

## Connect Prayers for Day 3

## The Start: Like Eagles Renewed

**Prayer:** *Listen! What do you hear as you prepare to pray? Offer this moment to God and the day to be one of inspiration and obedience.*

**Isiah 40:31** But those who wait for the LORD shall renew their strength,  
They shall mount up with wings like eagles,  
They shall run and not be weary,  
They shall walk and not faint.

**Meditate:** *Those words are more than a poem; they're Good News of God's promise to you and our World. Imagine people in different states of being around us: the rat race, the lost, the troubled, the neglected.*

*Celebrate the awesome reality that God brings us the HOPE of*

*transformation. Consider Jesus offering refreshing living water to groups of people who need that transformation, bring them to Him in your prayers.*



## The Middle: Fear Not!

Jesus has always been an inspiration as the one who set his face towards Jerusalem and thereby towards his Suffering and Death.; the first to follow him took up that cause and in Acts 17:6 they are described as turning the world upside down. Are you called to resolutely walk in a particular direction, face a particular situation..? Imagine God's Spirit upon you, welcome him to anoint your lips, your hands, your feet, your heart. Rest in his Presence.

## The End: Looking back

*Offer to God the name of someone in prayer, a word of thankfulness, a situation in the world that needs his renewal...*