

HOPE IN VIRTUE

Week 2•1

Prov 2:1-11,20

- 1. Wise** Send wisdom to my heart.
I touch my forehead
- 2. Knowing** Knowledge into my soul.
I touch my chest
- 3. Prudent** Prudence watch over me.
I touch my left shoulder
- 4. Aware** Understanding guard me.
I touch my right shoulder
- 5. Just** Keep me on the just path.
Hand on heart, I take three breaths:

The first to breathe in the Spirit of Wisdom.

The second to feel wisdom fill me.

The third to breathe out wisdom
into those who need it today.

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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.