

WEEK SIX
THE WEEK AHEAD
PUT YOUR HOPE IN THE LORD

WEEKLY DEVOTION: For our final leg of the pilgrimage, we focus on hope. Eugene Peterson wrote, “We need hope. We need to know that we are in relation to God. We need to know that suffering is a part of what it means to be human and not something alien. We need to know where we are and where God is.”¹ As you spend time with God this week, remember where you were at the start of this journey and what God has taught you along the way. As you work through this week’s study, thank God for what you have been taught and what you will continue to discover during a lifelong trek of calm, quiet, hope, trust.

SPIRITUAL PRACTICE: This week’s practice is the *Prayer of Examen*, a prayer that allows you to review your previous day and prepare for the day ahead through prayer and reflection. You will walk through the four steps of calm, quiet, hope, and trust. Calm your heart. Quiet your soul. Hope in the Lord. Trust now and always. As you participate in the *Prayer of Examen*, pay attention to where God has placed you and where he is leading you. Repeat this practice for at least three consecutive days at three times, starting around the same time each day.

ARTISTIC EXPRESSION: As you reflect all that God has done for you doing this journey, consider processing your journey through an artistic medium. Look back at your previous artistic expressions and ask God to help you sum up your experience. Draw or paint, take photos, write a song or poem, create a video, allow your creative juices to flow.

SURVEY: Wrap up your time in this study by completing the simple survey. This will help you process your journey as well as assist in the ongoing development of this series.

CLOSING PRAYER:

Calm my heart, O Lord, so that my heart is not proud. Fix my eyes on you, God, so that my eyes are not haughty. Grant me a spirit of humility, so that I do not get involved with things too great or too wondrous for me. Instead of feeding the chaos around me, calm and quiet my soul. Comfort me like a weaned child with its mother. Quiet my soul until I am content, like a weaned child, so that I may grow in maturity. May those around me know that I put my hope in you, Jesus, the author and perfecter of faith. You alone are trustworthy, both now and forever. Amen.

RETURN:

Go back to the main lesson. Wrap up with the *CLOSING TIME* prayer or choose an additional option in *PATHS FOR THE JOURNEY*

¹ (Eugene Peterson, *Long Obedience in the Same Direction*, pg. 144-145)