

## **Prayer Activities**

### **Chapter 1**

#### Prayer Reflection and Resolution

Lord, it is beyond my power of imagination to realize fully what you have done for me by taking on human flesh. All we know is that you can feel what I feel, not only my joys and simple pleasures, but especially my sufferings in both body and spirit. I turn these over to you as a gift and as an offering. May my good feelings be a sign of my gratitude for all you have given to me. May my sufferings be an offering of atonement for the times I have failed to be your friend. Thank you, Lord Jesus Christ. Amen.

- *Reflection:* Think of an analogy to describe the humility God showed in becoming incarnate.
- *Resolution:* Who is someone whom you have ignored who needs your presence?

What will you do to rectify this situation?