

HOPE IN PROGRESS

Week 2•3

Psalm 23

- 1. Lead** Lead me in right way.
I touch my forehead

- 2. Restore** Restore me with still waters.
I touch my chest

- 3. Feed** Feed me in green pastures.
I touch my left shoulder

- 4. Guard** Guard me in darkest valleys.
I touch my right shoulder

- 5. Clear** Clear my path onward.
Hand on heart, I take three breaths:

First to breathe in the Spirit of Progress.
The second to feel sacred waters flow in me.
The third to breathe out a clear path for those
who walk in the darkest valleys.

JISA First Spiritual Exercises © • Mail: home2@first-exercises.com

Register for Daily Blessings: <https://tinyurl.com/3xk8c5b6>

Six ways to pray a hope blessing

- First way** Use as written, signing the cross and breathing thrice.
- Simple way** Replace each sentence with it's left column key word.
- Personal way** Make it your own – adjust the words as you wish.
- Deep way** Read the scripture source first.
- Friendly way** Pray the blessing with or over another person.
- Group way** Replace 'I' with 'we' and pray with others.
- Giveaway** Give the blessing away to someone else in need.

How to Make the Sign of the Cross

The traditional sign of the cross is made by the top of the fingers touching first the forehead, then the chest, then left shoulder, and finally right shoulder.