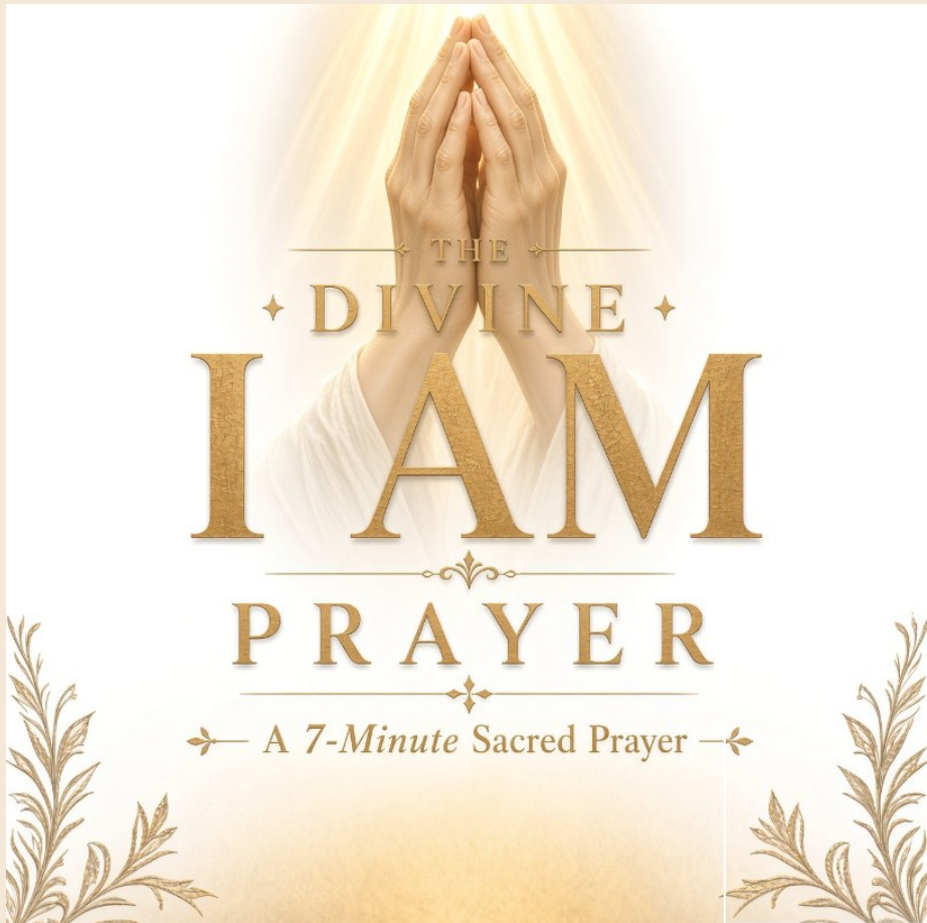


THE COMPLETE DEVOTIONAL VOLUME



THE DIVINE I AM PRAYER

ONE VOLUME · FIVE COMPLETE COMPANION GUIDES



Welcome to your book

This is your complete devotional collection in one place: the Divine I AM Prayer and five substantial companion books. It has been designed for calm, unhurried reading. Move forward one page at a time, or use the table of contents to visit any chapter.

You can listen to the prayer while reading its complete words, then continue to the five companion guides. Each bonus includes teaching, a practical exercise and a closing prayer. The pages are intended to be revisited rather than finished in one sitting.

This collection is devotional literature. Historical legends and spiritual symbols are presented as traditions or reflections, not as verified archival discoveries, medical treatments or guarantees of a financial outcome. For health, safety and financial issues, seek appropriate qualified assistance alongside prayer.

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Turn the pages gently. Return whenever you wish.

PART ONE · THE MAIN PRAYER



The Divine I AM Prayer

Guided Audio & Full Written Prayer



THE DIVINE I AM COLLECTION

How to begin

Choose a quiet and comfortable place. You may sit, stand or rest in whatever position feels natural. For the next minute, set down the noise of the day and bring your attention to prayer.

Take a gentle breath in and slowly breathe out. Allow your shoulders to soften. There is no sensation you have to create or outcome you need to force. You are simply beginning a moment of attention and faith.

Press play on the next page. The voice recording contains the prayer and its ambient ending. Follow along with the full text on the following pages if you wish. The player is also available from the bottom bar as you turn pages.

Listen to the Prayer

Press play to begin the complete recording. You can then turn the pages to read the prayer while listening. Playback will continue when you change book pages. On many phones, it can also continue when the screen is locked; the final behavior depends on the mobile browser and operating system.

The Divine I AM Prayer

Full written prayer · 1 of 12

Divine Creator, I come before You now with an open heart.

I release the noise around me.

I release fear.

I release worry.

I release everything that separates me from Your peace.

I breathe in slowly.

I breathe out gently.

And I remember who I am in Your presence.

I AM here.

I AM alive.

The Divine I AM Prayer

Full written prayer · 2 of 12

I AM present.

I AM surrounded by Your light.

I AM connected to the life You placed within me.

I AM willing to release what no longer serves me.

I AM willing to leave fear behind.

I AM willing to let go of the pain of yesterday.

I AM willing to receive the peace You have for me today.

Divine Creator, enter every place within me that needs Your light.

Where there is fear, let me say:

The Divine I AM Prayer

Full written prayer · 3 of 12

I AM protected.

Where there is confusion:

I AM guided.

Where there is weakness:

I AM strengthened.

Where there is anxiety:

I AM at peace.

Where there is loneliness:

I AM not alone.

Where there is lack:

The Divine I AM Prayer

Full written prayer · 4 of 12

I AM open to provision.

Where there is pain:

I AM open to healing according to Your will.

Where there is doubt:

I AM choosing faith.

I release every thought that tells me I cannot change.

I release every memory that keeps me trapped in the past.

I release resentment.

I release guilt.

I release anger.

The Divine I AM Prayer

Full written prayer · 5 of 12

I release the fear of what may happen tomorrow.

I place what I cannot control into Your hands.

And now I choose a new declaration.

I AM worthy of peace.

I AM worthy of love.

I AM worthy of a new beginning.

I AM becoming stronger.

I AM becoming wiser.

I AM becoming more peaceful.

I AM ready to recognize the doors You place before me.

The Divine I AM Prayer

Full written prayer · 6 of 12

I AM ready to make better decisions.

I AM ready to receive help.

I AM ready to move forward.

Bless my home, Divine Creator.

Bless my family.

Protect the people I love.

Bring peace where there has been conflict.

Bring hope where there has been sadness.

Bring provision where there has been need.

Bring wisdom where there has been uncertainty.

The Divine I AM Prayer

Full written prayer · 7 of 12

Bring healing where healing is needed.

Let Your presence remain with us.

I AM grateful for what I have.

I AM grateful for what I have survived.

I AM grateful for the people I love.

I AM grateful for another opportunity to begin again.

My past does not have to control my future.

My fear does not have to control my decisions.

My mistakes do not have to define who I become.

I AM here now.

The Divine I AM Prayer

Full written prayer · 8 of 12

I AM breathing now.

I AM choosing now.

I AM choosing faith over fear.

I AM choosing peace over anxiety.

I AM choosing forgiveness over resentment.

I AM choosing courage over doubt.

I AM choosing gratitude over despair.

I AM choosing to walk with God.

I AM open to the good that can enter my life.

I AM open to wisdom.

The Divine I AM Prayer

Full written prayer · 9 of 12

I AM open to peace.

I AM open to love.

I AM open to honest prosperity.

I AM open to new opportunities.

I AM open to restoration.

I AM open to the blessings that come according to Your will.

Divine Creator, guide my thoughts.

Guide my words.

Guide my decisions.

Guide my steps.

The Divine I AM Prayer

Full written prayer · 10 of 12

When I feel afraid, remind me:

I AM protected.

When I feel lost:

I AM guided.

When I feel weak:

I AM strengthened.

When I feel alone:

I AM held in Your presence.

When I begin to doubt my future:

I AM ready for a new beginning.

The Divine I AM Prayer

Full written prayer · 11 of 12

Today, I leave behind what I no longer need to carry.

Today, I receive peace.

Today, I receive courage.

Today, I receive hope.

Today, I begin again.

I AM present.

I AM grateful.

I AM peaceful.

I AM faithful.

I AM ready.

The Divine I AM Prayer

Full written prayer · 12 of 12

I AM moving forward.

I AM walking in the light of the Divine Creator.

And I place my life, my family, my dreams, and my future into
Your hands.

I AM at peace.

I AM in faith.

I AM ready to receive what You have prepared for me.

Amen.

After the Amen

When the final words have been spoken, remain quiet for a moment if you can. The background audio may continue briefly. Let the silence belong to the prayer rather than rushing toward the next task.

Return to the Divine I AM Prayer whenever you want a guided moment of stillness. There is no need to repeat it a prescribed number of times to be heard. You may also read the written words slowly without playing the recording.

The five companion guides follow. Each is a complete section of this one book and can be explored at your own pace.

BONUS I · COMPANION GUIDE



THE SACRED MANUSCRIPT

Three Devotional Practices for Difficult Days



THE DIVINE I AM COLLECTION

Before you begin

This companion guide contains 12 chapters. It is presented in two complementary movements: a teaching page and an accompanying practice page. You can read the whole guide in order or return to the chapter most useful in your current season.

The material has been thoughtfully reconstructed from the supplied working draft. Traditional devotions are identified as such; unverified historical claims and medical or financial guarantees are not treated as fact. The purpose is to offer substantial, usable spiritual reading with clear prayers, practical steps and room for reflection.

Why Three Practices Belong Together

Reading & understanding

The first companion guide follows three movements already familiar to Christian devotion: asking for help, setting apart an ordinary moment for prayer, and returning to a short declaration of hope. In the original draft, these appear as a seven-day prayer, a water-blessing practice, and a twelve-word phrase. Here they are brought together as an accessible routine rather than a formula that forces a particular result.

When life feels unmanageable, a clear structure can make prayer easier. The first practice gives words to a need. The second gives a small physical reminder of attention and gratitude. The third offers a phrase you can remember throughout a difficult day. Each plays a different role, and none requires special equipment, payment, or secret knowledge.

Why Three Practices Belong Together

A guided practice

Begin by naming one concern: work, grief, a relationship, health, or a decision. Write the concern in one sentence and avoid turning it into a list of impossible demands. Follow with a brief prayer. Set aside a bowl of clean water as a reminder of renewal. End with the twelve-word declaration in the next chapters. Keep one written record of how you respond over the coming week.

Divine Creator, help me approach this day with honesty, faith, patience and open hands. Amen.

NOTES & REFLECTION

The Prayer for Difficult Causes

Reading & understanding

Saint Jude Thaddeus is traditionally invoked by many Catholics when a situation appears hopeless. The name reminds devotees that prayer is possible even when the next step is not obvious. Calling something a “difficult cause” does not mean a person has failed; it simply names the weight that they carry. The original manuscript draft includes a prayer asking Saint Jude to intercede for an individual request.

The prayer below is an original devotional adaptation, not a claim to be a previously hidden document. It keeps the central request for mercy and help while leaving room for discernment and realistic action. If you do not practice devotion to saints, you may address the same words directly to God.

The Prayer for Difficult Causes

A guided practice

Pause and state the need in plain language. Then say: “Saint Jude, companion of those who struggle, please pray with me as I place this difficult matter before God. May courage grow where I feel afraid, wisdom where I feel confused, and patience where the path is long. Help me recognize the good I can do today. In the name of the Father, the Son, and the Holy Spirit. Amen.” Repeat it during seven days if the rhythm helps you remain attentive.

Give me the strength to remain faithful without confusing hope with certainty. Amen.

NOTES & REFLECTION

A Seven-Day Rhythm of Prayer

Reading & understanding

Seven days is a practical, memorable period for developing a devotional habit. Across biblical literature, the number seven frequently accompanies themes of completion and rest; that symbolism can give a simple practice a meaningful beginning and end. It should not, however, be interpreted as a deadline by which healing, money, or any other outcome is guaranteed.

Consistency makes it easier to notice what changes within you: your reactions, your decisions, your willingness to ask for help, and your gratitude for small things. If you miss a day, simply return. The purpose is spiritual attention, not fear of breaking a rule. Keep the daily session gentle enough that it can coexist with ordinary responsibilities.

A Seven-Day Rhythm of Prayer

A guided practice

Day 1: name the problem. Day 2: ask for wisdom. Day 3: acknowledge what you cannot control. Day 4: pray for the people affected. Day 5: identify one responsible action. Day 6: give thanks for any help received. Day 7: reflect and decide what your next honest step should be. Each day, pray the difficult-causes prayer, allow one minute of silence, and write one sentence in a notebook.

Teach me to be persistent in prayer and thoughtful in action.
Amen.

NOTES & REFLECTION

Preparing a Quiet Place

Reading & understanding

A dedicated place need not be a formal altar. A chair by a window, a clean kitchen table, or a corner beside a familiar photograph can become the setting for meaningful prayer. In the source guide, candles, devotional images, incense and specific hours are mentioned as elements of ritual. These can be appreciated as optional traditions rather than requirements for a prayer to be heard.

Comfort is more important than elaborate symbolism. Avoid open flames if you might fall asleep, and skip incense if anyone in the home is sensitive to smoke. If you are caring for children, working shifts, or sharing a small home, a quiet moment in the middle of the day is as worthy as a long ceremony at dawn.

Preparing a Quiet Place

A guided practice

Put your phone on silent, except when using the Divine I AM audio. Place a glass of ordinary drinking water nearby. Sit with both feet supported and let your shoulders soften. Take three unforced breaths. Read your intention once, aloud if you wish. After prayer, remain still for a moment and consider one kind act or practical obligation that deserves your attention today.

May my ordinary home become a place of greater kindness and peace. Amen.

NOTES & REFLECTION

The Three-Ingredient Water Blessing

Reading & understanding

The source describes miraculous water with many additions, including botanicals, stones, candles and other ceremonial objects. For this edition, the practice is intentionally simple and symbolic: clean water, a sprig of rosemary and a leaf of basil. These natural objects can evoke freshness, remembrance and care, without claiming that the mixture acquires medically proven powers.

It is a prayerful household custom, not a sacrament of the Church and not a medical treatment. You do not need to drink the mixture or put it on injured skin. The ordinary water can remind you of the blessing of daily provision and the responsibility of caring for a home and for those who live in it.

The Three-Ingredient Water Blessing

A guided practice

Place clean water in a small bowl. Add one rinsed basil leaf and a small rinsed sprig of rosemary. Keep the bowl stable on a clean surface. Pray: “Lord, as this water rests before me, remind me of renewal, gratitude, and the peace I hope to nurture in this home. Bless the people who enter these rooms and guide us to care for one another. Amen.” Discard the water after the moment of prayer; do not store the mixture for drinking.

Let my home be marked by patience, hospitality and love.
Amen.

NOTES & REFLECTION

Blessing the Entrance and the Rooms

Reading & understanding

A home is shaped by what its residents repeatedly do. A short walk through the rooms can become an occasion to notice where comfort, repair, welcome or reconciliation is needed. The original draft uses the language of purification and protection. In this revised practice, those themes become invitations to prayer and practical care rather than claims that a liquid or gesture can remove invisible forces.

Think of the entrance as hospitality, the kitchen as provision, the living room as conversation, and the bedroom as rest. The meanings are simple, but they can bring fresh attention to places that normally disappear into routine. If your home is small, you may offer one prayer for all its rooms.

Blessing the Entrance and the Rooms

A guided practice

Stand near the entrance and ask for peace in every welcome and departure. In the kitchen, ask for enough food, gratitude and generous sharing. In the living area, ask for honest words, forgiveness and patient listening. In the bedroom, ask for restorative rest. Where there is a conflict you can address safely, consider a practical first step: a conversation, an apology, a repaired item, or a request for help.

May this house be a place where people are safe, heard and loved. Amen.

NOTES & REFLECTION

The Twelve-Word Declaration

Reading & understanding

Short declarations can be useful when a full prayer is difficult to remember. The source guide calls its central phrase a twelve-word formula, although the supplied wording contains thirteen words. For consistency, this edition presents a clearly identified twelve-word devotional adaptation, without describing it as an authenticated ancient manuscript or a medically effective sound code.

The words are a request for divine light and a reminder of hope. They are not a prediction, a diagnosis, or an alternative to treatment. Their value lies in their meaning to the person praying and in the quiet pause that follows. You can speak them slowly in a normal voice; no special pitch or frequency is necessary.

The Twelve-Word Declaration

A guided practice

Here is the twelve-word declaration: “Divine light that dwells within me, manifest with liberating and healing power.” Speak it once. Notice which word stays with you. Repeat it if that helps you focus, then sit quietly for a few moments. If you prefer a simpler phrase, say, “Guide me in truth, courage and peace.” You may write the declaration on a card and carry it as a reminder, never as a promise of a specific outcome.

Let the light I ask for shape the choices I make. Amen.

NOTES & REFLECTION

Making Space for Forgiveness

Reading & understanding

Forgiveness appears repeatedly in spiritual guides because resentment can consume attention and disturb relationships. It does not require approving of harm, returning to an unsafe relationship, or pretending that nothing happened. It can begin as a decision to stop feeding bitterness while maintaining healthy boundaries.

During the original water-and-prayer sequence, forgiveness was presented as a release from inner obstacles. A more practical understanding is to ask what needs to be named, what can be repaired and where protection is still necessary. There may be grief that requires time. There may be an apology to offer. There may also be a person from whom distance is the wisest response.

Making Space for Forgiveness

A guided practice

Write: “The memory I am carrying is ...” Then write: “The boundary I need is ...” Pray for freedom from bitterness without demanding an immediate change in feeling. If safe and appropriate, take one small repair action. If the situation involves violence or coercion, seek support from trusted people or appropriate professionals rather than treating reconciliation as an obligation.

God of mercy, help me release bitterness while protecting what is good and safe. Amen.

NOTES & REFLECTION

One Intention, One Responsible Step

Reading & understanding

It is possible to pray fervently and still need to make a phone call, seek treatment, complete an application or ask for financial advice. The practical side of a prayer intention is not a lack of faith. It is one way of respecting the resources and choices available to you.

The original guide groups intentions into healing, work, family and finances. Those categories remain useful. They prevent a vague wish from absorbing every concern at once. Naming one intention allows you to notice the next reasonable action. A person praying about debt may need a repayment plan. Someone praying about illness may need a medical appointment. Someone praying about loneliness may need a safe invitation to connection.

One Intention, One Responsible Step

A guided practice

Divide a page into two columns. On the left, write “What I ask in prayer.” On the right, write “What I can do responsibly.” For each request, write one action that is within your control. Choose the smallest next step, not a whole life transformation. Revisit the list at the end of the week. Mark progress honestly, even when your hopes have not yet been realized.

Help me recognize the difference between trust and passivity. Amen.

NOTES & REFLECTION

A Gentle Twenty-One-Day Extension

Reading & understanding

Some people appreciate extending a seven-day devotional rhythm into three weeks. The source draft includes a detailed twenty-one-day schedule with ingestion and multiplication of ritual water. Those claims and instructions are not carried over. Instead, this edition offers three weekly themes that require no substances, special timing or elaborate ceremony.

The first week invites you to become still. The second encourages service and reconciliation. The third asks you to reflect on what has changed and what still requires perseverance. There is no requirement to begin again if a day is missed. A habit is allowed to grow imperfectly, especially during demanding seasons of life.

A Gentle Twenty-One-Day Extension

A guided practice

Week 1, Attention: pray once daily and identify your primary concern. Week 2, Compassion: continue the prayer and add one act of kindness or responsible repair each day. Week 3, Discernment: continue the prayer, review your notes, and look for grounded next steps. At the end of each week, write three lines: what I experienced, what I learned, and what I need to do next. Keep the process simple enough to sustain.

May repetition make me more attentive, not more afraid.
Amen.

NOTES & REFLECTION

Questions About the Three Practices

Reading & understanding

Must every practice be completed? No. The prayer stands on its own; the water and declaration are optional symbols. Must the words be spoken aloud? No. Whispered, silent or spoken prayer may be more comfortable depending on your circumstances. Is a special hour necessary? No. The best time is one you can return to without harming your sleep or responsibilities.

What if nothing dramatic happens? A devotional practice is not a guarantee of events. It may still provide a setting for gratitude and clearer thinking. What if I am unwell? Continue appropriate medical care and use prayer for spiritual comfort if you wish. What if I miss a day? Resume without punishment. What if I am not Catholic? Address the prayer directly to God or adapt the invocation according to your convictions.

Questions About the Three Practices

A guided practice

Before you close this chapter, decide which elements you genuinely want to keep. You might choose only the Divine I AM audio. You might prefer Saint Jude's prayer and the notebook. Or you may enjoy a symbolic household blessing. Write your chosen routine in one sentence, so the practice feels accessible rather than burdensome.

May my devotion bring patience rather than pressure.
Amen.

NOTES & REFLECTION

Closing the Sacred Manuscript

Reading & understanding

The three practices do not need to be mysterious to be meaningful. They offer three different ways of returning attention to what matters: a petition when you feel overwhelmed, an everyday object that recalls gratitude, and a short declaration you can carry into ordinary moments. Their shared purpose is to create room for faith, reflection, and generous action.

Keep the prayer in a place you can find. Share what is useful with family members who want to participate, but never pressure anyone. If you keep a journal, look back after a month and notice which choices, attitudes or relationships deserve continued care. The most enduring sign of a healthy devotional life may be a greater capacity for courage, kindness, honesty and peace.

Closing the Sacred Manuscript

A guided practice

Use this closing page as a personal commitment. “My one intention is ... My next responsible step is ... The person I want to bless is ...” Complete each sentence. End with an ordinary act of care today: a message, a meal, a reconciliatory word, or the courage to seek needed help.

May what begins in prayer continue through the work of my hands. Amen.

NOTES & REFLECTION

A moment to remember

You have reached the end of this companion guide. Give yourself time to return to any section that was useful. The pages are designed to support reflection and responsible action, not to demand perfect performance or promise a particular result.

Choose one idea to carry into the coming week. Write it down and place it somewhere you will see. Give thanks for the people who have offered wisdom or care. Whenever you wish, return to the main prayer through the contents or the navigation panel.

BONUS II • COMPANION GUIDE



THE PRAYER OF SAINT BENEDICT

Tradition, Courage and Protection



THE DIVINE I AM COLLECTION

Before you begin

This companion guide contains 12 chapters. It is presented in two complementary movements: a teaching page and an accompanying practice page. You can read the whole guide in order or return to the chapter most useful in your current season.

The material has been thoughtfully reconstructed from the supplied working draft. Traditional devotions are identified as such; unverified historical claims and medical or financial guarantees are not treated as fact. The purpose is to offer substantial, usable spiritual reading with clear prayers, practical steps and room for reflection.

Saint Benedict and a Life of Prayer and Work

Reading & understanding

Benedict of Nursia lived in late antiquity and became associated with a rule of monastic life centered on prayer, community, moderation and work. The phrase often used to summarize Benedictine spirituality is “Ora et Labora”—pray and work. Although later traditions about his life include dramatic stories of protection, his lasting influence is also practical: a rhythm for living deliberately.

The original draft emphasizes the saint's protection against evil and difficulties. This edition keeps the traditional prayer and medal at the center, but treats them as aids to devotion, not objects that guarantee physical outcomes. Faith may encourage courage; it does not replace responsible precautions.

Saint Benedict and a Life of Prayer and Work

A guided practice

Before beginning, choose one part of your daily routine you want to make calmer: waking, meals, work, evenings or conversations. Ask how a small habit of prayer could strengthen patience in that area. Say the short prayer: “Saint Benedict, pray that I may do today's work with humility, honesty and steadfastness.” Keep the intention modest and specific.

Lord, let my prayer and my work belong to the same life of integrity. Amen.

NOTES & REFLECTION

The Traditional Medal Prayer in Latin

Reading & understanding

The Saint Benedict Medal bears a traditional Latin formula that many Christians use in prayers asking for spiritual protection. The familiar wording is: “Crux sacra sit mihi lux. Non draco sit mihi dux. Vade retro Satana. Numquam suade mihi vana. Sunt mala quae libas. Ipse venena bibas.”

In English, its sense is: “May the Holy Cross be my light. May the dragon never be my guide. Begone, Satan. Never tempt me with your vanities. What you offer is evil; drink the poison yourself.” The text is part of later devotion associated with Benedict and the medal. It is not a verse removed from the Bible.

The Traditional Medal Prayer in Latin

A guided practice

Read the Latin once, slowly. Then read the English so the meaning remains clear. Choose the line that speaks most directly to your situation. You may say only “May the Holy Cross be my light” when you need a short prayer during the day. The goal is a deliberate turning toward what is good, not flawless pronunciation or a particular acoustic vibration.

May truth be my light and wisdom my guide. Amen.

NOTES & REFLECTION

Understanding the Medal

Reading & understanding

Many Saint Benedict medals show a cross and shortened forms of the Latin prayer. Some also contain initials for “Crux Sancti Patris Benedicti”—the Cross of our Holy Father Benedict. These marks are part of a devotional tradition; they are not a hidden machine for controlling events. Their visual simplicity can help someone remember a prayer even when there is little time.

A medal can be worn, carried, or placed in a prayer area. It deserves respectful treatment because of the meaning a believer gives it, but it should not be used as a substitute for home safety, locks, medical care or careful decisions. If you do not have a medal, no purchase is necessary: the prayer itself is available to you.

Understanding the Medal

A guided practice

Look at a medal or a simple cross if you own one. Name one decision where you want to be guided by conscience rather than fear. Say, “May the Holy Cross be my light.” Place the object aside and take one responsible step toward the decision. If the choice involves money, gather the relevant facts; if health, consult the appropriate professional; if family, seek calm conversation.

Teach me to honor symbols without putting my trust in objects alone. Amen.

NOTES & REFLECTION

A Prayer for the Home

Reading & understanding

The source manuscript offers a “circle” for blessing a household, involving candles, medals and movements around each room. Its lasting devotional value is the idea of praying intentionally for the people and activities of a home. No specific arrangement of objects is needed, and nothing here promises an invisible barrier that remains effective for a fixed number of days.

You can pray from the doorway, the kitchen table or a chair. A short household blessing is especially meaningful when paired with practical hospitality, safe habits, and attention to the needs of family members. A home is not peaceful simply because a prayer is spoken; its residents help build peace through the way they live together.

A Prayer for the Home

A guided practice

Walk through your home if it is comfortable to do so. At the entrance pray for welcome and safety. In the kitchen pray for provision and gratitude. Where family members gather, pray for patient words. Where people rest, pray for comfort and sleep. End: “Lord, bless this home, guide our choices, and help us care for those who depend on us. Amen.” No water, incense or candle is required.

May our home be guarded by wisdom, attention and love.
Amen.

NOTES & REFLECTION

Prayer When Fear Is Loud

Reading & understanding

Anxiety about the future can make even an ordinary day feel threatening. The words of the traditional medal prayer can become a way to pause rather than react immediately. “May the Holy Cross be my light” is a request for guidance in darkness; it is not an assurance that nothing difficult will happen.

People handle fear differently. Some become restless, some withdraw, and others make decisions too quickly. Prayer can be one supportive element alongside rest, conversation, practical planning and professional help when needed. You do not have to produce a special feeling for the prayer to be sincere.

Prayer When Fear Is Loud

A guided practice

Sit with both feet supported. Name what you fear in a sentence. Take three easy breaths, not forced or held for long periods. Pray the first line of the medal prayer. Then ask: “What facts do I know? What is uncertain? What is one safe next step?” If your fear is urgent or overwhelming, speak to a trusted person or seek appropriate care.

Lord, help me see what is real and act with courage today.
Amen.

NOTES & REFLECTION

A Short Meditation With the Cross

Reading & understanding

The original draft presents a lengthy meditation using visualizations of light. Here, the exercise is grounded in the traditional devotional symbol and offers a simpler alternative for anyone who finds guided imagery uncomfortable. A cross can bring attention back to Christ's example of perseverance and sacrificial love.

This is not a test of supernatural sensitivity. It is a brief moment of contemplation in which you consider what it means to live with steadfastness and care. You can keep your eyes open, close them, or follow the words on the page. The form matters less than the sincerity of the reflection.

A Short Meditation With the Cross

A guided practice

For two minutes, sit quietly with a cross or its image in view. Read: “May the Holy Cross be my light.” Think of a situation in which patience is required. Ask yourself what a truthful, compassionate and responsible response would look like. When your attention wanders, return to the short line. Conclude with gratitude for one person whose example has given you strength.

May contemplation lead me toward a more generous life.
Amen.

NOTES & REFLECTION

Praying for Someone Who Is Ill

Reading & understanding

Many people approach a prayer of protection when someone they love is ill. It is natural to ask for relief, strength and healing. The draft includes accounts of dramatic recoveries; these should be understood as devotional stories rather than proof that a prayer treats an illness. Care, diagnosis and prescribed treatment remain important.

A thoughtful prayer can include the person receiving care, the family members who are tired or worried, and the professionals assisting them. It can also acknowledge uncertainty without losing hope. Love often becomes visible in ordinary forms: transportation, prepared meals, follow-up appointments, and simply listening without demanding optimism.

Praying for Someone Who Is Ill

A guided practice

Write the person's name privately. Pray: “Lord, be close to [name] in weakness and fear. Give wisdom to those providing care, patience to those who wait, and comfort in difficult hours. Help me offer useful support without making promises I cannot keep. Amen.” Then choose a practical way to help, asking permission first. Do not stop or alter care because of a spiritual practice.

Grant courage and comfort to all who are carrying illness today. Amen.

NOTES & REFLECTION

Protecting Relationships With Honest Words

Reading & understanding

Protection can mean guarding a relationship from unnecessary cruelty, suspicion or careless speech. In monastic traditions, daily life requires the patience of sharing space with other people. Families need the same virtue. A protective prayer becomes more meaningful when followed by restraint, listening, accountability and a willingness to repair mistakes.

Where there has been serious harm, boundaries and safety take priority. Forgiveness must never be used to pressure a person back into danger. In ordinary disagreements, however, the practice of pausing before responding can transform the next conversation. A brief prayer gives time to choose words more carefully.

Protecting Relationships With Honest Words

A guided practice

Think of one conversation you have been avoiding. Write the point you need to make in a sentence without blame. Pray: “May the Holy Cross be my light.” Before speaking, ask whether this is a safe and suitable time. Listen without interrupting. If the other person is not receptive, take a respectful pause. Never force reconciliation.

Teach me to protect love through truth, humility and wise boundaries. Amen.

NOTES & REFLECTION

Work, Integrity and Responsibility

Reading & understanding

“Pray and work” is a useful reminder that spiritual life is not separate from ordinary duties. Financial strain, an exhausting workplace or an uncertain job search can leave a person feeling powerless. Prayer can offer a steady place from which to approach practical responsibilities, without promising a job offer or an immediate change in income.

Benedictine spirituality values daily work done conscientiously. For modern readers, this may mean making a reasonable plan, fulfilling commitments, learning a skill or resting when exhausted. A small act completed faithfully may matter more than an ambitious plan abandoned after one day.

Work, Integrity and Responsibility

A guided practice

Choose a fifteen-minute task that would make your work life more orderly: updating a résumé, organizing a bill, writing to a client, checking an application, or preparing tomorrow's schedule.

Before beginning, say: “Lord, guide my efforts and help me work without dishonesty or despair.” Then complete the task and acknowledge the effort honestly, whatever the immediate result.

May the work of my hands reflect my deepest values. Amen.

NOTES & REFLECTION

The Evening Examination

Reading & understanding

A brief examination of conscience can give the day a calmer ending. Rather than searching obsessively for errors, review the day's decisions with kindness and honesty. What helped another person? Where did fear or anger lead you away from your values? What deserves gratitude? What might be repaired tomorrow?

The source guide describes the psychological benefits of regular prayer. Individual experiences vary, and prayer should not be presented as a treatment for anxiety or sleep disorders. Yet taking a short pause to reflect can support a more deliberate evening routine. Keep the exercise short and let it end; it is not a reason to remain awake worrying.

The Evening Examination

A guided practice

Before bed, write three short lines: “Thank you for ...”; “I regret ...”; “Tomorrow I will ...”. Pray the Latin line or its English translation once. Leave the list aside. If a concern needs action, note when you will address it tomorrow. If trouble sleeping persists, consider practical sleep guidance or appropriate professional support.

Let this day rest in mercy, and help me begin again tomorrow. Amen.

NOTES & REFLECTION

Questions About Saint Benedict Devotion

Reading & understanding

Do I need a medal? No. Is the prayer a verse of Scripture? No; it is a traditional devotional text. Must I say it in Latin? No. The English meaning can be prayed with the same intention. Can it be used during illness? Yes, for spiritual comfort alongside appropriate care. Does it guarantee protection from harm? No person can responsibly make that guarantee.

What if I belong to another Christian tradition? You may use the elements consistent with your convictions. What if I struggle with doubt? A simple and sincere request for help is enough to begin. What if I cannot sit for long? A sentence of prayer in bed, in a chair or while waiting is entirely reasonable.

Questions About Saint Benedict Devotion

A guided practice

Choose one way you will use this bonus: morning prayer, a brief pause before a difficult conversation, an evening examination, or a family blessing. Write it down in a sentence. Keep the version that brings clarity and kindness; set aside any ritual that creates pressure or fear. Revisit the practice after one week.

Saint Benedict, pray that my life may become more thoughtful and faithful. Amen.

NOTES & REFLECTION

Closing Reflection: Courage and Peace

Reading & understanding

The traditional prayer of Saint Benedict uses firm language against temptation and false guidance. At its heart is a positive desire: to be led by light instead of fear. The best devotional routines strengthen an individual's ability to tell the truth, care for others, and choose responsibly.

Carry one line into your week: “May the Holy Cross be my light.” Let it become a reminder to pause before an impulsive decision, ask for needed help, and act with integrity. These ordinary choices matter. A prayer is not made less sacred by the fact that its fruit may be quiet and gradual.

Closing Reflection: Courage and Peace

A guided practice

Finish by looking back over your notes. Where did you pause instead of reacting? Where did you tell the truth? Whom did you help? What still needs attention? Offer thanks for the progress you can name, then make a simple plan for the coming week. Return to the Divine I AM Prayer when you want a longer guided moment.

Guide me in the way of peace, and make me faithful in small things. Amen.

NOTES & REFLECTION

A moment to remember

You have reached the end of this companion guide. Give yourself time to return to any section that was useful. The pages are designed to support reflection and responsible action, not to demand perfect performance or promise a particular result.

Choose one idea to carry into the coming week. Write it down and place it somewhere you will see. Give thanks for the people who have offered wisdom or care. Whenever you wish, return to the main prayer through the contents or the navigation panel.

BONUS III · COMPANION GUIDE



SECRETS OF THE DIVINE SIGNS

Fifteen Invitations to Discernment



THE DIVINE I AM COLLECTION

Before you begin

This companion guide contains 12 chapters. It is presented in two complementary movements: a teaching page and an accompanying practice page. You can read the whole guide in order or return to the chapter most useful in your current season.

The material has been thoughtfully reconstructed from the supplied working draft. Traditional devotions are identified as such; unverified historical claims and medical or financial guarantees are not treated as fact. The purpose is to offer substantial, usable spiritual reading with clear prayers, practical steps and room for reflection.

Learning Discernment Without Fear

Reading & understanding

The third guide asks how a person of faith may notice moments that invite reflection. Its starting point is not that every unusual event is a command from heaven. Rather, ordinary life contains opportunities for gratitude, patience, courage and self-examination. A passage remembered at the right time or a conversation that changes your perspective can be meaningful without requiring a supernatural explanation.

The original draft discusses fifteen signs, including dreams, numbers, sensations, animals and unexpected conversations. We will explore these as prompts for reflection, not as fixed codes. A grounded approach asks what is happening, what the facts show, and whether the interpretation leads to honesty, kindness, wisdom and appropriate action.

Learning Discernment Without Fear

A guided practice

Keep a small notebook with four headings: “What happened,” “What I felt,” “Other explanations,” and “Wise next step.” Use those headings whenever an event seems significant. Resist the temptation to decide immediately what it means. Speak with someone trustworthy when a decision is important. An experience that produces panic, pressure or risky behavior deserves extra scrutiny.

Give me an attentive heart and a mind willing to test its impressions. Amen.

NOTES & REFLECTION

When an Answer Does Not Arrive

Reading & understanding

Few experiences are more difficult than praying and hearing no clear answer. Silence can feel like abandonment, especially during illness, grief or financial strain. The source draft suggests that answers may not follow the timetable a person expects. That idea is worth considering with care: uncertainty is real, and no guide can tell you exactly why a particular event has or has not happened.

Sincere prayer does not oblige you to interpret every disappointment as a test or a hidden blessing. There is room for lament in religious life. You may bring anger, sorrow and confusion into prayer while still seeking help from friends, family, caregivers and community.

When an Answer Does Not Arrive

A guided practice

Write the question that feels unanswered. Beneath it, list what you know and what remains unknown. Pray without forcing a conclusion. Name one person who can help you think or act constructively. If your concern involves danger, significant debt or an urgent health issue, make the appropriate practical contact rather than waiting for a sign.

Stay close to me in unanswered questions, and guide me toward trustworthy help. Amen.

NOTES & REFLECTION

Three Common Mistakes in Prayer

Reading & understanding

The original draft names three obstacles to fruitful prayer: motives focused only on selfish gain, speaking without listening, and failing to connect prayer with action. These are best treated as invitations to conscience, not as accusations that suffering proves a person's spiritual failure.

First, check whether your wish respects the well-being of other people. Second, leave a little silence so prayer is more than rushing through demands. Third, ask whether your daily decisions support what you hope for. A person asking for reconciliation can practice respectful speech. Someone praying for provision can also review a budget or seek work. No single mistake explains every unanswered prayer.

Three Common Mistakes in Prayer

A guided practice

Consider one request you have made. Ask: “Is this good for me and fair to others?” “Have I made room to listen?” “What helpful step can I take?” Write one sentence under each question. Repeat the exercise once next week, noting any change in perspective. If you find yourself blaming yourself for illness or tragedy, stop and speak to a trusted source of support.

Make my intentions generous, my listening patient and my actions honest. Amen.

NOTES & REFLECTION

Signs One to Three: Peace, Counsel and Scripture

Reading & understanding

One: a measure of peace after careful reflection. Calm can help you examine a difficult choice, but it should accompany facts rather than replace them. Two: a timely conversation. A friend or advisor may bring a perspective you had overlooked. Their counsel still needs to be checked for wisdom, competence and kindness. Three: a passage of Scripture that catches your attention. A familiar verse may acquire new personal meaning during a particular season.

These three experiences encourage discernment, not certainty about supernatural origins. A peaceful feeling can coexist with an impractical plan; advice can be well-meant but mistaken; a verse can be quoted out of context. Your responsibility is to look more deeply.

Signs One to Three: Peace, Counsel and Scripture

A guided practice

For peace, write the decision and list both benefits and risks. For counsel, ask at least one concrete follow-up question. For Scripture, read several verses before and after the passage and note its context. Then offer a prayer of gratitude rather than turning the experience into a demand for immediate results.

Help me recognize sound counsel and read Your Word with care. Amen.

NOTES & REFLECTION

Signs Four to Six: Conscience, Repair and Open Doors

Reading & understanding

Four: the urge to apologize after recognizing harm you caused. Five: a renewed desire to pray when life has been noisy. Six: a reasonable opportunity that appears through an application, a conversation or a new responsibility. These experiences can become occasions for growth because they invite action.

An open door is not always the right door. Before accepting a financial offer, new job or major commitment, consider obligations, costs and possible risks. Similarly, an apology is valuable only when sincere and safe; reconciliation cannot be demanded from the person harmed. A renewed desire to pray should fit with your responsibilities and healthy rest.

Signs Four to Six: Conscience, Repair and Open Doors

A guided practice

Write a brief apology if one is warranted. Choose a short time for prayer that you can realistically keep. For an apparent opportunity, make a two-column list: “Reasons to consider” and “Reasons for caution.” Ask for advice where the decision could affect health, legal matters or finances. Let discernment unfold patiently.

Give me the courage to repair harm and the wisdom to examine opportunities. Amen.

NOTES & REFLECTION

Signs Seven to Nine: Rest, Gratitude and Restraint

Reading & understanding

Seven: a moment of relief when you realize that you do not have to solve everything today. Eight: an unexpected reason for gratitude, such as someone's kindness or an ordinary beauty you had stopped noticing. Nine: the inner restraint that causes you to reconsider a sharp word, a risky purchase or a hurried response.

These are not spectacular events, but they can be spiritually meaningful. Rest can prevent exhaustion from dominating judgment. Gratitude can broaden attention beyond an immediate worry. Restraint protects you from decisions that cannot easily be undone. None of these feelings is infallible. They become more trustworthy when examined in the light of evidence and enduring values.

Signs Seven to Nine: Rest, Gratitude and Restraint

A guided practice

Make three entries today: a responsibility that can wait until tomorrow, a small thing you appreciate and an impulse you are willing to pause. Before a purchase or heated reply, wait a few minutes and ask whether the decision still seems wise. End with gratitude for the ability to choose rather than react.

Let my choices reflect steadiness, gratitude and patience.
Amen.

NOTES & REFLECTION

Signs Ten to Twelve: Nature, Dreams and Patterns

Reading & understanding

Ten: an encounter with nature that awakens attention or gratitude. Eleven: a dream that reveals a worry you have been avoiding. Twelve: a repeated event that causes you to examine a habit or expectation. The draft describes animals, dreams and numerical patterns as heavenly messages. There is no reliable universal key that turns a butterfly, an owl, 11:11 or a dream into a definite command from God.

You may still treat a meaningful encounter as an invitation to pray. Notice how it affects you, but do not let it override facts, medical concerns or consent. A repeated bodily symptom deserves care; a troubling recurring dream may simply reflect stress. Numbers can draw attention because our brains are naturally good at recognizing patterns.

Signs Ten to Twelve: Nature, Dreams and Patterns

A guided practice

If an experience feels important, record it without assigning a fixed meaning. Ask what ordinary explanations fit and whether the thought it inspires is wise. If an unusual sensation persists, seek appropriate medical advice. Let nature prompt thanks for creation, let dreams invite reflection, and let patterns encourage curiosity rather than fear.

Help me delight in creation without becoming ruled by superstition. Amen.

NOTES & REFLECTION

Signs Thirteen to Fifteen: Service, Patience and Hope

Reading & understanding

Thirteen: noticing a need you are able to meet. Fourteen: finding enough patience to wait while a complicated situation becomes clearer. Fifteen: a return of hope after a difficult season, even before circumstances are resolved. These final three reflections direct attention outward, toward service and measured perseverance.

The most reliable outcome of a devotional insight may be a practical act of love. Hope is not proof that a particular wish will arrive on schedule; it is strength to keep living responsibly while the future is uncertain. Patience does not mean ignoring a time-sensitive danger or avoiding necessary decisions. Discernment includes knowing when delay is wise and when action cannot wait.

Signs Thirteen to Fifteen: Service, Patience and Hope

A guided practice

Choose one act of service that you can offer freely. Identify one concern where waiting is reasonable and one where action is overdue. Write a hopeful but truthful sentence about the coming week. Avoid promises of guaranteed miracles. Let hope invite constructive steps that benefit you and others.

Give me a hopeful heart and hands ready to help. Amen.

NOTES & REFLECTION

Four Written Prayers for Distant Loved Ones

Reading & understanding

The source calls these “four codes of protection” to be carried on paper. This edition preserves their practical portability but presents them as short prayers, not encoded mechanisms. A written blessing can express affection when you cannot be physically close to a loved one. It cannot guarantee that a person will remain unharmed, and it is not a substitute for communication or emergency assistance.

The four themes are peace, guidance, strength and safe return. Each is small enough to write on a card or send in a message. Use the language in a way that respects the recipient's beliefs and privacy; you do not need to hide objects in another person's bag without permission.

Four Written Prayers for Distant Loved Ones

A guided practice

Write one of these four lines: “May peace surround your steps.” “May wisdom guide your decisions.” “May courage meet you in difficulty.” “May you return safely to those who love you.” Add the person's name if appropriate. Keep the card yourself, give it with permission, or send the sentiment directly. Follow it with practical care: a call, a ride, a helpful reminder or a check-in.

Hold those I love in Your care, and make me ready to help them. Amen.

NOTES & REFLECTION

A Seven-Day Discernment Journal

Reading & understanding

A journal can prevent spiritual interpretation from changing after the fact. Instead of remembering only events that seemed to confirm your hopes, write down both what happened and what did not. This encourages humility and makes it easier to recognize when your first impression may have been mistaken.

A useful entry can fit on half a page. Record an event in plain terms, any feelings it prompted, possible ordinary explanations and a responsible response. Reviewing entries later may reveal what truly matters to you. Sometimes the pattern is not an external message, but your own growing ability to recognize a need for rest, a difficult conversation or a practical decision.

A Seven-Day Discernment Journal

A guided practice

For seven days, make one entry each evening: “Today I noticed ...”; “It may mean ...”; “Another explanation is ...”; “Tomorrow I can ...”. On the seventh day, circle the actions that brought greater clarity, kindness or safety. Leave unresolved experiences unresolved. There is no need to force them into a single spiritual narrative.

Teach me to observe carefully and judge slowly. Amen.

NOTES & REFLECTION

When to Ask for Help Instead of a Sign

Reading & understanding

Spiritual reflection has limits. If a person fears immediate harm, sees alarming symptoms, experiences exploitation, or faces a serious legal or financial decision, waiting for a symbolic confirmation can be unsafe. Appropriate professional help and reliable information are often the clearest available next steps.

The original draft speaks about spiritual blocks, warnings and hidden messages. Such language can become burdensome if it teaches people to distrust ordinary care. A healthier approach allows prayer and practical assistance to work side by side. Someone can believe deeply in God while accepting medical treatment, verifying a contract or asking a friend for protection.

When to Ask for Help Instead of a Sign

A guided practice

Make a private list of people and services you could contact in an emergency, for medical advice, financial guidance or emotional support. Keep that list where you can find it. When you feel an urgent need to decode a sign, first ask, “Is there a concrete safety issue I should address?” If yes, begin there.

Give me wisdom to accept help and courage to ask for it.
Amen.

NOTES & REFLECTION

Closing: A Discerning Heart

Reading & understanding

Divine signs can be a gentle topic of reflection, but the goal of spiritual maturity is not to turn ordinary life into a permanent puzzle. The goal is to live with honesty, love, patience and responsibility. Scripture, conscience, trustworthy counsel, and real-world facts can help keep interpretation grounded.

Remember the fifteen invitations: peace, counsel, Scripture, repair, prayer, opportunities, rest, gratitude, restraint, nature, dreams, patterns, service, patience and hope. None should be used to manipulate another person or to promise certainty about what the future holds. Together they remind you to pay attention without losing your judgment.

Closing: A Discerning Heart

A guided practice

Review your notes and choose a single habit to keep: five minutes of quiet, reading Scripture in context, a gratitude entry, or consulting wise counsel before major decisions. Give thanks for the insight that comes from humility. Return to this guide when reflection is helpful, not when anxiety demands constant checking.

Keep my heart open and my judgment sound. Amen.

NOTES & REFLECTION

A moment to remember

You have reached the end of this companion guide. Give yourself time to return to any section that was useful. The pages are designed to support reflection and responsible action, not to demand perfect performance or promise a particular result.

Choose one idea to carry into the coming week. Write it down and place it somewhere you will see. Give thanks for the people who have offered wisdom or care. Whenever you wish, return to the main prayer through the contents or the navigation panel.

BONUS IV · COMPANION GUIDE



THE ONE-MINUTE PSALM PRAYER

A Daily Practice Inspired by Psalm 118



THE DIVINE I AM COLLECTION

Before you begin

This companion guide contains 10 chapters. It is presented in two complementary movements: a teaching page and an accompanying practice page. You can read the whole guide in order or return to the chapter most useful in your current season.

The material has been thoughtfully reconstructed from the supplied working draft. Traditional devotions are identified as such; unverified historical claims and medical or financial guarantees are not treated as fact. The purpose is to offer substantial, usable spiritual reading with clear prayers, practical steps and room for reflection.

A Minute Set Apart

Reading & understanding

The Book of Psalms contains praise, lament, gratitude, protest and trust. It gives words to experiences that people often struggle to express. The fourth companion guide focuses on a short passage from Psalm 118 and a one-minute practice inspired by its language of opening, thanksgiving and rescue.

This is not a newly discovered text hidden from ordinary readers. Psalm 118 is part of the publicly available Bible. The power of using it devotionally lies in giving full attention to the words and allowing them to shape a thoughtful response to life. A minute can be valuable because it is easy to return to, even on days filled with work, caregiving or worry.

A Minute Set Apart

A guided practice

Choose a recurring moment: after getting up, before a meal or before sleeping. Sit or stand comfortably. Silence your phone for sixty seconds unless you are using a timer. Read the lines from Psalm 118 in the next chapter, pause, and offer a short prayer of your own. If a minute is all you have, it is enough for this routine.

Let a short moment of prayer change the way I enter this day. Amen.

NOTES & REFLECTION

Psalm 118:19–21 and Its Meaning

Reading & understanding

The source centers on Psalm 118:19–21: “Open to me the gates of righteousness, that I may enter through them and give thanks to the Lord. This is the gate of the Lord; the righteous shall enter through it. I thank you that you have answered me and have become my salvation.”

Read within the wider Psalm, the imagery of gates and thanksgiving belongs to worship, deliverance and belonging. It is not an encrypted financial formula. The open gate can serve as a devotional metaphor for walking toward a truthful, grateful and responsible life. “I thank you” is especially fitting for a short daily prayer because it turns attention to what is already present.

Psalm 118:19–21 and Its Meaning

A guided practice

Read the passage slowly. Circle the phrase “give thanks.” List three ordinary provisions: a person, an opportunity, a skill or a moment of rest. Then ask which “gate” of responsibility is open to you today: a conversation, a task, a decision or a request for help. Choose a step you can realistically take.

Open my heart to gratitude and my eyes to a wise next step.
Amen.

NOTES & REFLECTION

The One-Minute Prayer

Reading & understanding

A short prayer works best when its words are easy to follow and its intention is clear. The following prayer is original, inspired by the themes of Psalm 118. It asks for wisdom and peace, not a fixed financial result. It can be said aloud or silently, and it does not require a special hour or sound frequency.

Short devotions can become part of a longer faith practice, but there is no need to turn them into a test of discipline. If you have a difficult day, use fewer words and a more spacious pause. The aim is attention, not speed.

The One-Minute Prayer

A guided practice

“Divine Creator, open the gates of wisdom before me. Close the doors that lead me away from truth and kindness. Guide my thoughts, protect those I love, and give me courage for the work that is mine today. Teach me gratitude for what I have, patience with what I do not understand, and generosity toward those in need. Let peace direct my steps. Amen.” Read it calmly. Leave any remaining seconds for silence.

May gratitude lead me toward wisdom instead of wishful thinking. Amen.

NOTES & REFLECTION

Breathing Gently With Prayer

Reading & understanding

The source proposes breathing and visualization as ways to focus. A comfortable breath can help create a pause, but forceful breath-holding is unnecessary. The body's needs differ from person to person, and no breathing pattern guarantees spiritual or financial change. The simplest approach is to breathe normally and let the rhythm of the words settle naturally.

If you become dizzy or uncomfortable, return to ordinary breathing. There is no reason to continue a technique that causes distress. A reader who prefers not to close their eyes may look at the text, a window or a familiar object. Stillness should be supportive, not another demand.

Breathing Gently With Prayer

A guided practice

Take one comfortable breath. On the next breath, say quietly, “Guide me in wisdom.” Exhale without forcing the air. Continue with the one-minute prayer at your usual pace. After the final “Amen,” notice where you are sitting and name one thing you can see. End with a practical intention such as “Today I will listen patiently” or “Today I will review one bill.”

As I breathe, remind me that this moment does not need to be rushed. Amen.

NOTES & REFLECTION

Gratitude Without Denying Hardship

Reading & understanding

Gratitude is not a command to pretend that hardship is pleasant. A person facing grief, illness or debt may struggle to name something good without feeling disloyal to their pain. Psalm 118 itself contains language of distress and deliverance. Its thanksgiving grows out of a serious encounter with difficulty, not denial of it.

The one-minute practice can hold both realities at once. You can say “I am worried about tomorrow” and “I am grateful for the friend who called.” Such honesty may deepen prayer more than insisting on optimism. The exercise is a way to notice support and agency, not a guarantee that problems will resolve themselves.

Gratitude Without Denying Hardship

A guided practice

Write one hard truth and one point of gratitude on the same line. Example: “The bills worry me; I am grateful that I can ask for advice.” Repeat with family, health or work if it feels helpful. In prayer, offer both parts without ranking one above the other. Then ask what constructive action gratitude might make easier.

Receive both my sorrow and my thanks, and help me live truthfully. Amen.

NOTES & REFLECTION

Prosperity as Wisdom and Stewardship

Reading & understanding

The source connects this Psalm prayer with abundance and the hope of financial relief. Many readers bring those concerns to prayer. Yet financial well-being depends on multiple practical factors, and a minute of prayer should not be sold as a way to mechanically create income. In biblical wisdom literature, diligence, prudence, generosity and sound counsel are recurring themes.

It can be useful to ask God for clarity before opening an account statement, discussing a budget or applying for work. Prayer can help set an intention for honesty and courage. The follow-through happens in practical decisions, sometimes with professional guidance or community support.

Prosperity as Wisdom and Stewardship

A guided practice

After the prayer, choose one money task: record a necessary expense, compare a bill, call a lender, review a job listing, or ask a trusted advisor a question. Keep the task short and specific. At the end of the week, review which actions were completed.

Acknowledging the facts is a stronger foundation than treating a number or frequency as a promise of sudden wealth.

Teach me to handle what I have with care and to seek wise counsel. Amen.

NOTES & REFLECTION

Replacing Discouraging Money Stories

Reading & understanding

People often repeat painful sentences about themselves: “I always fail,” “I cannot manage money,” or “Nothing will ever improve.” Such statements can make action feel pointless. Replacing them with truthful, constructive language is not the same as rewriting reality. It is a way to speak more accurately about what you can learn and attempt.

A compassionate declaration keeps the challenge in view. Instead of “I will be wealthy tomorrow,” say, “I can take one responsible step today.” Instead of “I never make good decisions,” say, “I can ask questions and improve my next choice.” Faith and self-respect need not depend on a promised result.

Replacing Discouraging Money Stories

A guided practice

Write a discouraging thought. Test whether it is absolutely true. Then write a replacement that is believable and actionable. Example: “I have debts” becomes “I can list my debts and seek a manageable plan.” Pair the sentence with one task that takes less than fifteen minutes. Return to the one-minute prayer before the task if it helps you remain calm.

Help me speak truthfully to myself and act with patient courage. Amen.

NOTES & REFLECTION

Forgiveness and Fresh Beginnings

Reading & understanding

The draft links forgiveness with prosperity. Forgiveness can be spiritually important, but it should not be described as a switch that activates money or removes disease. It is better understood as a process that can free attention from repeated resentment, make room for truthful conversations, and guide a person toward a fresh start.

Some memories involve serious harm. There is no duty to return to an unsafe situation, and forgiveness may take time. A fresh beginning can also mean forgiving yourself for earlier decisions while committing to learn from them. The one-minute prayer makes a brief place for both humility and hope.

Forgiveness and Fresh Beginnings

A guided practice

Think of an old mistake or hurt. Ask what you can take responsibility for and what belongs to someone else. Say: “God of mercy, guide me in truth and help me loosen my hold on bitterness.” Name one healthy boundary or practical repair step. Do not force a feeling. If the hurt is overwhelming, consider support from someone qualified and trustworthy.

Lead me toward forgiveness that honors truth and safety.
Amen.

NOTES & REFLECTION

A Seven-Day One-Minute Practice

Reading & understanding

A short routine becomes richer when each day has a distinct emphasis. You do not need to add complicated rituals, unusual diets or special sound recordings. The original draft mentions the pineal gland, decalcification and sound frequencies as paths to prosperity; such claims are not established by the spiritual text or reliable medical evidence.

Instead, use seven plain themes from the Psalm's language: opening, truth, gratitude, courage, responsibility, generosity and rest. The practice stays one minute each day, with an optional note after the prayer if you have time.

A Seven-Day One-Minute Practice

A guided practice

Monday: ask for an open heart. Tuesday: seek truth about one concern. Wednesday: thank someone. Thursday: face one avoided task. Friday: review one responsibility. Saturday: perform one generous act. Sunday: rest and reflect. Each day, use the same prayer and write just one sentence about the theme. If a day is missed, resume without starting over.

Bless the small beginnings that teach me constancy. Amen.

NOTES & REFLECTION

Your Psalm Prayer Card

Reading & understanding

The final page of this bonus is intended to become easy to return to. You may bookmark it, write the prayer on a card or print the full book and fold this page into your regular routine. Its value is its simplicity. The prayer does not need an elaborate explanation each time it is used.

If you find yourself making prayer into a desperate negotiation, return to the Psalm's words of thanksgiving. Allow yourself to ask sincerely for help, then attend to the day as it comes. Responsible effort, community care and appropriate professional help remain part of a whole life of faith.

Your Psalm Prayer Card

A guided practice

Keep this short sequence: “Read Psalm 118:19–21. Pray the one-minute prayer. Name one point of gratitude. Choose one wise action.” Place it where it will be useful and discreet. Revisit the page after a month to see whether the practice is supportive. Change the time or format as needed.

May I open the day with gratitude and close it with peace.
Amen.

NOTES & REFLECTION

A moment to remember

You have reached the end of this companion guide. Give yourself time to return to any section that was useful. The pages are designed to support reflection and responsible action, not to demand perfect performance or promise a particular result.

Choose one idea to carry into the coming week. Write it down and place it somewhere you will see. Give thanks for the people who have offered wisdom or care. Whenever you wish, return to the main prayer through the contents or the navigation panel.

BONUS V · COMPANION GUIDE



KING SOLOMON'S BIBLE OF ABUNDANCE

Seven Habits for Wise Stewardship



THE DIVINE I AM COLLECTION

Before you begin

This companion guide contains 14 chapters. It is presented in two complementary movements: a teaching page and an accompanying practice page. You can read the whole guide in order or return to the chapter most useful in your current season.

The material has been thoughtfully reconstructed from the supplied working draft. Traditional devotions are identified as such; unverified historical claims and medical or financial guarantees are not treated as fact. The purpose is to offer substantial, usable spiritual reading with clear prayers, practical steps and room for reflection.

A Biblical View of Abundance

Reading & understanding

The stories of Solomon in the Bible combine extraordinary wealth, public responsibility, wisdom and serious moral warnings. A thoughtful guide to abundance must hold those themes together. Prosperity is not proof of virtue, and poverty is not evidence of a lack of faith. What the wisdom tradition can offer is a set of principles for using resources responsibly.

The source draft describes a recently discovered lost manuscript and quotes teachings attributed to Solomon. Those specific archival claims are not substantiated in the material provided. This edition therefore draws openly on recognizable biblical themes—especially Proverbs, Kings and Ecclesiastes—without presenting an invented archaeological discovery as fact. Its goal is practical guidance shaped by faith.

A Biblical View of Abundance

A guided practice

List what abundance means to you in five areas: basic needs, relationships, meaningful work, health and generosity. Which area needs the most care right now? Write one modest goal for that area. Resist comparing your situation with another person's visible wealth; instead, identify the resources, responsibilities and relationships actually entrusted to you.

Give me wisdom to value what is lasting and care for what I have. Amen.

NOTES & REFLECTION

Habit One: Ask for Wisdom Before Riches

Reading & understanding

In 1 Kings 3, Solomon asks for discernment rather than first asking for wealth. The story invites the reader to consider the quality of their decisions. Wealth without judgment can disappear quickly; judgment can improve how a person uses limited resources. Wisdom often begins with admitting what one does not know.

For a modern household, this habit means researching before buying, reading contracts, asking questions about costs and avoiding decisions made purely from fear or excitement. Wisdom also includes moral perspective: not every profitable opportunity is honest or worthwhile. A promise of exceptional returns deserves careful scrutiny.

Habit One: Ask for Wisdom Before Riches

A guided practice

Before a meaningful financial decision, write down the price, the ongoing cost, the main risk and one alternative. Wait when there is no urgency. Ask a knowledgeable, trustworthy person to review your reasoning. Pray: “Lord, make me more interested in what is wise than in what looks impressive.” Then decide based on evidence and values.

Grant me an understanding heart and the patience to use it.
Amen.

NOTES & REFLECTION

Habit Two: Practice Generosity Wisely

Reading & understanding

Biblical wisdom repeatedly connects generosity with compassion for people in need. Giving can deepen community and resist selfishness. Yet generosity should not be turned into a contract promising that money given away will return multiplied. People facing urgent financial hardship may need to care for essential expenses first.

A responsible form of generosity can include time, attention, skill or small acts of service. The quality of giving matters more than the size. Helping a neighbor understand a form, visiting someone who is lonely or preparing a meal can be meaningful gifts. Do not allow spiritual pressure to make you neglect rent, food, treatment or people who depend on you.

Habit Two: Practice Generosity Wisely

A guided practice

Choose a form of giving that fits your present circumstances. If you donate money, decide the amount in advance and confirm the recipient is legitimate. If you give time, offer a specific task rather than an open-ended promise. At the end, ask whether your giving respected both the recipient's needs and your own responsibilities.

Teach me generosity guided by love and good judgment.
Amen.

NOTES & REFLECTION

Habit Three: Work With Purpose and Discipline

Reading & understanding

Proverbs often values diligence and warns against drifting into avoidable neglect. This does not mean that every person who works hard will become wealthy, or that illness, caregiving or unemployment reflects laziness. Circumstances differ. The practical lesson is to use the strength and opportunities available to you with steadiness.

Purpose becomes clearer when large tasks are divided into smaller responsibilities. A household plan, a professional skill, a job search or a community project may advance through repeated, ordinary effort. Rest belongs to discipline as well. Exhaustion can make planning and judgment worse.

Habit Three: Work With Purpose and Discipline

A guided practice

Write your top three responsibilities for the week. Under each, choose one action that can be finished in twenty minutes. Schedule those actions realistically. Remove one unnecessary distraction during the work period. At week's end, ask what helped and what created obstacles. Adjust the next week instead of punishing yourself for imperfect progress.

Bless the work that serves others and give me permission to rest. Amen.

NOTES & REFLECTION

Habit Four: Seek Wise Counsel

Reading & understanding

“Where there is no guidance, a people falls, but in an abundance of counselors there is safety,” says Proverbs 11:14 in one familiar translation. Advice can reveal blind spots and help a person compare options. Good counsel does not mean handing decisions to the loudest or most confident voice. It means asking people who have relevant knowledge and who respect your well-being.

For money questions, consider qualified financial or legal advice when appropriate. For health, consult trained professionals. For a family issue, a trusted mediator or counselor may help. Be wary of anyone who refuses questions, claims exclusive secret knowledge or demands immediate payment.

Habit Four: Seek Wise Counsel

A guided practice

Write down one decision and the kind of expertise it requires. List two people or sources who can offer informed perspectives. Prepare three questions before speaking to them. Compare the advice with available facts. If the guidance conflicts, take time to understand why rather than forcing a quick conclusion.

Surround me with honest counsel and teach me to listen carefully. Amen.

NOTES & REFLECTION

Habit Five: Store and Multiply Prudently

Reading & understanding

The original draft speaks of reserves, trade and putting resources to work. Those themes can be translated into prudent modern habits: knowing where money goes, keeping a buffer when possible, understanding risk and avoiding putting every resource into a single uncertain promise. “Multiplication” is not a magical consequence of prayer; it refers to careful stewardship over time.

Not every household can save immediately. For someone living paycheck to paycheck, the first goal may be stable essentials, reliable information and a realistic plan. Even a small recorded expense can improve visibility. Major investment decisions deserve qualified advice, especially when retirement savings or debt are involved.

Habit Five: Store and Multiply Prudently

A guided practice

Create a basic monthly snapshot: income, essentials, minimum debt obligations, and irregular costs. Circle one category you can review without compromising health or basic needs. If you can build savings, choose a modest recurring amount; if not, focus on stabilizing expenses and seeking support. Treat any investment claiming guaranteed extraordinary returns as a warning sign.

Give me patience to build stability without chasing illusions.
Amen.

NOTES & REFLECTION

Habit Six: Honor Commitments With Integrity

Reading & understanding

Faithfulness is broader than religious giving. It includes keeping promises that are reasonable, paying what one owes when able, admitting mistakes and refusing dishonest shortcuts. Scripture often holds together worship and ethical conduct. A person cannot separate private devotion from the way they treat workers, customers, neighbors or family.

The original draft discusses covenants and tithes. These practices vary across Christian traditions, and no guide should claim that a particular payment triggers guaranteed prosperity. Choose generosity freely and responsibly. The deeper principle is integrity: honoring agreements while being truthful about what is possible.

Habit Six: Honor Commitments With Integrity

A guided practice

List three commitments you currently carry. Which needs attention or renegotiation? If you cannot meet an obligation, consider communicating early and clearly instead of hiding the problem. Before making a new promise, ask whether you have the time, capacity and resources to fulfill it. Give only what you can give freely.

Help me keep my word and face difficult truths without shame. Amen.

NOTES & REFLECTION

Habit Seven: Persevere With Hope and Gratitude

Reading & understanding

A hopeful outlook can make responsible action easier, but it does not replace resources, social support or sound decisions. Biblical faith includes lament and uncertainty alongside gratitude. Perseverance is not stubbornly repeating a harmful plan; it is remaining committed to what matters while learning from experience.

Gratitude helps some people recognize overlooked support. It can be practiced without denying hardship. Naming one good thing and one difficult truth is often more honest than declaring that everything is perfect. When progress is slow, the useful question may be whether the plan needs adjustment or assistance, not whether your faith is sufficient.

Habit Seven: Persevere With Hope and Gratitude

A guided practice

At the end of each day, write one thing that went well, one obstacle and one adjustment for tomorrow. Once a week, thank someone who contributed to your progress. If the same action repeatedly fails, ask for a different perspective. Hope can be expressed through flexibility as well as persistence.

Strengthen my hope, and keep it joined to wisdom. Amen.

NOTES & REFLECTION

From Seven Habits to a Household Plan

Reading & understanding

A set of principles becomes useful when translated into a few visible habits. Wisdom suggests asking questions. Generosity encourages service. Discipline helps with routines. Counsel brings perspective. Saving develops stability. Integrity protects relationships. Gratitude sustains perspective. These are not isolated slogans; each helps correct excesses in the others.

For example, ambition without counsel can lead to costly mistakes. Saving without generosity can become fear. Giving without stewardship can put dependents at risk. The goal is balance. A household plan should also make room for caregiving, illness, disability and unexpected events that change what is feasible.

From Seven Habits to a Household Plan

A guided practice

Draw seven small boxes, one for each habit. Mark the two you already practice and circle the one most in need of attention. Choose one action for the circled habit to complete this week. Keep it measurable: a conversation, written budget, appointment, learning session or act of service. Repeat the evaluation monthly, adjusting your priorities as your circumstances change.

Bring balance to my priorities and compassion to my plans.
Amen.

NOTES & REFLECTION

The Thirty-Minute Money Review

Reading & understanding

A simple financial review can reduce confusion about where things stand. It cannot solve every problem, especially when income is insufficient, but it can help identify urgent priorities and questions worth asking. The purpose is clarity, not self-criticism. If money discussions are stressful, keep the session brief and consider sharing it with a trusted partner or advisor.

Protect essential needs: housing, food, utilities, transportation, and appropriate healthcare. Record debt obligations accurately. Avoid taking a new high-interest obligation merely to preserve an image of success. If bills cannot be paid, contact providers or community resources to ask about legitimate options.

The Thirty-Minute Money Review

A guided practice

Minute 1–5: gather statements. Minute 6–12: list income and essential expenses. Minute 13–20: list debts, due dates and interest where known. Minute 21–25: identify one risk requiring action. Minute 26–30: schedule a call, request information or update a realistic plan. Stop when the session ends and return another day rather than spiraling into worry.

Give me calm enough to face the numbers and courage enough to act. Amen.

NOTES & REFLECTION

A Forty-Day Practice in Four Movements

Reading & understanding

The original draft outlines a forty-day path. A longer period can help a person revisit habits consistently, but it is not a guarantee of transformation. This edition uses four ten-day movements with distinct goals: see clearly, establish a routine, strengthen support, and review progress. The sequence can be adjusted around illness, caregiving, work shifts and unexpected needs.

One of the most important parts of a longer practice is flexibility. Missing a day does not erase previous effort. Some goals require more time or additional resources. The purpose of forty days is to give structure to attention, not to produce a miraculous deadline.

A Forty-Day Practice in Four Movements

A guided practice

Days 1–10: record what you know about money and responsibilities. Days 11–20: practice one manageable routine. Days 21–30: seek wise advice, repair communication and offer appropriate help. Days 31–40: evaluate your goals, note obstacles and set a realistic next period. At each ten-day checkpoint, answer: “What changed? What remains difficult? Who could help? What is my next responsible step?”

Let a longer journey make me steadier, wiser and more compassionate. Amen.

NOTES & REFLECTION

When Progress Is Interrupted

Reading & understanding

Financial and personal progress rarely follows a straight line. An unexpected repair, illness, family emergency or job disruption can undo part of a careful plan. A thoughtful abundance guide must make room for setbacks without turning them into spiritual blame. You are allowed to adapt a plan to the reality in front of you.

When something changes, review priorities and protect necessities first. It may be wise to delay discretionary spending, ask about hardship arrangements, seek local assistance or consult a professional. Community and trusted relationships can matter as much as individual discipline. Prayer can be a source of courage while the practical work continues.

When Progress Is Interrupted

A guided practice

Use the “pause, assess, ask, act” method. Pause long enough to avoid panic. Assess the new facts and urgent needs. Ask a qualified or trusted person for help if required. Act on one priority before making wider commitments. Record what you learned so future plans can be more resilient.

Meet me in setbacks with mercy, strength and sound counsel. Amen.

NOTES & REFLECTION

A Personal Rule of Life

Reading & understanding

A rule of life is a small set of habits that expresses what you value. It should be humane and flexible, not a list of punishments. The wisdom associated with Solomon can inform a weekly rhythm: reflection before big choices, diligent work where possible, care with money, service to others, honest relationships and gratitude.

A personal rule is especially useful because it does not depend on the emotional excitement of a single day. You might review your spending on Friday, thank a helper on Sunday, or take a short walk before a difficult decision. The rule should support your health and responsibilities instead of competing with them.

A Personal Rule of Life

A guided practice

Finish these sentences: “Before spending, I will ...”; “When I am afraid, I will ...”; “When I receive advice, I will ...”; “When someone needs help, I can ...”; “Each week, I will give thanks for ...”. Keep your responses on one page. Revisit them in a month to remove anything unrealistic and preserve what has been useful.

Shape my habits into a life that reflects wisdom and love.
Amen.

NOTES & REFLECTION

Closing Blessing for Wise Abundance

Reading & understanding

The fifth companion guide ends where it began: abundance is broader than money. It includes truthful relationships, a capacity for work and rest, the wisdom to ask for help, gratitude in difficulty and opportunities to be generous. Financial stability matters, but it is not a measure of a person's worth or of God's favor.

Use these seven habits as guides, not guarantees. Let the pages remind you to face practical realities, distinguish trustworthy advice from pressure, and care for people who depend on you. A short prayer can accompany each decision, but the decisions themselves require facts, compassion and judgment.

Closing Blessing for Wise Abundance

A guided practice

Return to your original definition of abundance. Has it changed? Name one resource you want to protect, one relationship you want to nurture and one responsibility you want to approach with greater wisdom. Choose a date to review these intentions. Close the book with gratitude for every honest step, however small.

Divine Creator, bless the work of my hands, the decisions of my mind, and the generosity of my heart. Amen.

NOTES & REFLECTION

A moment to remember

You have reached the end of this companion guide. Give yourself time to return to any section that was useful. The pages are designed to support reflection and responsible action, not to demand perfect performance or promise a particular result.

Choose one idea to carry into the coming week. Write it down and place it somewhere you will see. Give thanks for the people who have offered wisdom or care. Whenever you wish, return to the main prayer through the contents or the navigation panel.



MAY PEACE REMAIN WITH YOU

The Divine I AM Prayer and its five companion guides form one devotional volume. May these pages encourage faith, wise action, gratitude and compassionate care for others.

Return whenever you need a quiet moment. Read what is helpful. Leave behind anything that encourages fear or unrealistic expectations. Let prayer accompany the ordinary work of building a thoughtful and loving life.

QUESTIONS, PRAYER SUPPORT OR ASSISTANCE

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THE DIVINE I AM COLLECTION