

## TAKE A BREAK FOR PRAYER LEARNING TO BE STILL SO WE CAN STAND

### **Monday August 22<sup>nd</sup>** - 5 Ways to take control for some quiet time in prayer.

1. Make a decision to get still. This has to be an act of your will because it probably doesn't come naturally
2. Take courage and turn something off! Turn off the smartphone and TV, anything noisy and distracting
3. As you sense the solitude, don't panic! Give yourself permission to unload, unwind, and undo.
4. Schedule time to practice this "solitary conformity" each day. Gaze out the window as you sip your coffee or find a quiet corner during break time at work. Even 5 minutes of stillness a day adds up to two and half hours a month!
5. Try to still your mind, not just your body. Don't use the downtime to make a grocery list, hum a hymn or repeat a Bible verse.

Now after doing as many of these as possible, quietly pray the Jesus Prayer, "Lord Jesus, have mercy on me, a sinner." Focus on your breathing, breathe in on "Lord Jesus have mercy on me" and breathe out on, "a sinner." Do this for 5 minutes.

### **Tuesday, August 23<sup>rd</sup>** - Today we learn about "rest."

1. When uncertainty of live makes you anxious, rest in the Word (Psalm 119:105, Psalm 32:8, Isaiah 42:16).
2. When you feel the pressure to perform, rest in your position in the kingdom (Romans 8:17, Galatians 3:29, 1 Peter 5:4).
3. When you are stressed out over the task of maintaining life, rest in the help of the Holy Spirit (John 14:16-17, Romans 8:26).
4. When feelings of failure attack, rest in God's grace and forgiveness (Psalm 103:11-12, 2 Corinthians 5:17, 1 John 1:9).
5. When the fear of loss overtakes you, rest in God's loving provision (Psalm 23:1, Matthew 6:31-33, Philippians 4:19).
6. When death seems imminent, rest in the gift of eternal life (John 6:40, 1 Corinthians 15:54-55, Hebrews 2:14-15).

Find the one that describes where the bulk of your struggles are today. Use what you learned on Monday and pray through the scripture listed.

**Wednesday, August 24<sup>th</sup>** - Today we learn to "wait". Read Acts 1:3-5, 12-14; Psalm 130:5-6, Isaiah 30:18. Do you make requests of God without waiting around for the answer? Terry Teykl says that these three things are most helpful for him when meditating (prayerfully waiting) 1. Capturing daily thoughts-pick a scripture that speaks to your current need and just keep repeating it to prevent other thoughts from popping into your mind. 2. Sanctifying the Imagination-no reading or working, just thinking about God, maybe conversational about something you are facing. 3. Sharpening Your Revelation- this is the prayer retreat kind of thing where you go away from all distractions, sit quietly and focus on the heart and being of God. It is very mystical and usually takes intentional spiritual direction from a pastor or spiritual director to attempt.

**Thursday, August 25<sup>th</sup>** - Today we learn to "sit". Read Ephesians 2:6. You have an assigned seat.

1. Seat of Privilege-being seated with Christ is a privilege with complete access to God.
2. Seat of Honor-God loves you and wants to honor you (Hebrew for "blessing" is the same as "eulogize" meaning Jesus says the same good things to God that we might say to someone we love at their funeral).
3. Seat of Authority-We have power over darkness because of Christ.
4. Seat of Encouragement-When you take your seat in Christ, He comes to build you up and encourage you. Prayer is the ultimate seat of reassurance from God.
5. Seat of Identity-If we identify with anything other than Jesus, when it fades away, we are left with nothing.

Where are you sitting? Who sits with you?

**Friday, August 26<sup>th</sup>** - Today, we learn to "watch". Oswald Chambers wrote, *God never speaks to us in startling ways, but in ways that are easy to misunderstand, and we say, "I wonder if that is God's voice?"* Isaiah said that the Lord spoke to him "with a strong hand," that is, by the pressure of circumstances. Nothing touches our lives but it is God Himself speaking. Do we discern His hand or only mere occurrence?

So how do you know it is God speaking?

1. God's message will always be for your good.
2. God's message will always be simple—God uses communication, not confusion.
3. God's message will be hard for you to ignore.

Is God speaking to you today? Look through our previous days to practice being still, quiet, resting, waiting, etc. so you can listen.

**Saturday, August 27<sup>th</sup>** - Today, we learn to "stand". God hears our prayers and is faithful to answer (Isaiah 65:24, Matthew 21:22, Mark 11:24), and answers in these 4 ways: Yes; yes, as soon as you meet certain conditions; yes, as soon as some other things fall into place; and yes, but here is a better way. To stand is to trust in God's faithfulness enough not to give into feelings, silence, circumstances, problems, or public opinions.

**Serve:** Look at the prayer list. Who can you pray for? Who needs a little extra help in an area where you can make a difference?

**Healing Strength:** Todd & Beth Harnar (Trudi Wolfe's niece), Charlie Walters, Jill Hagan, Darin Floyd (Sally Grau's son), Chris & Katie Hamon, Rex Townsend, Stan Ensich, Chris Osborn (Ken and Sandy Grubb's daughter), Janet Coons (Donna McCullough's daughter)

**Sympathies:** The Borinstein Family

**Homebound Members:** Mary Hicks, Mary Schmidt, Joann Young, Jeanne Carman

**Military Personnel:** Adam Walters, Joseph Roberts, Lucas Lamkin, Adam Clark