

# IT'S A RELATIONSHIP

Week 1

# GO DEEP

Forty Days of Prayer, Love, and Grace

with

KENDRA  
VON ESK

# Day 1: Invite Him

It is a *relationship*—you are a beloved child of God! He loves you more than you could ever imagine. He is knocking....will you answer?

## **Do This (yes, I mean physically and verbally):**

Look up, hold your hand up to the sky and ask:

- ◆ “Lord, will you please lead my life and come into my heart?”
- ◆ “Please give me the humility to surrender myself to you and to love you as you love me.”

There are a dozen or so reasons you are seeking God. Take a moment and write down *why* you want God’s love and guidance in your life.

## **Daily Focus:**

Identify times when thoughts of \_\_\_\_\_ and \_\_\_\_\_ you wrote above enter into your day and surrender them to God. “Lord, I feel \_\_\_\_\_, please take this \_\_\_\_\_. I invite you into my life, I give these to you, please help me.”

## **Evening Reflection:**

How did you feel offering up your desires, needs, worries, issues to God today? Did you feel a little relief? Did you feel His presence around you at all? Did you feel silly? Did you feel nothing?

# Day 2: Who is God?

Please watch my [vlog on the Holy Trinity](#) and review this topic in [The Catechism of the Catholic Church](#).

## Pray the Sign of the Cross:

Slowly and deliberately think about each of the three persons in one God and pray to each one to help with your journey. “In the Name of The Father, The Son, and The Holy Spirit.”

Write down what the Holy Trinity means to you—God The Father, God The Son and God The Holy Spirit.

## Daily Focus:

Pray to The Father, The Son, and The Holy Spirit *all* day. Give up the fact that you will understand three persons in one God—you *never* will. Faith is never fully understood and why we call the Holy Trinity a MYSTERY. Our feeble human minds are not capable of understanding God.

All you must do is *trust* in God. He knows *exactly* why you were created and how to use all of your talents. Just let go and TRUST in His plan for you. “Lord, I believe, help my unbelief!” Ask Him to help you trust Him—especially the things you do not understand.

Try to see God in the creation of all living things and in the beauty of nature. God is beyond our comprehension—God is Love and creator of EVERYTHING. Look around in *awe* of the world He created and be reminded of his divinity and power. Don’t forget to be in awe of YOU one of His most precious creations!

## Evening Reflection:

Were you able to think about God one but as three distinct persons? Did you pray to Him throughout the day as you made yourself more aware of his divinity and as our creator? Did you notice nature more? How was today different than yesterday?

# Day 3: Prayer of Thanksgiving

“Father in Heaven, Creator of all and source of all goodness and love, please look kindly upon me and receive my heartfelt gratitude in this time of giving thanks. Thank you for all the graces and blessings you have bestowed upon me, spiritual and temporal: my faith and religious heritage, food and shelter, my health, the love I have for one another, my family and friends. Dear Father, in Your infinite generosity, please grant me continued graces and blessings. This I ask in the Name of Jesus, Your Son, and my Brother, Amen.”

Write down the blessings you have received now and in the past.

Write down blessings that have come to you in the midst of trials in your life. Where have you seen God bring good in the unfortunate circumstances in your life?

## **Daily Focus:**

Continue to write down things you are thankful for throughout the day. Where can you thank God for what he is teaching you through successes, failures, trials and through other people you encountered today?

## **Evening Reflection:**

Were you able to look at events throughout the day with a new perspective? Did you seek the good in the bad? Did you see “issues” as “opportunities” today? Did being grateful to God for everything change your attitude or mood?

# Day 4: Prayer of Forgiveness

“O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.”

Ask God to forgive you for all your sins, selfishness and pride. Ask Him to forgive you for not loving Him and for not realizing how merciful and gracious He is to you and all of mankind.

## **Daily Focus:**

Ask God throughout the day to forgive your unloving behavior toward others and lack of gratitude for the blessings and gifts you have been given, when you are angry, lack patience, etc.

## **Evening Reflection:**

Read the [Examination of Conscience](#) and be honest with yourself—do you need to reconcile your decisions, behavior, and actions to God?

# Day 5: Prayer of Petition

“Lord, I ask you for your love and guidance to help me with all my desires, fears, wants and needs. You know the purpose for my life, please grace me with wisdom, knowledge, and courage to do YOUR will and with the humility to surrender to You every day.”

Write down your innermost feelings and what you are searching for (love, forgiveness, acceptance, humility, courage, peace, strength, meaning, purpose, health, healing, patience, etc.):

What are you struggling with? (fear, self-doubt, anxiety, worry, shame, illness, relationships, finances, addiction, work, self-pity, loneliness, self-pride)

## **Daily Focus:**

When these feelings and struggles surface—STOP and give it to God. Ask Him to take the burden and to provide you with the faith and trust to surrender to His will.

## **Evening Reflection:**

How did it feel to give all your wants/desires and struggles to God? Did it help you today, if so, how? If not, why do you think that is?

# Day 6: Bring it Together

*Invite* Him into your life.

*Trust* in the mystery and awe of God.

Be gracious and *thank* Him for your blessings and trials.

Ask Him to *forgive* you for all your sins and unloving behavior.

*Petition* Him for help with your wants, desires, and troubles.

Finally, *surrender* with full HUMILITY to His Will.

## **Daily Focus:**

It is ALL about *humility*. Begin your day by inviting and trusting The Almighty God to help you live your life. Thank him for all your blessings and trials—be grateful for everything.

Offer Him your sins, your unloving ways, your fears, your doubts, your pride, your ego, and bad lifestyle choices and habits. Praise Him that He will forgive you and also answer your prayers. Go to Him with humility and tell Him that you surrender yourself to His will for everything.

## **Evening Reflection:**

Did I humble myself and invite God to help me surrender to Him? Did I thank him for all of His blessings? Did I ask for forgiveness and help with my life from now on? Are you feeling like a child giving it all to The Father? Please write down what you are feeling and experiencing bringing it together today.

# Day 7: Weekly Reflection

Week one is the most difficult because you are doing something different. Maybe you are a prayer warrior, and this shakes up your routine a bit, or perhaps you haven't spent much focused time communicating with God, and this is entirely new to you.

I sincerely hope you were able to commit to this *each* day and recognize that God is with you ALL THE TIME! He is here to help you live the sweet life you were made to live with peace and joy—especially in the tough times.

## **Daily Focus:**

Are you beginning to feel more humble and in more awe of God? Do you have an attitude of gratitude now that you are inviting God into your life? Even though you cannot quite grasp the fullness of God, you have been thanking Him for everything (good and bad) which should help you have the humility to surrender to Him. Are you asking for Him to help you be what He created you to be and to forgive you when you aren't living your best life?

## **Evening Reflection:**

Overall, how has this week been different? What is working well this week and what are you struggling with as you try to deepen your relationship with God and the daily focus? Do you feel more loved and more peaceful?