity, and sobriety, to the well-pleasing of His Name, through our High Priest and Protector, Jesus Christ, by whom be to Him glory, and majesty, and power, and honour, both now and forevermore. Amen.

TWENTY-ONE

THE TWENTY-THIRD PSALM

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths for his name's sake.
Even though I walk through the valley
of the shadow of death,
I fear no evil;
for you are with me;
your rod and your staff—they comfort me.
You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord forever.

reflection



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