

Connect Prayers for Day 4

The Start: Brokenness

Prayer: *Open my eyes to the bigger picture, Lord.*

Mark 14:32-42 They went to a place called Gethsemane, and Jesus said to his disciples, ‘Sit here while I pray.’ He took Peter, James and John along with him, and he began to be deeply distressed and troubled. ‘My soul is overwhelmed with sorrow to the point of death,’ he said to them. ‘Stay here and keep watch.’ Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. ‘Abba, Father,’ he said, ‘everything is possible for you. Take this cup from me. Yet not what I will, but what you will.’ Then he returned to his disciples and found them sleeping. ‘Simon,’ he said to Peter, ‘are you asleep? Couldn’t you keep watch for one hour? Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.’

Meditate: *What are some of the worst times of life that you’ve known? Bring them to God for healing.*

The Middle: The Hill

Think about a hill. And place yourself on that hill in relation to how you are at this moment in the day. Enjoying the view? Facing uphill struggles? Retreating down? Casually ascending? Sliding down in joy? Flat on the ground? You might like to gently repeat this phrase of a hymn:



As the deer pants for the waters, so my soul longs after You.

The End: A Prayer

Suffering Lord, heal our wounds, Compassionate Christ, teach us love,
Good Shepherd, seek and save us, Crucified Jesus, forgive our sins,
Risen Lord, renew our faith, Ascended Christ, reign in us evermore.