

**January 31, 2021**

*Questions for Reflection*

What is the name of the demon, the spirit, the idolatry you carry? If you can think of this answer as many "troubles," try to find the root cause, a name to give to that which needs to be cast out. The answer may take different forms throughout the week. You may also consider the same question with regard to your family and to this nation. What is the Holy One casting out today in your presence?

*Household Prayer: Morning*

In the light of your new day, O God,  
I rise to greet you always on the path in front of me.  
Let me follow with integrity where you will lead.  
Give me courage to know the difference  
between what is false and what is true.  
Teach me to love my neighbor as you love me. Amen.

*Household Prayer: Evening*

Heavenly Father, you are the power above all powers,  
the healer who knows our every need.  
You have guided me throughout this day  
and now give me sleep to renew my tired body and mind.  
Guard me and keep me in your care. Amen.