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**N.B. Holy Habits launch Church Prayer Meeting this Saturday (8th) at 10am - see below!**

Welcome to the first of the Holy Habits weekly prompts!  We will be sending these throughout the two year Holy Habits programme.

**What's the point of these emails then?**

Well, we want to prompt you to thought/prayer/action on the Habit in focus (we start with Prayer through September and October)

The **aim** is:

* + to help you get deeper into the Habit
	+ to understand/practice it better

… with the **goal** that at the end of our focus on that Habit you will have arrived at

* + positive, specific and lasting changes to your attitudes and behaviours
	+ an encouraged and revitalized faith in Christ.

Of course, all of this will only happen if our plans are underpinned by prayer for God's blessing on our journey, and an utter dependence on his Holy Spirit to motivate and empower us.

**Let us begin!**

We're setting out on a large and ambitious programme, so for this first week let's bed down our commitment to travel this road with all our heart, soul, mind and strength.

Here's a prayer that might help:

**Thank you Lord for the Holy Habits programme.  I'm not sure what's involved and even whether this programme really does do "all that it says on the tin".  But I sense that this is a time of real opportunity for Bents Green and for me, to explore deeply all the varied qualities that marked out the early Church, a community that went on to change the world.**

**I humbly offer myself to you, Lord, and ask you to go with me through these next 2 years, leading me on a voyage of discovery, of change to who I am, how I see you and how you use me in the world.  Let me be open to all you want of me.  Take away all fear of what may lie ahead.  And give me so much encouragement as I go that I will keep coming back for more.**

**Produce your new creation in me, Lord, and in the wonderful church of which I'm a part.**

**Thank you Jesus!  I ask this in your Name and for your glory.  Amen.**

After making this commitment, try to start each day this week in that spirit, with the simple prayer:

**Lord, I'm ready! Teach me to pray. Amen.**

**What's next?**

In the following weeks I shall send out some specific thoughts and ideas on how we might develop our personal prayer life.  Watch this space!

Bless you on this journey!  **And do join us, if you can, at the special Church Prayer Meeting this Saturday (8th) at 10am**, where we will commit this whole adventure to the Lord.  You have permission to get excited!

Do please give me feedback on these weekly prompts and, of course, let me know if you wish to unsubscribe.

*Produced by Martyn Read on behalf of the Bents Green Holy Habits Planning Group (Debs Barnett, Glenn Evans, Martyn Read, Graham Wassell, Daphne Wilkins, John Wilkins).*