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| Day 1-  Pondering Sacrament prayers and Hymn | Day 2-  Pondering Sacrament prayers and Hymn | Day 3-  Pondering Sacrament prayers and Hymn | Day 4-  Pondering Sacrament prayers and Hymn | Day 5-  Pondering Sacrament prayers and Hymn | Day 6-  Pondering Sacrament prayers and Hymn | Day 7-  Pondering Sacrament prayers and Hymn |
| Day 8-  Pondering Sacrament prayers and Hymn | Day 9-  Pondering Sacrament prayers and Hymn | Day 10-  Pondering Sacrament prayers and Hymn | Day 11-  Pondering Sacrament prayers and Hymn | Day 12-  Pondering Sacrament prayers and Hymn | Day 13-  Pondering Sacrament prayers and Hymn | Day 14-  Pondering Sacrament prayers and Hymn |
| Day 15-  Pondering Sacrament prayers and Hymn | Day 16-  Pondering Sacrament prayers and Hymn | Day 17-  Pondering Sacrament prayers and Hymn | Day 18-  Pondering Sacrament prayers and Hymn | Day 19-  Pondering Sacrament prayers and Hymn | Day 20-  Pondering Sacrament prayers and Hymn | Day 21-  Pondering Sacrament prayers and Hymn |

Have a pattern of pondering the sacrament hymn and prayers, think why we take the sacrament for 3 weeks.