

21



**DAYS
OF
PRAYER**

A Prayer for the Ephesians

¹⁴“For this reason I kneel before the Father, ¹⁵from whom every family^[a] in heaven and on earth derives its name. ¹⁶I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

The P.R.A.Y. method is broken into four steps. This framework gives a great foundation to expand our awareness of prayer potential. Here is how this method can help us pray.

P – Pause – Psalm 46:10

With all we are doing and the busyness around us, taking time to pause reminds us of whom we are coming before. It reminds us to listen as we go before God and let our words be few. Deliberately relax and breathe deeply. Studies show we think better when we are relaxed and in a state of peace. With regards to prayer, this puts us in a better position to receive from the Lord. One way to slow down in this way is to pray a prayer phrase (e.g., “my heart is yours, O Lord”), pray a verse (e.g., “renew a right spirit within me”), or pray in the Spirit.

R – Reflect and Rejoice – Philippians 4:4

After we have taken some time to pause and reflect, rejoicing is a natural outflow. God is worthy of all of our praise. Before we have even voiced any request to Him, remember that He is good and has been good to us. Reading Psalms and singing worship songs are great vehicles to motivate our praise. However, don't neglect times of working in your own words. Other people's words can help lead us to God, but using your own words builds deep wells of intimacy within your heart.

A – Ask – John 14:14

If you have done the previous two steps, by the time you get to what you want to ask, your heart is in a better position. You are not demanding God to perform for you; you are coming to your Heavenly Father to have Him take care of you. Just remember that God is not on our timetable. If you don't receive what you ask for, it doesn't mean it wasn't His will or that He doesn't want to give it to you. God delights in our perseverance. So unless He tells you otherwise, keep asking.

Y – Yield – Romans 12:1

We will never ask for everything perfectly but having a heart that surrenders to God puts you in a position where God can translate your requests into things for your good. In your prayer times, follow Him wherever you feel Him leading. This may have you praying outrageous prayers. You may think there is no way for that to happen – ignore those doubts and pray in faith. Yielding yourself to His leading in prayer is the start of a fun adventure. ~*Pete Greig*

Philippians 3:12-14

“Not that I have already obtained all this or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

During 21 Days of Prayer, we will take time to look back (commemorate), look within (consecrate) and look ahead (commission). Our focus for week one is looking back to “commemorate,” which the Oxford dictionary defines as “the recall and show respect for (someone or something).”

Day 1: Self-Examination

Pause to be still:

- As I enter prayer now, I pause to be still; to breathe slowly, to re-center my scattered senses on the presence of God.

Reflect on Scripture:

- Psalm 139:23-24 *“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.”*
- Passages like this provide clues as to why David was called “a man after God’s own heart.” He was far from perfect. But he was honest with God about his shortcomings. Ignatius of Loyola (1491-1556) developed the prayer of examen as a twice-daily routine to examine or weigh the conscience. It is not merely navel-gazing or a listing of all the sins we’ve committed. Instead, it is a tool to discern whether we are moving towards or away from God in our everyday lives, which can be a powerful catalyst for spiritual growth.

Ask for God’s help:

- To make me aware of my sins in thought, word and deed.
- To name specific sins the Spirit brings to mind and reflect on the cost of these sins—to Christ, others and myself.
- To forgive me and receive forgiveness through his grace.

Yield to God’s will:

- Father, by your grace and with the help of your Spirit, I resolve to follow in the way of Jesus with integrity, faithfulness and obedience. I trust you to meet my deepest needs and that your way is truly the path for me to discover ultimate fulfillment and purpose. Amen.

Day 2: Gratitude

Pause to be still:

- As I enter prayer now, I pause to be still; to breathe slowly, to re-center my scattered senses on the presence of God.

Reflect on Scripture:

- 1 Thessalonians 5:16-18 *“Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”*
- Notice that Paul didn’t say to give thanks *for* everything but to give thanks *in* every circumstance. Gratitude is a posture of mindful awareness of the benefits of our lives. Studies have linked gratitude with a variety of positive effects. Grateful people tend to be more empathetic and forgiving. They demonstrate less envy, materialism and self-centeredness. Gratitude improves self-esteem and enhances relationships, quality of sleep and longevity. Max Lucado says, “If it came in a pill form, gratitude would be deemed a miracle cure.”

Ask for God’s help:

- To give God thanks for everything He has brought me through this past year. Thank Him for the expected and unexpected blessings that have come my way.
- To Reflect on the last year and name 3-5 things I am grateful for.
- To help me see the blessings even in difficult times this year.

Yield to God’s will:

- Father, I want to have an attitude of gratitude at all times. I want to thank you even when I don't feel like it. So here I am, asking you to give me a heart of gratitude. Please help me to choose thanksgiving in all circumstances and at all times.

Day 3: Remember

Pause to be still:

- As I enter prayer now, I pause to be still; to breathe slowly, to re-center my scattered senses on the presence of God.

Reflect on Scripture:

- Read Joshua 4:1-8.
- Remembering God's faithfulness in the past is essential to the Hebrew tradition. Moses wasn't asking them to gloss over the trials they had just survived. He was asking them to recognize God's presence, protection and provision through it all. The point of looking back isn't to leave us stuck in the past but to help us move forward into the future with renewed confidence.

Ask for God's help:

- To take time to remember the faithfulness of God in 2022.
- Ask the Holy Spirit to reveal specific ways the Father has provided for and protected you over the past year.

Yield to God's will:

- Father, giver of all good gifts, I remember who You are and all You've done for me. In my own words, I pause to express my praise. As I begin this new year, I declare my dependence on your presence, protection, and provision. I place my unconditional trust in your faithfulness, come what may, in my life this year.

Day 4: Lament

Pause to be still:

- As I enter prayer now, I pause to be still; to breathe slowly, to re-center my scattered senses on the presence of God.

Reflect on Scripture:

- Read Lamentations 3:19-24; Psalm 22:1-5
- There are many examples of people expressing their feelings to God in the Bible. These are called “laments.” Did you know there are more lament psalms in the Bible than praise? In a lament, people call out to God and tell him their complaints. Why didn’t you heal me? Where were you? How long will this suffering last? Lament is an expression of faith in hard situations. We believe God is listening, cares and has the power to help. He wants you to be honest in prayer and tell him exactly how you feel. He already knows, anyway!

Ask for God’s help:

- To bring to mind any situation that has caused you to feel disappointment with God.
- Take time to write down 3-5 losses this past year. (a loved one, income, a friendship, security, health).
- Tell God exactly how you feel about these losses.
- Ask God to intervene on your behalf for comfort and healing.

Yield to God’s will:

- When Jesus was in The Garden of Gethsemane, he cried out to the Father to intervene and change his fate. But he said, “Nevertheless, not what I will, but what you will.” Father, I surrender my will to yours today. Please help me to trust you, even when things don’t seem to make sense. I know you are faithful, and your ways are higher than mine. Give me strength to do your will, Lord. Amen

Day 5: Healing

Pause to be still:

- As I enter prayer now, I pause to be still; to breathe slowly, to re-center my scattered senses on the presence of God.

Reflect on Scripture:

- Read Isaiah 61:1-3; Psalm 147:3.
- An inevitable part of living in a fallen world is getting hurt by others, intentionally or unintentionally. We will experience things like abandonment, rejection and betrayal. Think of the pain in your heart like a physical wound. A physical wound is visible, painful, sensitive and needs to be treated. Any dirt or bacteria needs to come out. If it's ignored, it may get infected. God heals through our relationship with others. But It takes time, and it may leave a scar.

Ask for God's help:

- To recall the hurts you have experienced from others this past year.
- To give you the grace to forgive each person who comes to mind. (Not dismissing the hurt but releasing each person to God.)
- To pray for those who have offended you or hurt you.
- To help you learn to love those who may have mistreated you.
- To restore your soul through the ministry of the Holy Spirit.

Yield to God's will:

- Father, help me forgive others whether they deserve it or not. I give up my right to get even. I trust you to deal justly with the person who has wronged me. I may not feel like forgiving, but I know I can forgive with your strength and in your power. Free me from the toxic emotions that keep me in the painful grip of the past, so I may experience your healing grace. Amen.

Day 6: Letting Go

Pause to be still:

- As I enter prayer now, I pause to be still; to breathe slowly, to re-center my scattered senses on the presence of God.

Reflect on Scripture:

- Isaiah 43:18-19 *“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?”*
- Moving forward into the future God has for us always requires letting go of the past. As someone once said, “Rearview mirrors are for occasional glances.” There is a big difference between giving up and letting go. Giving up means allowing failure, disappointment, insecurity or fear to keep you from moving forward. Letting go means freeing yourself from something that is holding you back or is no longer serving the purpose God has given you.

Ask for God’s help:

- To reflect on specific things (habits, time commitments, toxic relationships) that God might be calling you to let go of this year.
- To seek the heart of God regarding the specific direction for your life this year. (Perhaps a scripture, a word or a challenge for the year).

Yield to God’s will:

- Almighty God, help me let go of the past so that I can move forward into the future you have for me. Please give me a renewed sense of your calling on my life. Help me deal with past baggage so I can approach the future unhindered, with arms wide open. Set me free and strengthen me through the power of your Holy Spirit so that I might fulfill the purpose you have given me.

Day 7: Celebrate

Pause to be still:

- As I enter prayer now, I pause to be still; to breathe slowly, to re-center my scattered senses on the presence of God.

Reflect on Scripture:

- Philippians 4:4-9 *“Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me or seen in me—put it into practice. And the God of peace will be with you.”*

Ask for God’s help:

- To put into practice what you have learned from God and celebrate the blessings around you.

Yield to God’s will:

- C.S. Lewis said, “Joy is the serious business of heaven.” We have greatly underestimated the necessity of joy. Perhaps the time has come for us to take joy seriously. Our word holiday comes from the practice of “holy days.” The ancient Jews devoted 10% of their wealth to parties (aka festivals)! John Ortberg says, “When we celebrate, we exercise our ability to see and feel the goodness in the simplest gifts of God.” This is a choice, but it is a counter-cultural one. It is increasingly difficult to experience joy while remaining engaged in what Robert Hughes has called a “Culture of Complaint.” If we want to experience more joy, we should start by being more intentional about the spiritual practice of celebration.

Day 8: Mindfulness

Pause to be still:

- As we enter prayer now, we pause to be still for 2 minutes; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- Philippians 4:11-13 *“I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.”*
- Philippians 4:8 *“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”*

Ask for God’s help:

- To cultivate your attention to what is happening within and around you.
- To slow down and grow a deeper connection with God’s presence.
- To experience peace and joy from the Holy Spirit, knowing He is in control.

Yield to God’s will:

- What we give our attention to is the person we become. How are you curating your thought life to align your mind with Christ’s?
- Mindfulness and meditation are excellent practices to help yourself and others navigate life and all the adversities that come with it. Like bible study, worship and prayer, mindfulness is a great way to let go of our earthly life and trust His goodness. We allow our most powerful God to work in the most mysterious ways and bring peace into our troubled lives by being still mentally, emotionally and physically.

Day 9: Sabbath

Pause to be still:

- As we enter prayer now, we pause to be still; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- Exodus 20:8-11 *“Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹ For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.”*

Ask for God’s help:

- God, how do I feel about stopping to rest and sabbath?
- To choose a 24-hour time of the week for a rhythm of sabbath.
- To find peace and presence in a weekly sabbath.

Yield to God’s will:

- God built a rhythm of rest into the fabric of creation. When we live in alignment with this ancient rhythm, we find peace and joy, but when we fight it, we fracture our souls.

Sabbath is a full day set aside to celebrate our life with God in his world. We sabbath because we are apprentices of Jesus our Lord, and it’s good for us! To follow Jesus is to adopt his overall lifestyle as our own and arrange our daily life around his presence and peace, or what the ancients called “following the way.” And Jesus took time to sabbath. Take time each week to unplug from devices and worldly distractions and allow God to refill your cup.

Day 10: Body

Pause to be still:

- As we enter prayer now, we pause to be still for 2 minutes; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- 1 Corinthians 6:19-20 *“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore, honor God with your bodies.”*
- Genesis 1:27 *“So God created mankind in his own image, in the image of God he created them; male and female he created them.”*

Ask for God’s help:

- To show where you are following your own way and resisting God’s design for your body
- To reveal ways you can use your body for good to honor God
- To commit to sleeping a minimum of seven hours a night, getting some form of exercise regularly (as you are able) and eating well.

Yield to God’s will:

- We are whole people, mind and body, immaterial and material. A holistic, embodied spirituality is key to the way of Jesus. Yet, in a day and age of body-image obsession and sexual idolatry, many of us react by seeing the body as no more than a container to carry us around. But we are not our own. We were created in the image of God, and we were bought by Christ’s sacrifice on the cross. Commit to habits of the body that honor God and treat your body as His living temple.

Day 11: Emotions

Pause to be still:

- As we enter prayer now, we pause to be still for 2 minutes; to breathe slowly to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- Proverbs 11:2 *“When pride comes, then comes disgrace, but with humility comes wisdom.”*
- 1 Peter 5:7 *“Cast all your anxiety on him because he cares for you.”*
- Psalm 34:18 *“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*
- Galatians 5:22-26 *“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking, and envying each other.”*

Ask for God’s help:

- To turn your difficult emotions to God and His Word for comfort and help.
- To manage feelings in a way that honors God.
- To recognize that emotions are God-given and learn to process them in a healthy way.
- To seek a trusted friend or counselor when you feel stuck or are consumed by emotions.

Yield to God’s will:

- Feelings and emotions are essential, wonderful, God-created aspects of our lives and relationships. They enable us to experience our life and connect us with one another. This is why, upon greeting someone, we often ask, “How are you?” or, “How do you feel?” Feelings are the “concerns” that connect us in relationships with ourselves, others and God. They play a vital role as a human being created in the image of God.

Day 12: Relationships

Pause to be still:

- As we enter prayer now, we pause to be still for 2 minutes; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- 1 John 4:7-8 *“Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. 8 Whoever does not love does not know God, because God is love.”*
- Proverbs 17:17 *“A friend loves at all times, and a brother is born for a time of adversity.”*
- Ephesians 4:2-3 *“Be completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the unity of the Spirit through the bond of peace.”*

Ask for God’s help:

- To grow a deeper relationship with Him.
- To recognize relationships that are not healthy and honoring to God.
- To create, nurture and deepen relationships of vulnerability and accountability.

Yield to God’s will:

- We are relational beings, created by a relational God for relationship. Know that God desires a growing relationship with you by abiding in his presence. If you are not connected in meaningful ways to others, start with a weekly get-together with a close friend to talk at a soul level. Commit to a weekly meal within your community and some thoughtful weekly touchpoints with those key people in your life.

Day 13: Trust

Pause to be still:

- As we enter prayer now, we pause to be still for 2 minutes; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- *Isaiah 14:24 - "The Lord of hosts has sworn: 'As I have planned, so shall it be, and as I have purposed, so shall it stand,'"*
- *Romans 8:28 - "And we know that for those who love God all things work together for good, for those who are called according to his purpose."*
- *Ephesians 2:8-10 - "For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."*
- *Psalms 100:5 - "For the Lord is good; his steadfast love endures forever, and his faithfulness is to all generations."*

Ask for God's help:

- To know that His plans are better than your plans.
- To know Him more because to know Him is to trust Him.
- To trust Him with your life.
- To reveal and deal with whatever is holding you back from fully trusting Him.

Yield to God's will:

- The secret to trusting God is knowing God. We typically do not trust someone we do not know. God never lies and never fails to come through on His promises He makes to His children. God's plans are perfect, holy and righteous. If we develop a rhythm of abiding in Him daily, we will see He is worthy of our trust and our trust is best held in Him. The more we look back in our lives and see how faithful He has been and has proven Himself to be trustworthy in our lives and the lives of others, our trust in Him will grow in Him.

Day 14: Living Sacrifice

Pause to be still:

- As we enter prayer now, we pause to be still; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- *Romans 12:1 – “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”*
- *Romans 6:12-13 – “Therefore do not let sin reign in your mortal body so that you obey its evil desires. ¹³ Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.”*
- *Psalms 1:1-3 – “Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.”*

Ask for God’s help:

- To reveal the parts of you caught up in “the world” as described in the Bible.
- To help you spend daily time in His presence.
- To transform your mind as you meditate on His word.
- To let go of the weight that God wants you to give to Him.

Yield to God’s will:

- This is the essence of sacrifice - it's done for the sake of someone else. We become living sacrifices when we die to ourselves and intentionally choose to put the needs of others first. It's continually being in the rhythm of dying to your interests and living for God.
- When we draw near to the Lord through prayer and time in God’s word, the Holy Spirit draws near to us, transforming us and making us more like Jesus. That Inward change naturally works its way outward. Letting go of your plans, problems and doubts may feel like death but on the other side is life because His ways are higher than ours!

Day 15: Love

Pause to be still

- As we enter prayer now, we pause to be still for 2 minutes; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- Matthew 22:37-39 *“Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’”*

Ask for God’s help:

- To see how He shows you this kind of love.
- To see your love for others as an outpouring of His love for you.

Yield to God’s will:

- Simple words - love God, love people. But the more complex reality is that these two commands are the basis for how we live our entire lives. These commands should shape not only how you relate to others but how you make decisions and how you spend your time. One of the ways you can demonstrate this love for God and others is through your prayers. A gap emerges when the needs of others exceed your capacity, and your love comes up against your humility. But this gap can be bridged by prayer. Pray for all those you are called to love...friends, family, strangers and neighbors. 1 John 4:19 *“We love because he first loved us.”*

Day 16: Surrender

Pause to be still:

- As we enter prayer now, we pause to be still; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- Proverbs 3:5-6 *“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”*

Ask for God’s help:

- To bring awareness of areas in your life you are tempted to control by your human strength, will or power.

Yield to God’s will:

- A Covenant Prayer in the Wesleyan Tradition (Contemporary Version)

I am no longer my own but yours.

Put me to what you will place me with whom you will.

Put me to doing, put me to suffering.

Let me be put to work for you or set aside for you,

Praised for you or criticized for you.

Let me be full; let me be empty.

Let me have all things; let me have nothing.

I freely and fully surrender all things to your glory and service. And now, O wonderful and holy God, Creator, Redeemer and Sustainer, you are mine, and I am yours.

So be it.

And the covenant which I have made on earth, let it also be made in heaven.

Amen.

Day 17: Pray

Pause to be still:

- As we enter prayer now, we pause to be still; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- Ephesians 6:18 *“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”*

Ask for God’s help:

- For a willingness and desire to communicate with Him.

Yield to God’s will:

- Prayer, in the most simplistic terms, is talking to God. Whether you spend dedicated time in silence or a few simple words as you go about your day, communication is how you develop a dynamic relationship with Him. The style and posture may vary through different seasons of your life, but the point is always connecting to Him. God loves and accepts you just as you are. Likewise, He loves and takes your prayers just as they are. But here is the beauty of life in Christ; God doesn’t leave you as you are. This dynamic relationship with Him is ever-evolving, as are your prayers. Pastor and author Tyler Staton writes, “Prayer can’t be mastered. Prayer always means submission. To pray is to put ourselves in the unguarded, exposed position willingly. There is no climb. There is no control. There is no mastery. There is only humility and hope.”

Day 18: Serve

Pause to be still:

- As we enter prayer now, we pause to be still; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- 1 Peter 4:10-11 *“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”*
- Matthew 5:16 *“In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”*
- Galatians 5:13 *“You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”*

Ask for God’s help:

- To see how you can use your time, talents and tithes to serve others.
- For others to know God by your service to Him and them.

Yield to God’s will:

- Soli Deo Gloria is a Latin phrase that means “glory to God alone.” When we humble ourselves, any acts of love, kindness and service to others will elevate God and give Him all the glory. It is about becoming the very presence of God through our service, the in-breaking of the Kingdom into this world so that in glorifying God, we point others to Jesus as their Lord and Savior.

Day 19: Encourage

Pause to be still:

- As we enter prayer now, we pause to be still; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- Hebrews 3:13 *“But encourage one another daily, as long as it is called ‘Today,’ so that none of you may be hardened by sin’s deceitfulness.”*
- Hebrews 10:24-25 *“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”*

Ask for God’s help:

- To see others through Christ-centered lenses.
- To recall someone you should reach out to with an encouraging word.

Yield to God’s will:

- Encouragement is a vital expression of God’s love for others. You are called to see not what the world sees in someone but what God sees. When the Holy Spirit empowers your listening and speaking, streams of living water flow through you to others as you offer encouragement. Jesus warned us that “in this world, you will have trouble,” but thankfully, He followed that up with a word of encouragement for each of us: “But take heart; I have overcome the world.” John 16:33.

Day 20: Give Thanks

Pause to be still:

- As we enter prayer now, we pause to be still for 2 minutes; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

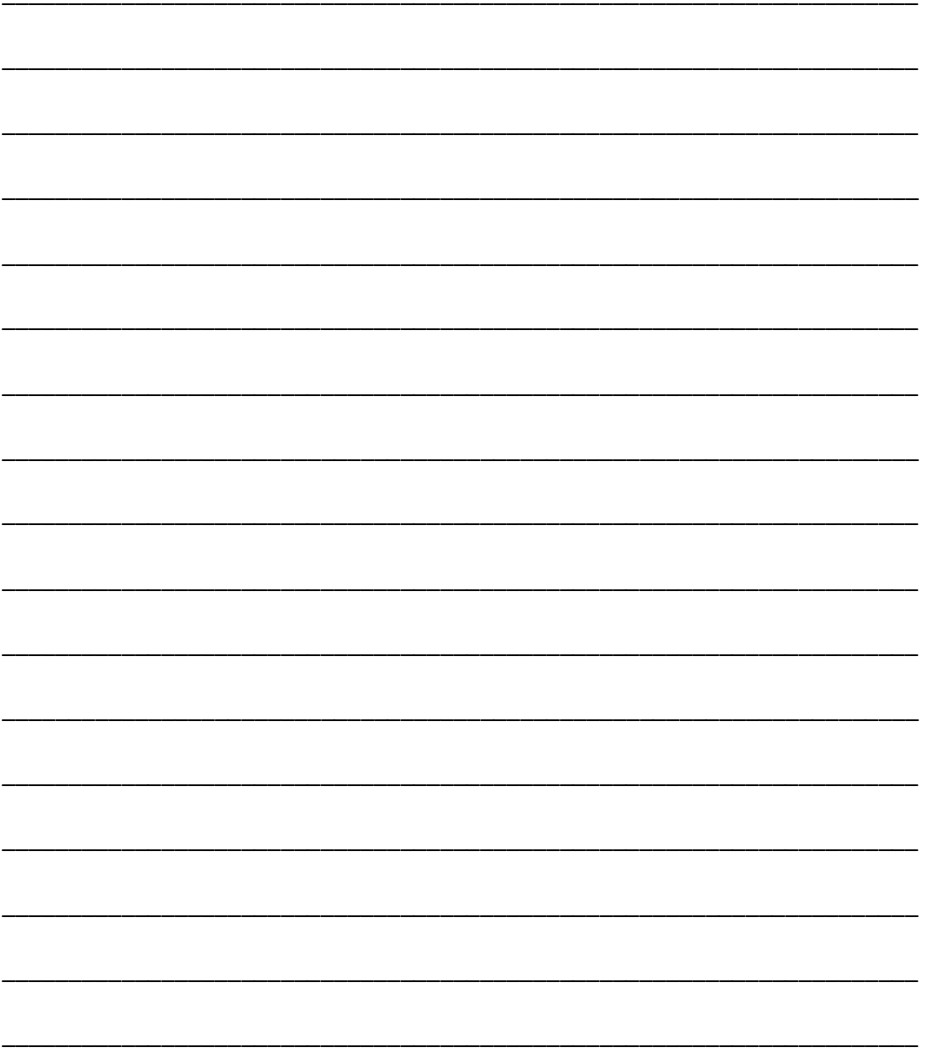
- 1 Thessalonians 5:18 *"Give thanks in all circumstances; this is God's will for you in Christ Jesus."*
- Psalms 107:1 *"Give thanks to the Lord for he is good; his love endures forever."*
- Philippians 4:6 *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*

Ask for God's help:

- To cultivate a thankful mindset.
- To see how you might practice being grateful daily.

Yield to God's will:

- Pastor and author Steven Furtick writes, "Gratitude is a key that brings freedom, a weapon that brings victory, and a connection to limitless joy in all circumstances." When you arm yourself with the weapons of trust and gratitude, you acknowledge who God is in your life and what He has done. Your gratitude becomes your testimony. As you recount God's faithfulness in the past, it enables you to trust how He will carry you in the future. Gratitude is a specific and intentional virtue in thanking God for how He works in the intricacies of your life.



Day 21: Abide

Pause to be still:

- As we enter prayer now, we pause to be still for 2 minutes; to breathe slowly, to re-center our scattered senses on the presence of God.

Reflect on Scripture:

- John 15:4-5 *“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”*

Ask for God’s help:

- To know in your mind, heart and soul that He truly loves you; that you are His beloved child.
- To simply enjoy His company.

Yield to God’s will:

- Bruce Wilkinson writes, “Abiding is all about the most important friendship of your life. Abiding does not measure how much you know about your faith or your Bible. In abiding, you seek, long for, thirst for, wait for, see, know, love, hear and respond to...a person. More abiding means more of God in your life, more of Him in your activities, thoughts and desires.” When you can abide in God’s presence, you are more attentive to His voice. More able to tap into His spirit and power.
- John 15:9 *“As the Father has loved me, so have I loved you. Abide in my love.”*

RESOURCES:

- God on Mute:
Engaging the Silence of Unanswered Prayer
By Pete Greig
- How to Pray:
A Simple Guide for Normal People
By Pete Greig
- www.24-7prayer.com
- Lectio 365 App



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