



1. PICK A PURGE



2. PICK A PRACTICE (AND A PARTNER)



3. PICK A PERSON



4. PICK A PROJECT





WESLEY COVENANT PRAYER

-written in 1755-

I AM NO LONGER MY OWN, BUT YOURS.

PUT ME TO WHAT YOU WILL,

PLACE ME WITH WHOM YOU WILL.

PUT ME TO DOING, PUT ME TO SUFFERING.

LET ME BE PUT TO WORK FOR YOU

OR SET ASIDE FOR YOU,

PRAISED FOR YOU OR CRITICIZED FOR YOU.

LET ME BE FULL, LET ME BE EMPTY.

LET ME HAVE ALL THINGS,

LET ME HAVE NOTHING.

I FREELY AND FULLY SURRENDER ALL
THINGS TO YOUR GLORY AND SERVICE.

AND NOW, O WONDERFUL AND
HOLY GOD, FATHER, SON, AND SPIRIT,

YOU ARE MINE, AND I AM YOURS.

SO BE IT. AND THE COVENANT WHICH

I HAVE MADE ON EARTH,

LET IT ALSO BE MADE IN HEAVEN

AMEN.