

MORNING WITH GOD **September 26, 2020**

All times are flexible. The schedule is for your benefit—to give you direction and variety. If the Lord is working on a particular area of your life, feel free to alter the schedule and use your time as you sense the Spirit's leading.

8:00 – 8:30 AM	Welcome/Devotional (group)
8:30 – 9:30 AM	Personal Prayer and Worship Time (individual)
9:30 – 10:00 AM	(Men) Small Group Prayer Time (Women) Prayer Walk – Prayer for the Church
10:00 – 10:30 AM	(Men) Prayer Walk – Prayer for the Church (Women) Small Group Prayer Time
10:30 – 11:15 AM	Prayer for the Lost, for our Nation, for the World (individual)
11:15 – 12:00noon	Group Prayer, Reflections, and Closing

GENERAL SUGGESTIONS:

1. Use different postures throughout the day—stand, walk, kneel, lay down (but don't fall asleep 😊).
2. Vary your activities—pray, read, meditate, listen, write, sing, etc.
3. Don't rush the time. Relax and allow yourself to enjoy unhurried time with God. If your life is too busy to enjoy four hours of quiet, joyful reflection with God, then your life is indeed too busy.
4. Use the suggestions as suggestions. Use the time as you are led.
5. Turn every interruption or distraction into prayer.

*I live in the spirit of prayer. I pray as I walk about, when I lie down and when I rise up.
And the answers are always coming.* —George Mueller

PAUL'S PRAYERS FOR BELIEVERS (EPHESIANS)

¹⁵ For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, ¹⁶ I do not cease to give thanks for you, remembering you in my prayers,

¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of Him,

¹⁸ having the eyes of your hearts enlightened, that you may know what is the hope to which He has called you, what are the riches of His glorious inheritance in the saints,

¹⁹ and what is the immeasurable greatness of His power toward us who believe, according to the working of His great might

²⁰ that He worked in Christ when He raised him from the dead and seated Him at His right hand in the heavenly places,

²¹ far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come.

²² And He put all things under His feet and gave Him as head over all things to the church,

²³ which is His body, the fullness of Him who fills all in all.

—Ephesians 1:15-23

¹⁴ For this reason I bow my knees to the Father of our Lord Jesus Christ, ¹⁵ from whom the whole family in heaven and earth is named,

¹⁶ that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man,

¹⁷ that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what *is* the width and length and depth and height— ¹⁹ to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

²⁰ Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, ²¹ to Him *be* glory in the church by Christ Jesus to all generations, forever and ever. Amen.

—Ephesians 3:14-21

MEDITATE ON PSALM 139

Calm your heart. Ask God to help you focus on Him, to hear Him. Read through Psalm 139. Take your time and meditate on each verse. Stop and pray in response to what you have read. Converse with God. The New International Version is included below.

Psalm 139

For the director of music. Of David. A psalm.

¹ O LORD , you have searched me
and you know me.

² You know when I sit and when I rise;
you perceive my thoughts from afar.

³ You discern my going out and my lying down;
you are familiar with all my ways.

⁴ Before a word is on my tongue
you know it completely, O LORD.

⁵ You hem me in-behind and before;
you have laid your hand upon me.

⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.

⁷ Where can I go from your Spirit?
Where can I flee from your presence?

⁸ If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,
¹⁰ even there your hand will guide me,
your right hand will hold me fast.

¹¹ If I say, "Surely the darkness will hide me
and the light become night around me,"

¹² even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

¹³ For you created my inmost being;
you knit me together in my mother's womb.

¹⁴ I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

¹⁵ My frame was not hidden from you
when I was made in the secret place.
When I was woven together in the depths of the earth,
¹⁶ your eyes saw my unformed body.
All the days ordained for me
were written in your book
before one of them came to be.

¹⁷ How precious to me are your thoughts, O God!
How vast is the sum of them!
¹⁸ Were I to count them,
they would outnumber the grains of sand.
When I awake, I am still with you.

¹⁹ If only you would slay the wicked, O God!
Away from me, you bloodthirsty men!
²⁰ They speak of you with evil intent;
your adversaries misuse your name.
²¹ Do I not hate those who hate you, O LORD,
and abhor those who rise up against you?
²² I have nothing but hatred for them;
I count them my enemies.

²³ Search me, O God, and know my heart;
test me and know my anxious thoughts.
²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.

Ask God to search your heart as per 139:23-24. *Our wisdom consists almost entirely of two parts: the knowledge of God and of ourselves* (John Calvin). Think through your thoughts and emotions right now. Be honest before God and take time to reflect on what He reveals to you.

What are you angry about?

What are you sad about?

What are you afraid of?

WRITE OUT AN A-Z THANKSGIVING LIST TO GOD

Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.
—1 Thessalonians 5:16-18

What things are you thankful for? Think of an attribute/name of God or a gift/blessing from God for each letter of the alphabet and thank God for each one.

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____

PRAYING THROUGH SCRIPTURE

Read through Psalm 23 slowly, verse by verse. Meditate on each verse and respond back to God with a verbal or written prayer.

¹The LORD is my shepherd, I shall not want.

² He makes me lie down in green pastures; He leads me beside the still waters.

³ He restores my soul; He leads me in the paths of righteousness for His name's sake.

⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.

⁵ You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over.

⁶ Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever.

SCRIPTURE MEDITATION

The practice of Scripture meditation involves four ideas:

1. Reading a small portion of Scripture slowly and thoughtfully over and over.
2. Meditating on the passage by personalizing it and letting it sink into your mind and heart.
3. Praying to God based on what you are thinking and feeling as you read His Word.
4. Applying the passage to your own life and situation.

SCRIPTURE

⁵ *Rest in God alone, my soul,
for my hope comes from Him.*

⁶ *He alone is my rock and my salvation,
my stronghold; I will not be shaken.*

⁷ *My salvation and glory depend on God, my strong rock.
My refuge is in God.*

⁸ *Trust in Him at all times, you people;
pour out your hearts before Him.*

God is our refuge.

Selah [stop and meditate on it]

— Psalm 62:5-8

READING

Slowing read the Scripture passage several times.

MEDITATION

Take some time to reflect on the words and phrases in the text. Which words, phrases, or images speak most to you?

PRAYER

Offer the internalized passage back to God in the form of a personalized prayer of adoration, confession, renewal, petition, intercession, affirmation, or thanksgiving.

APPLICATION

How does the passage speak to your own life today?

SING A SONG OF PRAISE TO GOD

Find a hymn in a hymnbook and sing it to God. Think through the words of the hymn as you sing. If you brought praise CD's, listen to some of the praise songs and sing them to God.

READ THROUGH A NEW TESTAMENT BOOK

Ask God to speak to your heart. Then read straight through one of the New Testament books of the Bible. Underline or highlight passages which stand out. When you finish the book, go back and meditate on the things that God taught you. Write down your thoughts in a journal.

MAKE A WORRY LIST (Nav Book Two, pp. 95-96)

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. —Philippians 4:6-7

Problems and concerns can sometimes preoccupy our minds. Preparing a worry list can help to free us from the distraction of our concerns and help us move toward their resolution. Try the following suggestions in preparing your own worry list.

1. Give some thought to current conflicts, problems, concerns or frustrations. List anything that is “bugging” you. Number each of these items. No matter how small the item is, if it is of concern to you, list it. Ask God to reveal to you anything else which is a point of concern.
2. Every worry that you have in the world should be on that piece of paper. Nothing else should concern you—it is all there! When you are satisfied that all of your concerns have been listed, go to step 3.
3. Go through the list item by item. On each item you will conclude that you can do nothing about it because it is past or beyond your control, or that you can do something to resolve that issue.
4. If there is nothing you can do about a given item, then spend some time in prayer about it. If you feel that you can take action on a particular item, you should also pray about it, then make a “do list” of things you plan to do specifically to help resolve it. After you have gone through many of these concerns, you will have several items on a “do list.” As a result of your day of prayer, you will also come up with other things which should go on this “do list.”
5. You may want to dispose of your worry list if it has some personal items on it. It is not uncommon for a person to have around 20 items on a worry list when it is compiled on a monthly basis.

Small Group Prayer Time
9:30 – 10:00 AM (Men)
10:00 – 10:30 AM (Women)

THE SEVEN “MOST WANTED” LIST

In groups of 2-3, share and pray about each topic. Here is the suggested way to use this list:

- When you get together, spend a few moments looking over the list.
- Designate someone to begin the prayer time.
- Start praying. Pray in a circle (or spontaneously if you like) and simply go down the list.
- For example, Person 1 begins by praying, “God, I want to praise you for...” and praises God for something. When he is finished, Person 2 praises God for something. Person 3 does the same. Then Person 1 goes to the second item (“Lord, I want to thank you for...”) and the process continues. In this way, the whole time is spent in prayer while you get to know the needs and requests of the others in the group.

1. Lord, I **praise** you for _____ (attribute of God) _____.
2. Lord, I want to **thank you** specifically for _____ (thanksgiving) _____.
3. Lord, I want to **confess** _____ (weakness, struggle, sin) _____.
4. Lord, in my **family**, I ask that you help _____ (family member) _____.
5. Lord, in my **job and/or ministry**, I pray that _____.
6. Lord, in my **church, neighborhood, and/or city**, I pray that _____.
7. Lord, **use me in the life** of _____ (name of person) _____ this week.

EVANGELISM PRAYER LIST

Write down the names of five people who, as far as you know, do not know Jesus Christ as Savior but who are in your “sphere of influence.” Spend time praying for each one.

PRAYING FOR THE LOST

by Kaye Johns

According to Scripture, Jesus Christ came to seek and to save those who are lost. As His disciples, we are to join Him in that dedication. But when we’ve told them about the saving power of Jesus, and they have turned a deaf ear, what are we to do?

Our only power is that which is granted us by the heavenly Father through His Holy Spirit. We can claim that power only through prayer. The Bible contains a full catalog of truth about our position in Christ, and the ways of God regarding those who need His saving grace. It is our guide as we intercede for the lost.

Praying the Scriptures

To pray effectively for the lost, we must first learn to pray with our mind [1 Cor. 14:15], deliberately thinking through and selecting specific verses. This truly is praying in the Spirit [Eph. 6:18] as we allow the Holy Spirit to bring His Word to mind as we pray.

Here are a few verses we might select in our prayers for the lost. We’ve noted and paraphrased the verses. Use these Scriptures as you pray specifically for your lost loved one or friend.

Affirming God’s heart for the lost--

He is not willing for anyone to perish [2 Pet. 3:19].

He wants all men to be saved [1 Tim. 2:13].

Jesus gave Himself as a ransom for all men [1 Tim. 2:5-6].

Acknowledging what we know to be true of the lost--

They will not seek after God on their own [Rom. 3:11].

They cannot discern spiritual things [1 Cor. 2:14].

God alone can draw them to Jesus [John 6:44].

They must be born again [John 1:13, 3:3, 5-8].

Seeking God's mercy to--

Make them alive with Christ even when they are dead in their sins [Eph. 2:5].

Save them by His grace [Eph. 2:4-5].

Give them the gift of faith [Eph. 2:8-9].

Asking God to--

Rescue them out of the kingdom of darkness and bring them into the kingdom of His Son [Col. 1:12-14].

Send someone to open their eyes and turn them from darkness to light [Acts. 26:17-18].

Open their heart to respond to the truth of the Gospel [Acts 16:14].

Protecting them from evil--

Come against the father of lies [John 8:44] with the Spirit of Truth [John 14:16-17].

Keep them safe from the thief who wants to steal the Word of God from their heart [Mark 4:14-15].

Let them remember every word of God's truth they have ever heard, for His Words are spirit and they are life [John 6:63].

Granting them receptive hearts that will--

Believe in Jesus [John 3:16, 3:36 11:25-26].

Receive Christ and believe in His name [John 1:12].

Call on the name of the Lord and be saved [Rom. 10:13].

Confess with their mouths "Jesus is Lord" and believe that God raised Jesus from the dead [Rom. 10:9].

Giving them yielded spirits that will--

Repent, lest they perish [Luke 13:3,5]

Hear the Holy Spirit as He convicts them of guilt in regard to sin and righteousness and judgment [John 14:7-8].

Allow the Spirit to give them godly sorrow that brings repentance [2 Cor. 7:10].

And in every prayer for the lost, no matter how far they seem from seeing and hearing the Truth, we acknowledge our confidence in the Lord, knowing what is impossible with men is possible with Him [Luke 18:22-27]!

<http://www.learntoprayer.org/articles/a16.htm>

PRAYER FOR OUR NATION

Therefore I encourage first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth.

—1 Timothy 2:1-4

Thank God for the nation that we live in and pray for our national, state, and local leaders...

- That they fear God and realize that they are accountable to Him (Proverbs 9:10).
- That they be granted wisdom (James 1:5).
- That they be presented with the gospel and trust in Christ as Savior (1 Timothy 2:1ff).
- That they seek God's will and not their own (Proverbs 3:5-8).
- That they heed their conscience, confess their sins, and repent (Proverbs 28:13).
- That they read and hear God's Word (Psalm 119:11).
- That they seek godly counsel and God-fearing advisors (Proverbs 24:6).
- That they desire honesty, integrity and loyalty (Psalm 26).
- That they do justly, love mercy, and walk humbly before God (Micah 6:8).
- That they endeavor to honor the sanctity of life, families, and morality (Eph 5:22-6:4).

PRAYER FOR OUR WORLD

Pray for our missionaries as they serve all around the world. Pray also for the persecuted church.

"Against the persecution of a tyrant the godly have no remedy but prayer." - John Calvin

The persecution of Christians is increasing. One Christian is killed around every 11 minutes around the world. Christianity is the "most persecuted religion globally." Pray for those countries where Christians are being severely persecuted—North Korea, Somalia, Iraq, Syria, Iran, Nigeria

In Ephesians 6:18, Paul instructs believers to be alert and always keep on praying for all the Lord's people. In the next 2 verses, Paul requests more specific prayer for himself as he faces persecution. "Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should."

- Pray that whatever their circumstances, God will give persecuted Christians the right words to speak at the right time.
- Pray that persecuted Christians will understand and find peace in the sufficiency of God's grace, even in their weaknesses.
- Pray that Christians facing hardship will draw from a source of power larger than themselves.
- Pray God would be present with persecuted Christians in their hardship, protecting them according to His will.
- Pray their witness would inspire those who seek to harm them.

<https://www.opendoorsusa.org/christian-persecution/stories/5-powerful-prayers-persecuted-scripture/>

PRAYER FOR PERSONAL DIRECTION

Spend some time in quiet reflection. Ask God what He would want you to do as a member of Christ's body. Read through Romans 12. Write down any thoughts that come to your mind.

ROMANS 12 (NIV)

¹ Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

² Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. ⁴ Just as each of us has one body with many members, and these members do not all have the same function, ⁵ so in Christ we who are many form one body, and each member belongs to all the others. ⁶ We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. ⁷ If it is serving, let him serve; if it is teaching, let him teach; ⁸ if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.

⁹ Love must be sincere. Hate what is evil; cling to what is good. ¹⁰ Be devoted to one another in brotherly love. Honor one another above yourselves. ¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ Share with God's people who are in need. Practice hospitality.

¹⁴ Bless those who persecute you; bless and do not curse. ¹⁵ Rejoice with those who rejoice; mourn with those who mourn. ¹⁶ Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

¹⁷ Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. ¹⁸ If it is possible, as far as it depends on you, live at peace with everyone. ¹⁹ Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. ²⁰ On the contrary:

"If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."

²¹ Do not be overcome by evil, but overcome evil with good.

