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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.