



**Free Sample Self-Care Solution
Mini Fill Me Prayer Book**
from Penny & Bill Company
CenterToAwakenKindness.com

**Welcome to the World of Self-Care Solutions
from Penny & Bill Company**

Greetings! We hope you enjoy all our self-care solutions, in particular this Free Sample Self-Care Solution. We hope it brings a bit of peace and renewal in your life.

Peace & Blessings,
Penny & Bill
Co-Founders
Penny & Bill Company

**How to Enjoy Your
Free Sample Self-Care Solution
Mini Fill Me Prayer Book**

1. Print this downloaded file using the print on both sides of paper feature.
2. Trim each page to 6" x 9" using the dashed lines (- - -) as a guide.
3. Sort the pages and staple together on the left side.
4. Begin enjoying your new free self-care solution Mini Fill Me Prayer Book.
5. See page 6 for ideas on how to get the most out of using this Mini Fill Me Prayer Book. Enjoy the journey!
6. See page 5 for details on purchasing a complete Fill Me Prayer Book, or visit CenterToAwakenKindness.com/fill-me-prayer-book

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Free Sample Self-Care Solution
Mini Fill Me Prayer Book
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Fill Me Prayer Book

Devotional Labyrinth Walk Prayer Experience

from PENNY TAYLOR and BILL RESSL
at the CENTER TO AWAKEN KINDNESS

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**This Mini Fill Me Prayer Book
belongs to:**

Mini Fill Me Prayer Book
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The Center to Awaken Kindness
Penny and Bill Company
Box 504, Brookfield, Illinois 60513 USA
CenterToAwakenKindness.com

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Text by Penny Taylor and Bill Ressler.

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This book provides general information on various widely known topics related to renewal and widely accepted mindful practices that tend to provide an opportunity for self-reflection. However, it should not be relied upon as recommending or promoting any specific diagnosis or method of treatment for a particular condition, and it is not intended as a substitute for medical or mental health advice or for the direct diagnosis and treatment of a medical or mental health condition by a qualified physician. Readers who have questions about a particular condition, possible treatments for that condition, or possible reactions from the condition or its treatment should consult a physician or other qualified health care professional.

The authors of this book do not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, medical, or spiritual problems without the advice of a physician or trained professional, either directly or indirectly. The intent of the authors is only to offer information of a general nature to help you in your quest for physical, emotional, medical, and spiritual well-being. In the event you use any of the information in this book for yourself, the authors and the publisher assume no responsibility for your actions.



Buy the complete Fill Me Prayer Book on Amazon.

On Amazon Search ISBN: 979-8680652626

Visit: <https://www.amazon.com/Fill-Prayer-Book-Penny-Taylor/dp/B08GVGCBBQ>



From Penny & Bill Company
CenterToAwakenKindness.com

Welcome to Being Filled with a Prayer!

This *Mini Fill Me Prayer Book* invites you on a journey of prayerful self-care through several forms of prayer-filled mindful self-reflection. How does that work? First, allow yourself to take a few deep breaths to relax and focus on centering yourself into calmness. Then, reflect on each verse of the *Fill Me Prayer* through scripture and walk the related labyrinth art design. Explore how your faith, what we call your *God talk* and *God walk*, is calling you to experience Christ's love each and every moment as you renew yourself right here and right now. Take time to be creative and invite the grace of the Gracious Spirit to fill you anew.

Enjoy all the forms of prayer-filled mindful self-reflection offered in this *Mini Fill Me Prayer Book*:

Reflect on Scripture

Reflect on being filled by the Gracious Spirit. The overarching scripture for the entire *Fill Me Prayer Book* is “you shall love the Lord your God with all your heart, and with all your soul, and with all your might” (Deuteronomy 6:5). We invite you to keep that scripture close to your heart throughout the journey. Additionally, take time to contemplate each scripture verse that we have specially selected for each *Fill Me Prayer* verse. Each invites a deeper exploration of what it means to be filled with the gifts of the Gracious Spirit.

Meditative Prayer

Pray meditatively over the words of the *Fill Me Prayer* in its entirety and on each verse individually. Take time to reflect and imagine life anew filled with the gifts of the Gracious Spirit.

Interact with Labyrinth Art

Over 50 labyrinth art designs are included in the complete edition - one for each prayer verse. See what bubbles up from deep within as you use your finger to walk into and out of the center of each labyrinth art design as you contemplate life through the related prayer and scripture verse.

Celebrate the Arts

Color each labyrinth art design. Like to journal? Explore our *Fill Me Prayer Journals*.

A-FACT Process

The powerful foundational methodology, A-FACT, underlies all the work of the Center to Awaken Kindness. It frames how prayer-filled mindfulness functions. This *Mini Fill Me Prayer Book* supports:

- + **Awareness:** Reflecting on one's story of life.
- + **Freedom:** Being guided by the Gracious Spirit to see what is possible.
- + **Acceptance:** Enhancing the practice of living a devotionally grounded prayer-filled mindful existence.
- + **Courage:** Living into life as prayer.
- + **Transformation:** Living a prayer-filled mindful existence everyday with scripture integrated into your daily life: "You shall love the Lord your God with all your heart, and with all your soul, and with all your might" (Deuteronomy 6:5).

For more ideas on prayer-filled mindful self-care practices or to share a story of kindness visit us at CenterToAwakenKindness.com

Peace and Blessings,
Penny & Bill



**Take time
to pray.**

Fill Me Prayer

Gracious Spirit - Fill Me,

Fill me with your peace... fill me with your love... fill me with your kindness... fill me with your wonder... fill me with your awe... fill me with your virtues... fill me with your courage... fill me with your wisdom... fill me with your light... fill me with your divine goodness... fill me with your laughter... fill me with your hope... fill me with your joy... fill me with your strength... fill me with your beauty... fill me with your empathy... fill me with your Spirit... fill me with your compassion... fill me with your healing power... fill me with your justice... fill me with your empowerment... fill me with your friendship... fill me with your insights... fill me with your vision... fill me with your purpose... fill me with your praises... fill me with your words... fill me with your calmness... fill me with your truth... fill me with your stillness... fill me with your care... fill me with your gifts... fill me with your patience... fill me with your companionship... fill me in your ways... fill me with your creativity... fill me with your dreams... fill me with your hospitality... fill me with your mercy... fill me with your grace... fill me with your harmony... fill me with your music... fill me with your serenity... fill me with your endurance... fill me with your intellect... fill me with your understanding... fill me with your perseverance... fill me with your talents... fill me with your gratitude... fill me with your bounty... fill me with your zest.
Fill me all ways.

So be it, Amen!



**Show me
the path...**

Hope

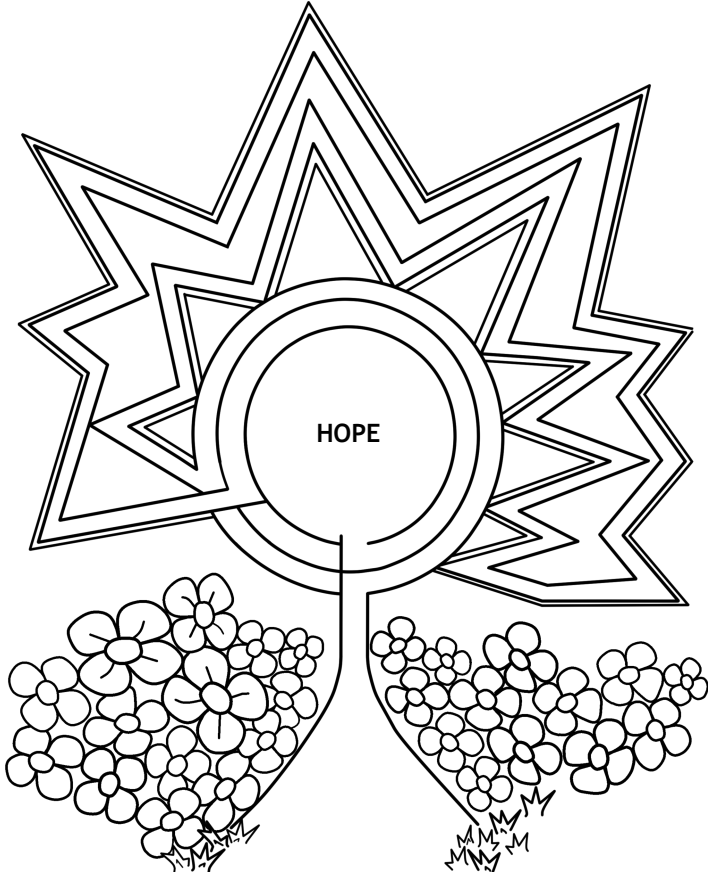
Fill me with your Hope

For surely I know the plans
I have for you, says the Lord,
plans for your welfare
and not for harm, to give you
a future with hope.

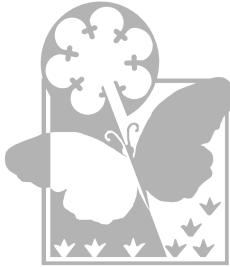
Jeremiah 29:11

May the God of hope fill you
with all joy and peace
in believing, so that you may
abound in hope by the power
of the Holy Spirit.

Romans 15:13



**Center to awaken
Hope**



**Be filled with
Hope
and share it
with the world!**

Love

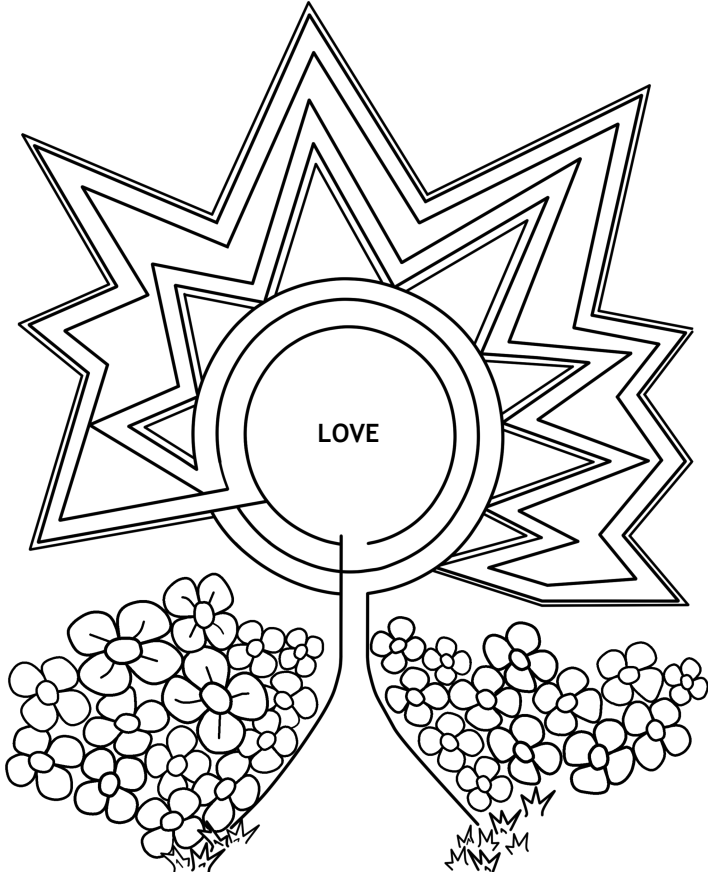
Fill me with your Love

Love is patient; love is kind;
love is not envious or boastful
or arrogant or rude. It does
not insist on its own way;
it is not irritable or resentful;
it does not rejoice in
wrongdoing, but rejoices in
the truth. It bears all things,
believes all things, hopes all
things, endures all things.

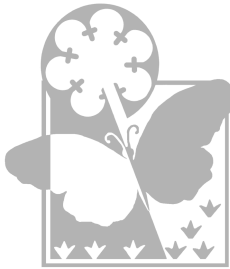
1 Corinthians 13:4-7

Let all that you do
be done in love.

1 Corinthians 16:14



**Center to awaken
Love**

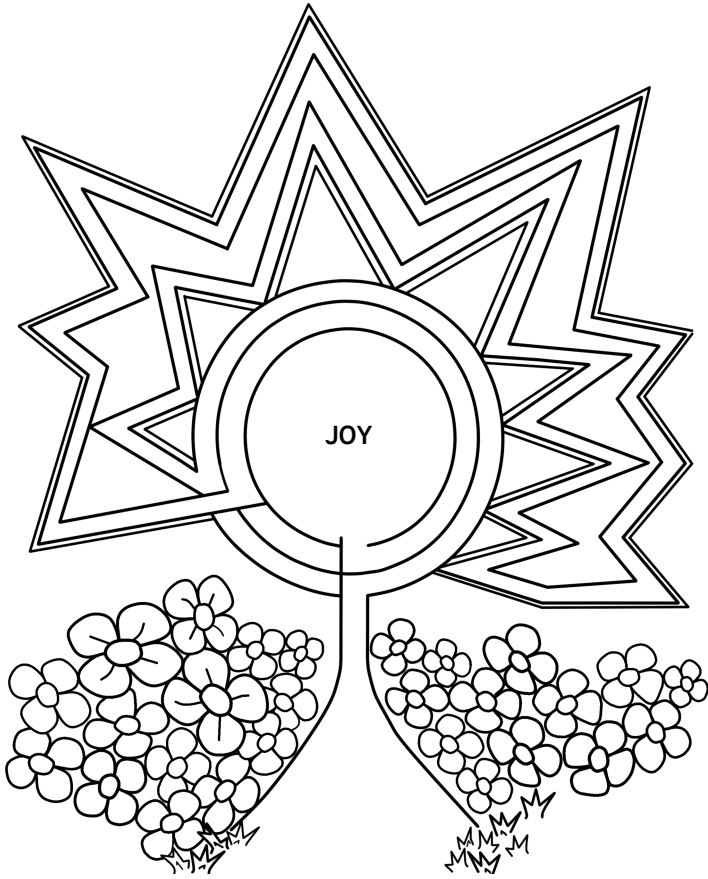


**Be filled with
Love
and share it
with the world!**

Joy

Fill me with your Joy

This is the day
that the Lord has made;
let us rejoice
and be glad in it.
Psalm 118:24



**Center to awaken
Joy**



**Be filled with
Joy
and share it
with the world!**

CHECK US OUT!



**Center to
Awaken Kindness**

CenterToAwakenKindness.com

**Mindful Self-Care Tools
Journals
Notebooks
Digital Labyrinths
Finger Labyrinth Artwork
and More!**

Fill Me

Prayer Book

Devotional Labyrinth Walk Prayer Experience

It All Started with a Prayer

The Fill Me Prayer came to me while I was sitting on my front porch one morning as I was praying to God. The words that came to my mind were "Fill Me" - fill me with your peace, fill me with your love, fill me with your kindness... The prayer continued to grow to other areas in my life that needed to be filled. Fill me with your courage, wisdom, light...

Prayer is a powerful tool that can hold us together and center us. It can calm our inner soul and open us to new understandings. Prayer is particularly important when transitioning through difficult times such as COVID-19, unemployment, concerns for children or elderly family members, and the list goes on. Prayer can and does change things.

I pray that your journey with my *Fill Me Prayer* offers peace and inspiration. I invite you to meditate on the words of the prayer, contemplate scripture, and walk the labyrinth art designs with your finger. *May God fill you anew on your Spiritual journey.*

So be it - Amen.

~ Penny Taylor



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Awaken Kindness**

CenterToAwakenKindness.com

Brookfield, IL USA

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