Each week during the season of Advent, a template for daily devotions (Beginning the Day, Prayer at Midday, and Prayer at the End of the Day) will be distributed to encourage our meditation on three simple practices that originally formed a rule of life for the people called Methodists: do no harm; do good; stay in love with God.

The resource guiding our journey through the season is the book Three Simple Rules: A Wesleyan Way of Living by Rueben P. Job.

Please feel free to change the suggested format to fit your personal way of engaging in prayer and meditation. God be with you.
**Beginning the Day**

**Centering on God’s Presence**
Take your Bible to the place you will use for prayer. Position yourself for prayer. Enter the silence and relax. Consider offering a centering prayer such as:

*Loving Teacher, come and make your home in our hearts this day. Dwell within us all day long and save us from error or foolish ways. Teach us today to do no harm. Help us today to be an answer to another’s prayer so that we may be one of your signs of hope in the world you love.*

**Reading Scripture**

- **Sunday:** Romans 13:8-10
- **Monday:** Genesis 50:15-21
- **Tuesday:** 1 Chronicles 4:10
- **Wednesday:** Proverbs 3:27-29
- **Thursday:** Isaiah 11:6-9
- **Friday:** Mark 3:1-6

**Reflection**
Consider the meaning of the Scripture passage for your life this day. Pay attention to any response that is prompted by the text you have read.

**Prayer**
Speak to God. Interact with God as you would with one who you know loves and accepts you. Offer prayers of thanksgiving. Pray for others, the world and yourself.

**Contemplation**
Be still. Rest in God’s presence. Let God work through your mind and heart. Let go of words and images. Listen. Dwell. Abide. Rejoice that God is with you in silence, spiritual rest, and inner receptivity.

**Offering**
*Here am I, the servant of God; let it be with me according to your word* (Luke 1:38). Offer yourself to God to be used this day as God desires.

**Promise:**
*And remember, I am with you always, to the end of the age* (Matthew 28:20b).

**Prayer at Midday**

**Welcoming God’s Presence**

*God of love, holiness, and strength, we thank you for the gift of your presence through the morning hours. Continue to make yourself and your way known to us throughout the remaining hours of the day. Grant us grace to follow you in faithfulness, joy, and peace. We are yours.*

**Silence**

*Speak, God, for your servant is listening* (1 Samuel 3:9). Listen for God’s direction as you wait for guidance for the remaining hours of the day.

**Response**

*It is God; God will do what must be done* (1 Samuel 3:18b).

**Prayer**
Respond with gratitude for God’s grace and direction promised and already experienced this day.

**Blessing**

*My soul clings to you; your right hand upholds me* (Psalm 63:8).