

Daily Blessing

- Purpose: COVID19 has shut down our normal ways of interaction and activity. At church, we are limited in how we attend service, fellowship, and participate in various ministries. This has been particularly disappointing because this year is supposed to be when we ramp up our ministries. However, we believe that this is also an opportunity for us to build our trust on God and work on strengthening our basic fundamentals of the church.

As a Christian, it is essential that we make Scripture a central part of our life. This includes learning and meditating on the Word, and examining ourselves against it through prayer. This inner journey is also one of our three-part journey laid out for members of our church. All covenant members of Pilgrim Community Church are expected to spend at least 30 minutes a day in meditation and prayer on Scripture but this has been a challenge for many of us that have not made this a part of our spiritual discipline yet. Therefore, our purpose is that the whole church will spend the second half of 2020 focused on the discipline of daily Scriptural reading and prayer.

For this, the pastoral team will host and guide the church through prayer of review and Scripture reading through Zoom. It will happen daily, at a set time, for 20 to 30 minutes, where we will pray, briefly preview the day's passage, and read it together. Just by participating in this daily, you will be able to read through all of the New Testament. This will be of a particular help to those that have found it difficult to read and pray on their own consistently.

Another purpose of this program is to help families build a Christian identity in their homes. Daily prayer and passage preview will be done in a mix of Korean and English. Also, families with children in Pilgrim Jr. will be given separate resources and guidelines. Once the meeting ends, members are asked to move into individual prayer or time of prayer and discussion with their families.

The most crucial thing is to make time. As time goes, you will develop an invaluable habit of pausing and making time for God daily. And with more time, you will have the heartfelt joy of having a deeper and personal relationship with God. And for the church, it will be a time of strengthening of our foundation. This is a program for every single member of our church family!

■ Overview

- Duration: 8/31~12/21 (16 Weeks)
- Time: Everyday 9:30 pm (Except on Sundays), up to 30 minutes
- For: Everyone
- Content: Prayer of review + Reading through the NT (2 to 3 Chapters per day)
- 2 Pilgrim School credits will be given to those who complete the program

■ Daily Outline

Program	Time	Info
Prayer of Review	7 min	<ul style="list-style-type: none"> • Prayer of review guided by the pastoral team (Guided in English every other day) • Time of reviewing each day and giving thanks and repentance
Passage Preview	8 min	<ul style="list-style-type: none"> • Previewing the day's reading in Korean • Previewing the day's reading in English for BLVD and GT students
Scripture Reading	10 min	<ul style="list-style-type: none"> • Scripture is read by a pastor or a church member • BLVD/GT students participate in this reading. Pilgrim Jr. students participate in their memory verse
Closing Prayer		
Individual Meditation/Prayer Journal Or Family Discussion		<ul style="list-style-type: none"> • Once the meeting ends, continue into further prayer and meditation • This can be done in a family by talking about their day and prayer, or discussing what was read in Scripture. If it is not possible to meet everyday, family members can choose to meet on Sundays (there is no reading on Sundays) to discuss their week and prayer.
Q & A	30 min	<ul style="list-style-type: none"> • Each Wednesday, a Q&A session will be held after the regular zoom meeting to discuss anything from the week's reading of Scripture. This is optional.

NT Reading Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8/30	8/31 Mark1-2 (Mk1-13:RS)	9/1 Mark3-5	2 Mark6-8	3 Mark9-11	4 Mark12-13	5 Mark14-16 (MK14-28:RS)
6	7 Mark17-19	8 Mark20-22	9 Mark23-25	10 Mark26-28	11 Mark1-2 (Mark:RS)	12 Mark3-5 (Mark GOS)
13	14 Mark6-8	15 Mark9-11	16 Mark12-14	17 Mark15-16	18 John1-2 (Jn1-12:RS)	19 John3-5
20	21 John6-7	22 John8-10	23 John11-12	24 John13-15 (Jn13-21:RS)	25 John16-17	26 John18-20
27	28 John20-21	29 Luke1-2 (Lk1-9:RS/ Lk1-2:GOS)	30 Luke3-5 (Lk3-9:GOS)	10/1 Luke6-8	2 Luke9-10 (Lk9-19:GOS)	3 Luke11-13 (Lk10-24:RS)
4	5 Luke14-16	6 Luke17-19	7 Luke20-22 (Lk19-23:GOS)	8 Luke23-24 (Lk24:GOS)	9 Acts1-2 (Ac1-12:RS)	10 Acts3-5 (The Holy Spirit:THM)
11	12 Acts6-8	13 Acts9-11	14 Acts12-14 (Ac13-28:RS)	15 Acts15-17	16 Acts18-19	17 Acts20-22
18	19 Acts23-25	20 Acts26-28	21 Rom1-3 (Rm1-4:RS)	22 Rom4-6 (Rm5-16:RS)	23 Rom7-8	24 Rom9-11
25	26 Rom12-13	27 Rom14-16	28 1Cor1-3 (1Cor:RS)	29 1Cor4-6	30 1Cor7-8	31 1Cor9-11

Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
11/1	2 1Cor12-13	3 1Cor14-16	4 2Cor1-3 (2Cor:RS)	5 2Cor4-6	6 2Cor7-8	7 2Cor9-11
8	9 2Cor12-13	10 Gal1-3 (Gal:RS)	11 Gal4-6	12 Eph1-3 (Eph:RS)	13 Eph4-6	14 Phil1-2 (Phil:RS)
15	16 Phil3-4	17 Col1-2 (Col:RS)	18 Col3-4	19 1Thes1-3 (1,2Thes:RS)	20 1Thes4-5	21 2Thes1-3
22	23 1Tim1-3 (1Tim:RS)	24 1Tim4-6 (Public Reading:THM)	25 2Tim1-4 (2Tim:RS)	26 Titus1-3 (Titus:RS)	27 Philem1 (Philem:RS)	28 Heb1-3 (Heb:RS)
29	30 Heb4-6	12/1	2 Heb10-13	3 James1-3 (James:RS)	4 James4-5	5 1Pet1-2 (1Pet:RS)
6	7 1Pet3-5	8 2Pet1-3 (2Pet:RS)	9 1John1-3 (1Jn1-3:RS)	10 1John4-5	11 2Jn,2Jn,Jd (Jd:RS)	12 Rev1-3 (Rev1-11:RS)
13	14 Rev4-6 (Day of the Lord:THM)	15 Rev7-9	16 Rev10-12	17 Rev13-15 (Rev12-22:RS)	18 Rev16-17	19 Rev18-20
20	21 Rev21-22 (Heaven+ Earth:THM)	22	23	24	25	26

성찰기도 Examen Prayer

1. 도입 Introduction:

성찰기도는 지난 하루를 돌아보며 드리는 기도입니다. 이 기도의 목적은 우리의 삶에 함께 하신 하나님의 임재를 더욱 민감하게 알아차리고 경험하는 것입니다.

This prayer of review is a short reflection of the day, recalling events and taking note of your feelings. The purpose is to become more aware of the ways in which God has been present to you.

이제 생각을 멈추고 마음을 잠잠하게 하십시오. 숨을 깊이 들여마시고 내뱉어 보십시오. 들숨과 날숨의 리듬을 느껴보면서 릴렉스 하십시오.

Take a moment now to stop and quieten your thoughts.

Let your breathing help you to relax as you notice its gentle rhythm to breathe in and out.

2. 준비기도 Preparatory prayer:

기도를 시작하면서 주님께 청하십시오. “주님! 저와 함께 하여 주십시오. 제 생각과 감정, 반응들을 이끄셔서 제 삶에 가득한 하나님의 임재를 보게 하소서”

As you begin the prayer, ask, “God, be with me. Guide my thoughts, feelings and reactions so that I might see your presence in my life.”

3. Review of the day:

이제 지난 하루를 떠올려 보십시오.

어떻게 하루를 시작하였나요? 오전 시간에는 어떤 일이 있었습니까? 어디에 있었나요? 누구와 함께 있었나요? 나의 마음과 기분은 어떠했습니까?

Now, begin to recall the day.

How were you at the beginning of today? What was happening? Where were you?

Who were you with? What sort of mood were you in?

기억의 시간을 이동하여 오후와 저녁시간에 있었던 일들, 만난 사람들, 있었던 장소를 떠올려 보십시오.

And now let your memory drift over your afternoon and evening... recalling events and people and places.

하루의 기억을 떠올려 볼 때, 여러 다른 순간들을 경험하면서 나의 감정은 어떻게 변화되었나요? 느꼈던 감정들을 알아차리고 그 감정에 이름을 붙여보십시오.

As you recall your day, become aware of how you were feeling at different times. Try to name for yourself, the different feelings or moods that were present to you.

4. 감사와 회개 Thanksgiving and Repentance:

주님께서 특별히 주목하게 하시는 경험이 있다면 그 경험을 더욱 깊이 성찰해 보십시오.

특별히 생명력과 빛, 에너지를 느꼈던 경험이 있었나요?

오늘 나에게 주어진 선물은 무엇입니까?

이 모든 순간들을 음미하면서 하나님께 감사를 올려드리십시오.

In particular, where do you notice times of life or light or energy?

What gifts have you received today?

Just take a moment to relish these, and to give thanks for them.

오늘 하루 힘들었던 순간들이 있었다면 떠올려 보십시오. 그 때의 경험과 감정들을 가지고 주님의 따스한 빛 앞으로 나아가 보십시오. 나의 연약함과 죄를 떠오르게 하신다면 용서를 구하는 기도를 드리십시오.

If there have been difficult times, notice these too; Taking them to God, for him to send his light and warmth into them. If he reveals your weakness and sin, ask God for his forgiveness.

이제 마치 친구에게 하루의 경험을 들려주듯이 하나님께 말씀드려 보십시오.

Take a moment to talk to God, as you might to a friend about your day.

5. 내일을 위한 간구 Asking for tomorrow:

이제 하루를 마무리하고 내일을 바라보면서 주님께 도움을 청하며 기도하십시오.

And as this day comes to an end, look to tomorrow and ask God's help as you pray.