Day 1 June 29



Pray | To depend on and trust God for daily provision

GIVE US THIS DAY OUR DAILY BREAD.

Scripture speaks of bread literally and symbolically. Bread is food to nourish both our physical body and our soul, God's Word, and Jesus' body, broken to save mankind. One form of bread, manna, has both literal and symbolic meanings.

As the Israelites wandered in the desert, God provided manna. Manna was a white, flaky 'bread' that fell with the morning dew. Each day, the Israelites collected what they needed to eat. Extra manna collected would spoil. God taught Israel a spiritual lesson as they relied on him for daily physical food.



Read | Exodus 16:4-5, 20, Deuteronomy 8:3



Reflect | Spend some time reflecting on the following prompts:

Meals take up a lot of our time. We plan, shop, and prepare for meals. How does your commitment to consuming spiritual food compare to your commitment to consuming physical food?

God created us and gave us the ability to work. Ultimately, it is not our labor, bank account or intellect that provides for our physical needs, it is God! In what area are you tempted to take credit for God's provision? Take time to thank God for providing for you in this area.

In Deuteronomy, God provided manna daily to teach Israel to trust him *every* day. How often do you thank God and confess your dependence on him?

On whom or what do you depend for your daily provision? If you do not yet know Jesus as your Lord and Savior, what is holding you back? There is no better time than right now to begin reading God's Word and to accept his gift of salvation by grace through faith in Jesus Christ.



Pray | For the World

Pray for the Unreached: Those in unreached people groups have little chance of ever meeting a Christian. Please pray for the Jogi in Bangladesh. The Jogi are followers of yoga and worshippers of the Hindu god Shiva. They are made up of purely religious mendicants (i.e. beggars) of the various Jogi orders, various people who live by fortune telling, practicing exorcisms and divination, and others. Pray the Jogi people will discover the availability of scripture and videos such as the Jesus film on the Internet. Pray the Lord will prompt many to download and listen to these resources, and that they will be given understanding. (Information from https://joshuaproject.net)

Prayer Training for the Rest of Us Week 7

Day 2 June 30



Pray | To know and recognize God's voice

BELIEVERS KNOW THE VOICE OF THEIR SHEPHERD, JESUS.

Studies show that a baby hears their mother's voice from inside the womb for up to 10 weeks before birth. The sound is so familiar that a newborn can often identify and respond to their mother's voice, even in a crowded room.

Believers also need to become familiar with God's voice and learn to recognize and respond to what they hear. In our world, many voices compete for our attention, time and resources. Media, friends and family, organizations and even our own voice can distract and compete with God's voice. With so much competition, hearing and turning toward the Father's voice can be an incredible challenge.



Reflect | *Spend some time reflecting on the following prompts:*

When the Lord appeared to Elijah in 1 Kings, God's voice was not heard in the wind, earthquake or fire; it was a gentle whisper. What loud voices in your life make it hard to hear the Lord's voice? Do you have a time and place to sit, pray and listen?

John tells us that Jesus is the Good Shepherd who leads his sheep. Like a baby knows its mother, a sheep knows its shepherd. Believers recognize Jesus' voice and follow him. They never follow a stranger. Who or what are you following? Is there somewhere God is leading that you hesitate to go? Ask God to help you trust his goodness and to confidently follow his lead.

Unborn babies recognize their mother's voice because they spend weeks in the dark, becoming familiar with the most common voice they hear. Spend some time asking God to tune your ears to his voice and to make his voice as familiar to you as a mother's voice to their baby.



Read | 1 Kings 19:11-12, John 10:2-5

Day 3 July 1

Pray | *To hear personally from God through scripture*

THE BIBLE IS GOD'S WORD AND THE PRIMARY WAY HE SPEAKS.

When we ask God to give us our daily bread, we declare our dependence on him for our physical needs, and we invite God to speak and meet our spiritual needs.

In the Old Testament, God speaks from burning bushes, through a donkey, in messages from angels, in dreams and audibly. Today, while God can still speak in these obvious ways, more often, he speaks to us in more subtle forms. With the power of the Holy Spirit, we primarily hear from God through his Word, recorded in the Bible.



Read | Matthew 4:4, Ezekiel 3:1-4, Hebrews 4:12

Reflect | *Spend some time reflecting on the following prompts:*

Matthew tells us that eating physical bread is not enough to sustain us; we must also consume God's Word, our daily bread. Eating is more enjoyable when we take time to savor our food. How often do you consume and savor scripture? How is God prompting you to increase your time in scripture?

It certainly seems strange to eat a scroll of God's Word as described in Ezekiel. However, chewing on or mulling over scripture, taking time to digest what it says and prayerfully considering how it applies to your life describes the process of hearing from God through scripture. How do you process what you read? Pick one verse to digest today. How will you keep it in mind?

God's Word is applicable and relevant to your circumstances and life. Do you expect to encounter God as you read the Bible? Consider praying before you read: invite God to speak, convict, and direct you. Then pray as you read. Ask God to clarify things, offer praise, and confess as you feel led. Day 4 July 2

Pray | For discernment and courage to obey God's voice

DISCERNMENT EQUIPS US TO CONFIDENTLY OBEY GOD.

Sometimes what we think God is telling us seems too hard, too strange, or too obvious. Even when what we hear does make sense, it can be challenging to determine if what we heard is from God, or from our own desires and thoughts. That is where discernment comes in. Discernment for a believer is the practice of testing what we see, read and hear against the truth found in the Bible. The Bible gives us a lens to interpret and determine if what we hear is consistent with God's character, instructions and promises. Still, we may need the help and wise council of other believers to learn to practice and grow in discernment, especially when what we hear affects others, or changes the directions of our lives.



Spend some time reflecting on one the following prompts::

Acts does not tell us much about the Berean church, but does tell us one important quality: they listened with open minds and tested what they heard against the truth of scripture. When you are listening for God's voice, do you test what you hear against scripture? Is there something you are following that is inconsistent with God's character as revealed in the Bible?

Sometimes we need additional help to discern God's voice and to confidently obey, especially for large, life-changing decisions. Who in your life can you go to for wise counsel? If you are unsure, ask God to reveal the right person.

Luke records Jesus saying that those who hear God's Word and obey it are blessed. What stops you from trusting and obeying God? Ponder the words of the hymn, <u>Trust and Obey</u>. Ask God to give you the courage to wholeheartedly trust and obey him today.



Read | Acts 17:11, Proverbs 12:15, Luke 11:28

Prayer Training for the Rest of Us Week 7

Day 5 July 3



Pray | For faith and persistence in the silence

WHEN GOD SEEMS SILENT

Sometimes, even when we are actively seeking God, quietly listening and ready to obey, he seems silent. We read the Bible, but nothing seems to make sense or stand out. We pray, but still feel confused and burdened when finished.

In these seasons, it can be frustrating and discouraging to seek God but feel and hear nothing. It can be tempting to turn from God and take matters into our own hands when we hear no clear answer or direction. Still, God calls us to pursue him and to remember his faithfulness as we expectantly wait.



Read | <u>Psalm 22:1-2, 22-24, Psalm 1:1-3, Luke 2:19</u>



Reflect | Spend some time reflecting on the following prompts:

It is encouraging to know that even King David, described as a man after God's own heart, struggled with times when God seemed silent. In Psalm 22, David laments over God's silence in prayer, then resolves to continue to follow God and trust him in the silence. Are you in a silent season? Try praying David's words to God as your personal prayer.

How do you respond when God seems silent? Psalm 1 describes a person who is rooted in God's Word and lives out what it says. How deep are your roots? Are you seeking God in easy and good times so you will be strengthened and able to stand firm when hard seasons come?

As you wait to hear direction from God, how can you continue to seek him and treasure what you learn and have experienced in your heart?

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