
Missionary Stories from Thailand :: Lisa Lehman

Things I want to remember from today's message



December 2 >>> Simply Hope

Musical Guest: David Harsh

December 9 >>> Simply Peace

Philippians 4:5-7

December 16 >>> Simply Joy

Philippians 4:4
Children's Choir

December 23 >>> Simply Love

Philippians 4:8

Christmas Eve's Eve

December 23 >>> Simply Jesus

Candlelight Service at 7pm

December 30 >>> Five Exercises for the New Year

Proverbs 4:18-27

HOUR OF PRAYER

It might seem that spending an hour in prayer is difficult, perhaps even too much of a challenge. An hour is a long time, especially when you first start working on the spiritual discipline of prayer. Many wonder what we will say after the first few minutes have passed! One way to pray for an extended time is to split your prayer time into segments of different styles of prayer.

Praise and Worship (5 min): Start with the beginning of the Lord's Prayer – "Our Father, in heaven, hallowed by your name. Your Kingdom come; Your will be done, on earth as it is in heaven." Expand on these opening statements. Lift up and glorify the name of the Lord.

Confession (5 min): Ask God to search your heart and shine a light on unconfessed sin in your life. Ask the Holy Spirit to point out any attitudes in you that need adjusting, and areas where you may have neglected acting. As the Holy Spirit brings things to your attention, confess them and ask for forgiveness.

Be Silent and Listen to God (10 min): Many times we feel we fall into the trap of thinking that prayer is us filling the air with our lists of prayer requests and needs. Try being silent and listening for God to speak. Ask him to tell you what he would like you to pray about. If you find yourself distracted by your thoughts, and your mind wandering to other things, refocus your attention by saying something like, "Lord, I'm listening, help me to focus on what you have to say."

Pray the Psalms (10 min): Choose one or more Psalms to read slowly, meditating on the words, using these words as your own prayer.

Thanksgiving (5 min): Spend this time giving thanks to the Lord for the things he has done, and the many blessings you experience in your life. Thank him for your family, friends, church, etc. Take some time to thank God for the answers to prayer that you have seen.

Intercede for Others (5 min): Pray for the needs of others. Take this time to pray through requests you know about, and the things that God has brought to your mind.

Pray about Relationships (5 min): "Forgive us our debts as we forgive our debtors." Use this time to focus on relationships you have with other people. If there are fractures, pray for healing.

Pray for Needs (5 min): "Give us this day our daily bread, and lead us not into temptation, but deliver us from evil." Pray for your own needs, asking God to help you distinguish between need and want.

Sing or listen to worship music (5 min): As your prayer time is coming to a close, take some time to worship and pray through song. Concentrate on the lyrics, use them as your prayer.

End with Praise (5 min): Spend your last few minutes as you began, praising the Father. "For yours is the Kingdom and the power and the glory forever. Amen."

MONDAY

Colossians 4:2-3

This week I challenge you to spend time in prayer, listening, worshipping, confessing, praising and thanking God for the blessings he has given you. If you can, spend two or three different hours in prayer. Paul teaches us to pray without ceasing, which means we continually seek to live a life in complete fellowship and oneness with God. When we commune with God and pull away from the noisy distractions of life, we will be able to hear the still, gentle voice of God. The direction and guidance of the Holy Spirit comes to us like a soft summer breeze. But like an old fire brigade, we tend to respond to the current alarms that sound in our life. When we only respond to what is loudest in our lives, we're likely to miss hearing God's guidance and in this way we suppress the work of the Spirit in our lives. Instead of believing God isn't talking to you, do the hard work of disciplining yourself to spend extended time in silence and prayer.

THURSDAY

Psalms 57

After a long night of darkness, there is something mysterious and breathtaking when the first rays of morning light pierce the blackness. Amidst the clear cries for help and protection evident in this Psalm, there is an overwhelming sense of gratefulness, hope and praise. David acknowledges the expansive love of God, and even when he feared for his life, he remembered God's great faithfulness and proclaimed it with enthusiasm. It's hard to praise God with reckless abandon when our eyes are focused on all the fearful things happening around us. David 'let himself go' in worship, so much so, that he claimed he would "awaken the dawn". Imagine that for a moment, how much energy and enthusiasm would it take to awaken the dawn? It goes well beyond our more formalized public expressions of worship. Let the praise in your soul out to play today - awaken the dawn with your joy, singing, laughter and praise to God!



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