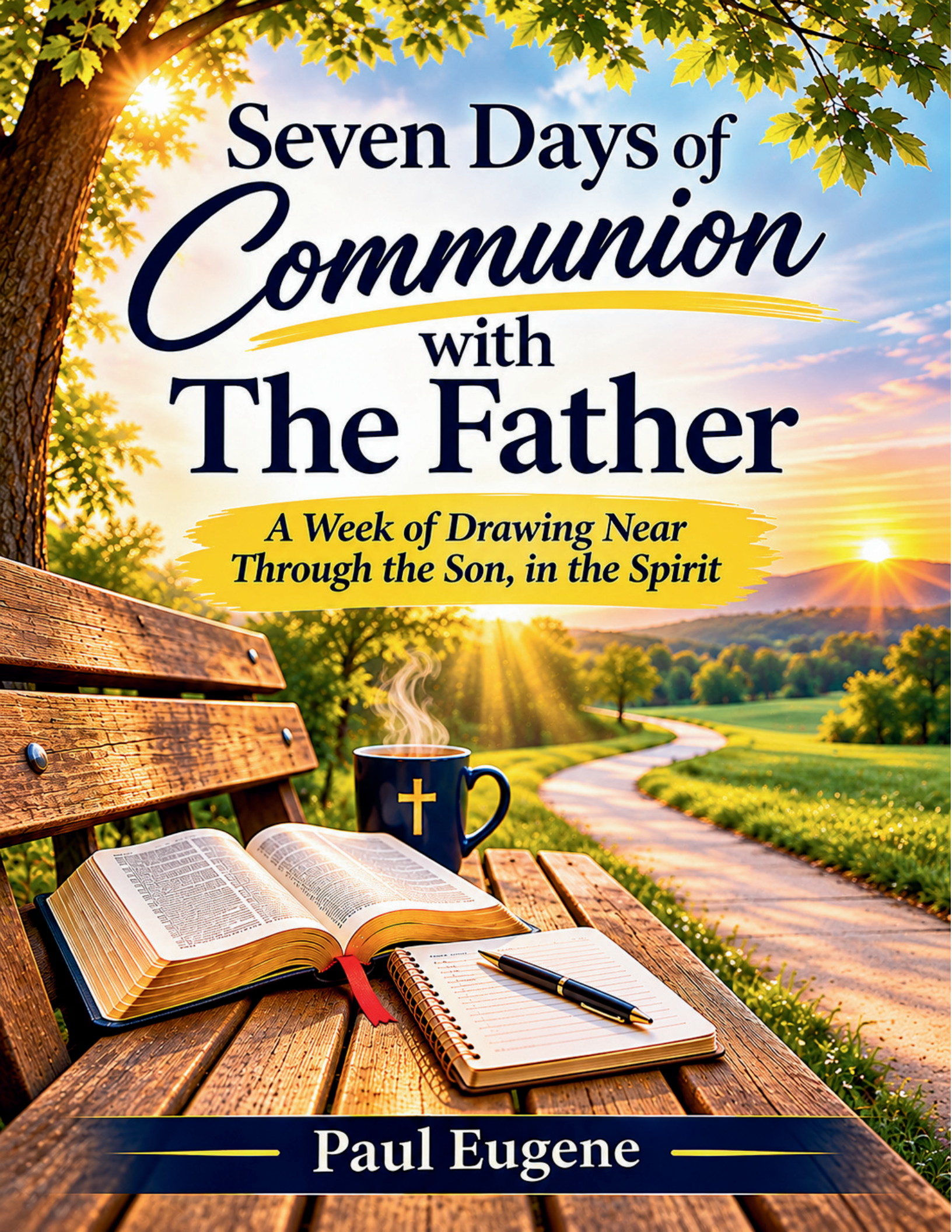
Seven Days of
Communion
with
The Father
A Week of Drawing Near
Through the Son, in the Spirit
Paul Eugene

Why I Created This Journal

By Paul Eugene

This journal began while I was reading John chapter 14.

Something caught my attention that I had never considered quite this way before. As I read the chapter, I noticed how often Jesus spoke about His Father. I counted 22 references to the Father.

Twenty-two times!

I stopped and began to reflect. If Jesus spoke of the Father so often, then surely His relationship with the Father was of great importance.

But then a question came to my mind.

How important was my relationship with the Father to me?

I have spent many years praying, worshiping, studying Scripture, and walking with God through the joys and challenges of life. Yet here I was, reading a familiar passage and finding myself challenged to look more closely at my own relationship with the Father.

Jesus said, “No one comes to the Father except through me” (John 14:6).

I began thinking about those words in a deeper way. Jesus was not simply teaching us about the Father. He was showing us the way to Him.

That realization caused me to reflect on my own conversations with God.

Almost every night, as I lie in bed, I talk with God about the events of my day. Sometimes I give thanks. Sometimes I ask questions. Sometimes I speak about things I don’t understand. And sometimes there is silence.

But the conversation continues.

I began to realize that communion with the Father is not something reserved for a church service, a particular prayer, or a special spiritual moment. It is a relationship that can be nurtured every day.

And that is how Seven Days of Communion with The Father came into existence.

I wanted to create something that would encourage others to reflect on their own relationship with the Father—not merely what they know about Him, but how they spend time with Him.

This journal is not about completing another religious assignment. It is an invitation to draw near, to speak honestly, to listen, to reflect, and to grow.

My hope is that these seven days will become the beginning of something that continues long after the final page.

Through the Son, in the Spirit, to the Father.

Paul Eugene

Introduction

Jesus spent his life pointing to the Father. In John 14 alone, he speaks of "my Father" more than twenty times—saying the Father dwells in him, does the works, sends the Spirit, loves the disciples, and is the destination of his whole mission. "No one comes to the Father except through me" (John 14:6). The Son is the way; the Father is the home.

This week is an invitation to follow that trajectory. Not to set Jesus aside—never that—but to go *through* him to the One he came to bring us to. Through the Son, in the Spirit, to the Father. Seven days of communion: learning to know him, pray to him, listen to him, and abide in his love.

How to Use This Week

- **Set a consistent time.** Ten to fifteen minutes a day is enough. Morning often works best for directing the heart before the day fills up.
- **Read slowly.** Each day has a passage, a reflection, a written prayer, and a practice on one page, with a journal page facing it. Linger where you're drawn.
- **Keep a pen nearby.** Use the journal page for what you notice, what you want to say to the Father, and what you sense in listening.
- **Pray the written prayers aloud** if you can. Speaking helps the heart follow.
- **End each day with the same line:** *Through the Son, in the Spirit, to the Father*. It keeps the whole Trinity in view and trains the direction of your prayer.

- **Don't aim for performance.** Communion is not a task to complete. If a day goes poorly, return the next day without guilt—the Father is not keeping score.

Day 1 — The Father Jesus Reveals

Read: John 14:6–11; John 1:18

Reflection:
"No one has ever seen God; the only God, who is at the Father's side, he has made him known" (John 1:18). This is the startling claim at the center of our faith: the invisible God has a visible face, and that face is Jesus. When Philip asks to see the Father, Jesus answers, "Whoever has seen me has seen the Father" (John 14:9). So the Father is not a cold abstraction or a distant deity behind Jesus. He is exactly like Jesus—compassionate, truthful, welcoming, and near. Everything you love about Jesus is a true window into the Father's heart. This week begins here: the Father you are seeking is the Father Jesus came to show you.

Prayer:
Father, I want to know you as Jesus reveals you—not as a distant idea, but as the living God who is exactly like your Son. Thank you that in seeing Jesus I am seeing you. Open my eyes this week to recognize your heart. Through the Son, in the Spirit, to the Father. Amen.

Practice:
Read John 14 slowly, pen in hand. Write down every phrase Jesus uses about the Father. Then choose one and thank the Father for it in your own words.

Through the Son, in the Spirit, to the Father.

Journal — Day 1

A phrase Jesus used about the Father that stood out to me:

What this shows me about the Father's heart:

Today I want to thank the Father for:

Day 2 — Reconciled and Welcomed

Read: 2 Corinthians 5:18–19; Ephesians 2:18; 1 Peter 3:18

Reflection:

Christ's work was not an end in itself—it was a reconciliation *to the Father*. "In Christ God was reconciling the world to himself" (2 Corinthians 5:19). "Through him we both have access in one Spirit to the Father" (Ephesians 2:18). "Christ also suffered once for sins… that he might bring us to God" (1 Peter 3:18). The cross did not purchase a distant tolerance; it opened a welcome. You are not approaching a stranger who must be persuaded to receive you. You are coming to a Father who, in Christ, has already made his home open to you. Today, let that settle: your access is real, purchased, and secure.

Prayer:

Father, thank you that through Jesus I am not merely forgiven but welcomed—brought near, given access, reconciled. Remove any lingering fear that I am an outsider. I come to you today as one who belongs. Through the Son, in the Spirit, to the Father. Amen.

Practice:

Begin your morning with the shape of Ephesians 2:18: "Father, I come to you through your Son, in your Spirit." Then name one thing you are carrying and bring it directly to the Father.

Through the Son, in the Spirit, to the Father.

Journal — Day 2

One thing I am carrying today that I want to bring to the Father:

What it means to me that I have *access* to the Father:

My prayer to the Father today:

Day 3 — Abba: The Spirit of Adoption

Read: Romans 8:14–17; Galatians 4:4–7

Reflection:

The Spirit's first word in you is not "servant" but "Abba! Father!" (Romans 8:15). That is the intimate language of a child, and it is not presumption—it is adoption. God sent his Son so that we might receive the full rights of sons and daughters, and "the Spirit himself bears witness with our spirit that we are children of God" (Romans 8:16). Communion with the Father is therefore family life, not religious performance. You do not approach him as an employee hoping for a good review. You come as a child to a father who knows your name.

Prayer:

Abba, Father, thank you that I am your child—not by my merit, but by your adoption through Jesus. Holy Spirit, deepen in me the confidence to come to the Father as your child, with honesty and without fear. Through the Son, in the Spirit, to the Father. Amen.

Practice:

Pray the Lord's Prayer slowly, pausing after "Our Father" for a full breath. Then speak to him in your own words, simply, as a child to a father.

Through the Son, in the Spirit, to the Father.

Journal — Day 3

What "Abba, Father" stirs in me:

Where I still struggle to feel like a child rather than a servant:

What I want to say to my Father as his child:

Day 4 — Praying to the Father

Read: Matthew 6:5–13; John 16:23–27

Reflection:

When the disciples asked Jesus to teach them to pray, he pointed them to the Father: "Our Father in heaven…" (Matthew 6:9). And in John 16, Jesus says something remarkable—"The Father himself loves you" (v. 27). Not "the Father will tolerate your requests because of me," but *loves you*. Prayer addressed to the Father is not a formality to get past; it is the relationship itself. Today, aim your prayer directly at him. No agenda beyond communion. Notice how it changes the texture of your praying when the Father is the one you are speaking *to*.

Prayer:

Father, I want to learn to pray to you—not to an idea, not to the ceiling, but to you. Thank you that you yourself love me. Quiet my heart and let my prayer be real conversation with a Father who is listening. Through the Son, in the Spirit, to the Father. Amen.

Practice:

Set aside ten unhurried minutes of prayer directed to the Father. Speak, then pause. Let it be a conversation, not a monologue.

Through the Son, in the Spirit, to the Father.

Journal — Day 4

What changed when I aimed my prayer directly at the Father:

One thing I noticed about "The Father himself loves you" (John 16:27):

My unhurried prayer to the Father:

Day 5 — Listening to the Father

Read: John 10:27–30; John 14:26; Isaiah 30:21

Reflection:

Communion is two-way. Jesus says, "My sheep hear my voice" (John 10:27), and the Father sends the Spirit to teach and remind us (John 14:26). The Father speaks—through his Word, by his Spirit, through the quiet impressions and promptings that agree with Scripture. Listening is not passive; it is an act of trust. It says, "Father, I believe you have something to say to me, and I am willing to hear it." Today, make space to listen, not just speak.

Prayer:

Father, I want to hear you. Quiet the noise in me and tune my heart to your voice. Holy Spirit, teach me and remind me of what is true. Give me ears to hear and a heart willing to obey. Through the Son, in the Spirit, to the Father. Amen.

Practice:

Read Psalm 23 or John 14 slowly. Sit with one phrase. Ask, "Father, what are you saying to me?" Journal what comes, and test it against Scripture.

Through the Son, in the Spirit, to the Father.

Journal — Day 5

The phrase I sat with today:

What I sensed the Father saying to me (tested against Scripture):

How I want to respond:

Day 6 — The Father's Care and Provision

Read: Matthew 6:25–34; Luke 11:9–13; Hebrews 12:5–11

Reflection:

"Your Father knows what you need before you ask him" (Matthew 6:8). He gives good gifts to his children—"how much more will the heavenly Father give the Holy Spirit to those who ask him!" (Luke 11:13). And "the Lord disciplines the one he loves" (Heb 12:6)—not as punishment, but as a father shaping a child. Communion with the Father includes trusting his care and receiving his correction. Both come from the same heart. Today, bring him your anxieties by name, and thank him for the ways—even the hard ones—that he has been fathering you.

Prayer:

Father, you know my needs and you care for me. I hand you the things I have been carrying: [name them]. Thank you for providing, and thank you for correcting me as a father who loves his child. Help me trust your care today. Through the Son, in the Spirit, to the Father. Amen.

Practice:

List your current anxieties and give each one to the Father by name. Then thank him for one specific way he has provided for you recently.

Through the Son, in the Spirit, to the Father.

Journal — Day 6

Anxieties I am handing to the Father by name:

One specific way the Father has provided for me recently:

A way I sense his fatherly correction or care:

Day 7 — Abiding in the Father's Love

Read: John 14:21–24; John 15:9–10; John 17:20–26

Reflection:
Jesus' final prayer before the cross was that we would be where he is and see his glory—that the love the Father has for the Son would be in us (John 17:24–26). And in John 14:23, he promises something astonishing: "My Father will love him, and we will come to him and make our home with him." Communion with the Father is not a week-long exercise you complete and set down. It is dwelling—God making his home with you, and you learning to live there. This week ends where it was always headed: abiding in the Father's love.

Prayer:
Father, thank you for this week of drawing near. Don't let it end here. Make your home in me, and teach me to abide in your love day by day. Keep me turned toward you—through the Son, in the Spirit, to the Father. Amen.

Practice:
Review the week in your journal. Then write a short "rule of life" for continuing—one daily habit (the Lord's Prayer in the morning, a listening pause at midday, a spoken "Abba" before sleep) that keeps your heart turned toward the Father.

Through the Son, in the Spirit, to the Father.

Journal — Day 7

What I want to remember from this week:

My rule of life for continuing (one daily habit that keeps me turned toward the Father):

A final prayer of abiding:

Closing Note

This week was never about leaving Jesus behind. It was about following him where he was always going—to the Father. "No one comes to the Father except through me" (John 14:6) is not a wall but a doorway; the Son is the way, and the Father is the home.

May the Father you have sought this week become the one you speak with daily—not a distant idea, but a living Father who knows your name, welcomes you through his Son, and makes his home with you by his Spirit.

"My Father will love him, and we will come to him and make our home with him."
— John 14:23 (ESV)

Through the Son, in the Spirit, to the Father.

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Connect with Paul Eugene

Thank you for spending these seven days drawing closer to the Father.

My prayer is that this journal encourages you to continue your own daily conversations with God, growing in faith, hope, and love.

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“I was born to inspire the world to exercise body, soul and spirit.”

Through the Son, in the Spirit, to the Father.