



Faith & Life Discovery Journal Resource

Weekly Prayer Starter
01.12.09 – 01.16.09

How to use the Weekly Prayer Starter:

Grab your bible & journal & find a quiet, comfortable spot to begin your daily Bible reading. You may want to play your favorite hymns softly in the background. Spend a few minutes relaxing, quieting your mind. To prepare to focus on God & His Word, try the suggested prayer exercise. Then pray the suggested prayer starter personalizing it to your needs & desire for God's guidance.

Some suggested exercises for spiritual centering:

- Scripture prayer: Praying with scripture can help us focus on God & His Word. As you read scripture, let God guide your thoughts and feelings. Imagine He is speaking these words directly to you for your life today.
- Suggested Scriptures: Nehemiah 2:11-20 (This week's sermon scripture) or the daily journal readings.

Additional prayer suggestions:

To help you focus before beginning to read the scripture, imagine the words going out from the ancients, touching the people then, touching the people in Jesus' day, touching the people in the early church, touching people throughout history, touching the far corners of the earth...and touching you. Imagine Jesus beside you, speaking to you.

Memorize a phrase that stands out for you, whisper it over and over. Do not rush. Be patient with yourself. If other thoughts distract you, jot them down to clear them from your mind. Create mental images with the phrases that touch you. Listen to what God is saying to you through those images.

This Week's Prayer Starter:

God Almighty,

You are my rock, my fortress, & my shield, deserving of all glory, honor, & praise. Guide me in your Word today. Help me to trust you with my whole heart. Teach me to lean on you & not my own understanding. Increase my faith in your ability to guide & direct my life. Open my eyes so that I might see you at work in my life and in the world. Show me how you are calling me to actively participate in your work & fill me with the courage to respond as you clarify your vision for my life. I submit my friendships to you, Lord. Examine the relationships in my life and reveal any negative influences. Help me to surround myself with the right people. Those who will help make me a better, stronger person. Those who will encourage me to keep focused on you. Guide me to a disciplined spiritual life, reminding me that staying focused on you requires daily practice & training. Create a desire in me, Lord that hungers for a life filled with the sense of beauty & value that spiritual disciplines bring. I am yours, Lord. By your hand, lead & guide me. Amen.