



Build your Interior Chapel

Prayer is like a muscle that gets stronger as you exercise it. To build your chapel, start small, two times a day for three minutes. Try following this outline and shape it according to your experience with God. Eventually, you can enter your chapel anywhere, anytime.

STEP 1_– IMAGINE: In a moment of quiet, take a minute to consider in your mind a place of solitude. It could be a church, an outdoor garden, a place where you are at rest in your soul, and draws you toward God.

- When you pray, step into your Chapel and quiet your soul for a moment.

STEP 2_– LORD’S PRAYER: Pray the Lord’s Prayer slowly, thinking through the words.

Our Father, who is in heaven, your name be made holy, your kingdom shall come, your will come to be as in heaven and upon earth; give to us our bread for our need today, and forgive us our debt as also we are forgiving our debtors, and may you not bring us into a trial, but you shall rescue us from the wicked one, by your might and glory into the ages.

STEP 3_– OFFER: Offer yourself to God & His service, and also offer your concerns.

STEP 4_– SING: You do not have to sing well. A simple verse or refrain will draw your attention toward God. I suggest that the song be short. Consider the following:

Amazing Grace

Amazing Grace, How sweet the sound
That saved a wretch like me
I once was lost, but now am found
T’was blind but now I see

Holy, Holy, Holy

Holy, holy, holy! Lord God Almighty!
Early in the morning our song shall rise to thee:
Holy, holy, holy! Merciful and mighty,
God in three Persons, blessed Trinity.

STEP 5_– CONCLUDING PRAY: Concluding Prayers for Morning and Evening

Morning: Heavenly Father, in you we live, and move, and find our being: We humbly pray you guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

Evening: O God, you manifest in your servants the signs of your presence: Send forth upon us the Spirit of love, that in companionship with one another your abounding grace may increase among us; through Jesus Christ our Lord. Amen.