

## **1. WORD BECAME FLESH**

The Ashram is centered in Jesus, the Word became flesh. This, then shall be the center of my life, the Word become flesh in me.

I will ask myself each morning: "How much of my life is still the Word become word? How many areas can I bring today from the Word become word to the Word become flesh in me?" I meet the Word in this quiet hour.

I will read, meditate upon and inwardly digest the Bible, especially the New Testament, as giving to me the best and most authentic view of the Word become flesh.

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## **2. THE OPEN HEART**

This quiet time will be a period of getting down barriers. I will have with myself a period of the Open Heart to get down the outer barriers of race and class, of status, and of denominational prejudices, and the inner barriers of fears, resentments, self pre-occupation, impurities, dishonesties, self-pity, negativities, and guilts. What are my needs? Not my problems, but my needs. My problems may be centered in others. My needs are centered in me. I am my real problem. I will begin with myself and surrender myself and my needs to Him. I will let the Kingdom of God invade me.

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## **3. THE SILENT TIME**

I will let God speak to me. I have told Him my needs. He will tell me what He wants me to do about them.

## **4. THE FAMILY GATHERING**

I will consider what constructive criticism I, my family, or others have to suggest in regard to myself.

## **5. PRAYER VIGIL**

I will transfer the outer Prayer Vigil to my inner life. I will pray without ceasing, just as I breathe without ceasing. My heart is a continuous Prayer Vigil.

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## 6. THE PRAYER GROUP

I will form a small prayer group, preferably of persons who are near me, in my city, town, or family. I will pray with and for them and will meet with them as a group as often as possible.

## 7. THE WORK PERIOD

I will do something today with my hands for someone today.

## 8. THE HEALING SERVICE

I will pass on to my body no self-originated sickness or disease. I will cultivate attitudes and reactions which make for health. In addition, I will learn to be receptive to the healing grace of God.

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## 9. OVERFLOWING HEART

I will come down to the end of the day and cap it with the period of the Overflowing Heart. What victories have I found today through his grace and the working out of these attitudes and techniques? I will learn to cultivate the thankful heart, in everything—whether good or bad—to give thanks.

## 10. CLOSING PRAYER

Father, everything You give me is an entrustment to share with others. Nothing is mine until I give it. So show me today, Father, those with whom I can share what Thou art giving me, a healing of love to mind, spirit, and body.

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