

**This week- take time to walk and pray around your own block.
Send us a picture of where you are praying!**

MONDAY One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." He said to them, "When you pray, say:

"Father, hallowed be your name,
your kingdom come.

Give us each day our daily bread.

Forgive us our sins, for we also forgive everyone who sins against us.

And lead us not into temptation." Luke 11:1-4

Something about Jesus' prayer was so inspiring that the disciples, as a group, asked Jesus to teach them how to pray as he did. Jesus responded with a model prayer. How might you use this prayer and its components to guide your own prayer?

TUESDAY I will praise the Lord at all times.

I will constantly speak his praises.

I will boast only in the Lord;

let all who are helpless take heart.

Come, let us tell of the Lord's greatness;

let us exalt his name together.

I prayed to the Lord, and he answered me.

He freed me from all my fears. Psalm 34:1-4

The Psalms suggest that all of us should share stories of God's faithfulness with the congregation to encourage others. Our lives should be public evidence of the goodness of the Lord. When has God answered your prayers? Would you share the story (even anonymously)? Email pastor Laura at laura@beecreekumc.org with your story of answered prayer. Reading each other's stories will encourage this church to pray and not give up.

WEDNESDAY I prayed, "O my God, I am utterly ashamed; I blush to lift up my face to you. For our sins are piled higher than our heads, and our guilt has reached to the heavens. Ezra 9:6 (See also Daniel 9:3-5, Nehemiah 1:4-11)

The Bible shows several examples of one person praying for God's forgiveness for their people or nation. Today, speak your repentance for our nation and ask God to show his grace to our land.

THURSDAY Create in me a clean heart, O God.

Renew a loyal spirit within me.

Do not banish me from your presence,

and don't take your Holy Spirit from me.

Restore to me the joy of your salvation,
and make me willing to obey you.

Then I will teach your ways to rebels,

and they will return to you. Psalm 51:10-13

Elijah ran and wished to die. David committed adultery and murder. Moses doubted. And yet God used all these believers in powerful ways, before and after their sins. The key? When we sin, we must seek God's forgiveness. Pray for God to give you a fresh start and a clean heart.

FRIDAY How long, O Lord, must I
call for help?

But you do not listen!

"Violence is everywhere!" I cry,
but you do not come to save.

Must I forever see these evil deeds?

Why must I watch all this misery?

Wherever I look,

I see destruction and violence.

I am surrounded by people

who love to argue and fight.

The law has become paralyzed,

and there is no justice in the

courts.

The wicked far outnumber the
righteous,

so that justice has become perverted. Habakkuk 1:2-4

God can and does bring supernatural justice. Pray for that today.

Then, as you watch the news and move through this world, ask God to show you some ways you can bring justice to those in your circles.

SATURDAY After Hezekiah received the letter from the messengers and read it, he went up to the Lord's Temple and spread it out before the Lord. And Hezekiah prayed this prayer before the Lord: "O Lord, God of Israel, you are enthroned between the mighty cherubim! You alone are God of all the kingdoms of the earth. You alone created the heavens and the earth. Bend down, O Lord, and listen! Open your eyes, O Lord, and see!" 2 Kings 19:14-19

Facing enemies in our modern world might not look the same as it did for Hezekiah, but I love the idea of laying what threatens or worries us on the altar (literally or figuratively). I've gone into the sanctuary and spread out the names of the sick, our commitment cards, the names of our confirmands on the altar as I prayed. What might you lay before God, in celebration or as a cry for help?

