

Day 28



Teach me to focus on You and let praise escape from my lungs.

MIN. TERRANCE POLLARD



SCRIPTURE READING OF THE DAY:
PSALM 34:1-4

Prayer

Lord God Almighty, thank you for the gift of life. Please forgive me for the days I don't acknowledge you for this gift. Those are the days I feel weighed down by the pressures of life as if I cannot breathe. My chest feels heavy, and I am seeking air.

In those times, oh God, teach me to focus on You and let praise escape from my lungs. When life is not going well, teach me to breathe in your word, and breathe out all anxieties! Help me to just breathe, plant my feet on solid ground, and worship You. Bring me completely back into your presence and cover my worries with peace.

I ask this all in the matchless name of our Lord and Savior, Jesus Christ, Amen!



#TPCPRAYS