

Trust

"And those who know your name put their trust in You, for You, O Lord, have not forsaken those who seek you." Psalm 9:10

Trust is an important part of any close relationship, and our relationship with God is no exception. And if there was ever a time in history to put our trust in God, it would be now. There are so many uncertainties but one thing we can be certain of is that we serve an Almighty, Sovereign God who can be trusted. How beautiful it is to come before our Heavenly Father who sees us, who knows us, who cares about every aspect of our lives. Take these moments to share the deepest cries of your heart with Him. What do you need to trust Him with most today?

## Prayer Prompts

What are the things in your life right now that you find the hardest to hand over to God. It could be your health, an unanswered prayer, a broken relationship, a struggling marriage, a prodigal child, financial hardship, your future, etc. Pause at that place where it's the hardest and ask God to help you to let go and trust Him.

Ask God to reveal where you have stopped believing that He will take care of you, a place where you haven't been willing to trust Him completely.

Take some time to be still in His presence and listen. What is He revealing to your heart. Write down on a piece of paper whatever worry, fear, concern, or an area of trust that you are struggling with. When you are ready tear that paper into small pieces representing that you are putting your complete trust in God.

# GPOKEN PRATER-BLEGGING

"May the Lord bless you and keep you; may the Lord make His face shine on you and be gracious to you; may the Lord turn His face toward you and give you peace." Numbers 6:24-26

Our words can have a great influence on the lives of those around us, and spoken blessings can bring hope, encouragement, and direction to their lives. Blessings can be spoken for the purpose of declaring God's protection, joy, wisdom and peace. When you bless others you direct God's goodness upon them. When Jesus was instructing the disciples to minister to others in the power of the Holy Spirit, He said, "freely you have received, freely give." Ask the Lord to make you attentive to His Spirit as He directs you to share His Word with others. When people around us are discouraged, wayward or unmotivated, you are not helpless. In Christ you have been given the power to Bless! How many people are needing to hear a blessing from God today?

#### Prayer Prompts

Take some time to write or call someone who God places on your heart. Speak truth and blessing over their lives. You will never know the impact or how much they may need to hear from you today.

Go on a prayer walk or drive through your neighborhood. Pray a blessing for those who are struggling with mental health, those who are depressed, alone, sick, our children and youth, our senior friends. The list is endless.

## Prayer of Blessing

May the Lord bless you and keep you. May His peace fill your heart, His strength carry you, and His love surround you. May you walk in His grace and live in His joy, today and always. Amen

# INTERCEGGION

What a gift and privilege it is for us to pray for one another! Have you stopped to consider that someone prayed for you today? Have you ever asked someone for prayer concerning situations that you have faced or may be facing right now? You have the privilege to stand in the gap and pray for someone today. We can pray for unsaved loved ones, family, friends, coworkers, health workers, front line workers, etc. We are entrusted with the sacred duty to petition the throne on their behalf, standing in the gap as intercessors.

#### Prayer Prompts

Take some time to make a prayer list asking the Lord to bring to mind those in your life who need prayer.

Write an encouragement note, make a phone call, or text someone to let them know that you are praying for them.

## Prayer

Lord, I come before you with a heart burdened for others. Thank you that you are a God who listens, who sees, and who responds with compassion. Today, I stand in the gap for those in need of Your power, Your mercy, and Your love.

I lift up the weary – strengthen them.

I lift up the broken- heal them.

I lift up the lost – find them and bring them home.

I lift up those in leadership – guide them with Your wisdom.

I lift up the sick – touch them with your healing hand.

Lord, where there is darkness, shine your light.

Where there is fear, bring your peace.

Where there is hopelessness, restore joy.

Where there is sin, bring repentance and grace.

Amen!



"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30

What are you holding on to today that is stealing your joy and purpose in life? Once we realize that God is always with us, we must learn to release whatever is robbing us from experiencing true joy & fulfillment in Him. We must choose to release what we cannot control.

In these days of uncertainty, fear and anxiety can easily overtake us. The cares and concerns consume us. Burdens and the pressures of life become unbearable. Jesus invites us to cast all our cares upon Him. He never meant for us to carry them alone. Whatever concerns you, concerns Him. Give it over to Him today and experience freedom that is yours when you release it all to Him. Take a few deep breaths. Sit in the stillness and pray: Lord, help me to become aware of what I'm holding onto. Speak to my heart and help me to trust you.

### Prayer Prompts

What am I worrying about right now?

Pray and tell God what burden you need to relinquish today. Surrender it to Him in prayer.

Lord, I release this to you \_\_\_\_\_. I give You control. I surrender the outcome. I release it. I receive Your peace.

#### Prayer

Heavenly Father, I come to you with open hands and a yielded heart. I release to You all that I cannot control - my worries, my plans, my burdens, and my fears. You are Sovereign, and You are good. Help me to trust that even in the unknown, You are at work for my good and for Your glory. Amen.

# GILENCE

Silence is not the absence of sound – it is the sacred space where we become more aware. Aware of our breath. Aware of our thoughts. Aware of the Lord's presence. In silence, the noise of the world fades, and the whisper of truth rises. We remember that we are not in control – and that's okay. We rest in the presence of the One who is. Silence invites us to listen – not just to hear words, but to receive wisdom, to feel peace, to meet God in the stillness. Don't be afraid of the silence.

It is in the silence that God speaks the loudest!

#### Prayer

Lord, In the quiet, I come to You. No words, no striving – just presence. I lay aside all the noise of life to be with You in stillness. Speak in the silence, or simply be near. Let Your peace wash over me and Your presence anchor me. I don't need to understand everything; I just need to be with You. You are enough! Amen.

### **Prayer Prompts**

Put yourself in a comfortable position. Take a deep breath in. Then sit quietly and ask God to speak deeply to your heart in these moments of silence.

Begin by speaking the words Eli taught Samuel, "Speak, Lord, for your servant is listening."

Quietly offer yourself to God; listen more intently for His gentle whisper.

Linger as long as you need to listen well.

Journal what you hear Him saying to you through His Word and in the silence.

# CONFEGGION

"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:19

Sin hinders our life in every way: Spiritually, Emotionally, Relationally, and even Physically. Thankfully, the Lord has provided a way to bridge the distance between Him and us through confession. Confession is the first step toward healing in our lives, in our relationships with others, and most importantly, in our relationship with God Himself. Take this time to ask the Lord to examine your heart and reveal any area in your life that is being affected by sin. Experience the joy of living a life of freedom and renewal in Christ!

Prayer Prompts

Quiet your heart, and in the stillness ask God to bring anything to mind that is keeping you from open fellowship with Him.

Confess your shortcomings to Him and ask Him to forgive you and cleanse you from the depths of your heart.

Thank God for His work on the cross and His forgiveness for your sins.

Confession is not about guilt - its about Grace meeting us in truth.

#### Day 7

# CELEBRATION GODG GOODNEGG

Celebration occurs all throughout Scripture—beautiful examples of people being reminded, and in turn, reminding one another, of who God is and what He has done. In Exodus 23 the Israelites are given specific instructions to celebrate throughout the year as a reminder of what God had done for them. And in Acts 2 we get a glimpse into how the early Church celebrated when they met together to praise God.

It's important to remember that celebration can be a form of worship—a response to who God is and what He has done. And when we remember all that He has done for us, of course our response should be celebration! We have received grace upon grace in Christ, and that is worth celebrating.

#### Prayer Prompts

Spend some time reflecting on all the Lord has done for you this past year. Offer up a prayer of celebration and thankfulness for what God has done in your life.

Go for a walk and find a stone. Write a word or a phrase on it with a sharpie and set the stone in a place where you spend time with the Lord as a reminder of God's goodness and faithfulness.

Start a gratitude journal and begin to focus on all you have to be thankful for and record it and write out a prayer of thanks to God. Make this a daily practice.