



Faith & Life Discovery Journal Resource

Weekly Prayer Starter
01.26.09 – 01.30.09

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 4 (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:

Compassionate & Gracious God,

Your very Word is the ultimate expression of love. I long for your love to rule in my heart. Guide me as I study your Word today. Sometimes your Word challenges me & it can be hard when you call me to evaluate my life. Let me not be afraid to face the truths you want to show me Lord. Teach me & open my heart & mind to your loving correction. Be the Lord of my life & the Lord of my relationships. Show me how to use the gifts you have given me to lovingly serve others. I pray that my relationships would increasingly reflect the love of Christ. Help me to improve the way I communicate, giving me the courage to communicate honestly with those I love and care about. Remind me to be quick to listen, slow to speak, & slow to become angry. Lord, your teaching about forgiveness is so clear. Help me to practice free & willing forgiveness with others, just as you so freely & willingly forgive me. Thank you, Lord, for your unfailing love. Amen.