

Day 1

May 18



Pray | For peace to be still while you connect with God

BE PRESENT IN PRAYER.

There are many things that require our attention each day. It can be difficult to calm our minds and find rest. Even during this time of quarantines and stay at home orders, we can feel harried trying to adjust to the demands pulling on us. Perhaps the current challenges have stretched you financially, you are trying to work remotely, you are suddenly trying to support your children's learning, or maybe it's all these things weighing you down.

God offers us refuge from all those distractions. The peace and stillness we can find in God is a blessing to lighten our load. It is also an opportunity for us to calm our minds to connect more deeply with God. As we start to pray, if we have not quieted our internal dialogue, we may not be able to hear God's response.



Read | [Psalms 46:10](#), [Numbers 6:24–26](#), [John 14:27](#)



Reflect | Spend some time reflecting on one or more of the following:

Reflect on a conversation you had that carried some importance. How did you prepare for that conversation? What was your behavior during the conversation? How does that compare to your approach to prayer?

Jesus tells us in John 14:27, “Do not let your hearts be troubled and do not be afraid.” If you are carrying a burden, consider sharing that burden with a friend or the church so that you may have more peace.

For the next few days before you pray, try to take a couple of minutes to slow down and center by appreciating God's blessings. Contemplate if the stillness influences your presence in prayer.

Day 2

May 19



Pray | To hear God through the noise

PUT ASIDE DISTRACTIONS TO CREATE MOMENTS OF SURRENDER.

To be fully present and authentic with God, we need to set ourselves apart from distractions. Greig (2019) offers the idea that we need those still moments with God to allow us to surrender more fully. Without that vulnerability, we may not be as honest or real about where we are and what we are feeling.

In busyness and distractions, we may sidestep the difficult and uncomfortable stirrings in our heart. God calls us, though, to a deeper relationship that is open, raw, and free from false pretenses.



Read | [Psalms 119:147–148](#), [Psalms 130:1–2](#)



Reflect | Spend some time reflecting on one or more of the following:

What distractions are present for you right now? Mull over what steps you might take to remove or reduce those distractions.

Christian pastor A.W. Tozer from the mid-1900s said, “Suffice it to say right now, the average Christian’s expectation every day is in the direction of the world around him instead of expecting the Lord’s presence. This, I believe, is a very important discipline for us, to shun the world and all its distractions.” Where do you focus your expectations each day?

Pray that God would reveal to you an area of extraneous noise that is leading you away from Him.

References:

Tozer, A. W. (2010) *Experiencing the Presence of God: Teachings from the Book of Hebrews*. Baker Publishing Group.

Grieg, P. (2019) *How to Pray: A Simple Guide for Normal People*. Tyndale House Publishers.

Day 3

May 20



Pray | Praise that we may always be true with God

YOUR WORDS DO NOT MATTER—GOD KNOWS YOUR HEART.

The audience being addressed influences the words we choose to deliver the message. In a setting with less intimate relationships, we may be formal and hope to be eloquent with great words rarely used so others perceive us a certain way. In another setting with intimate relationships, words do not need to be so carefully selected. We can speak more freely without such concern for our perception.

God seeks the most intimate relationship with us that is not dependent on us always picking the right words. When we are praying, he is able to hear the words we don't speak and knows our intent with those that we do speak.



Read | Matthew 6:7–8, Romans 8:26–27



Reflect | Spend some time reflecting on one or more of the following:

Thomas Merton said “The deepest level of communication is not communication, but communion. It is wordless. . . beyond speech . . . beyond concept.” Think about the person who makes you the most comfortable. Are you able to spend time with them without always needing to be talking? Is your time with God also so comfortable?

Are there things on your heart that you are reluctant to share with God as you pray? Take time today to be vulnerable and share those things with God. Pray that he would give you comfort in those challenges.

Challenge yourself to pray aloud, right then and there, for the next person you say you will pray for. Instead of waiting until you are home or by yourself, boldly pray there and take comfort in knowing God hears your heart no matter the words you say.

Day 4

May 21



Pray | For daily reminders that you are a child of God

YOU ARE LOVED.

The New Testament refers to God as our Father and to us as children of God. It is an awe-inspiring thing to think that God would care so much for us that he would call us his children.

There is a popular song by Chris Tomlin called “Good Good Father”. Part of the lyrics go like this:

You’re a good, good father
It’s who you are, it’s who you are, it’s who you are
And I am loved by you
It’s who I am, it’s who I am, it’s who I am

The lyrics are a reminder that we are loved by our Father simply because of who he is. He is seeking a close and familial relationship with each of us because of how deeply he cares.



Read | John 3:16–17, 1 John 3:1–3



Reflect | Spend some time reflecting on one or more of the following:

There is nothing we can do to earn God’s love. It is ever present whether we accept it or not. Do you reflect God’s love by showing love to others without them earning it?

When praying, do you express love and closeness as if talking with an earthly parent? If not, what keeps you feeling distant from God and how might you resolve that distance?

If you are wanting to take next steps in your relationship with God, connect with a Christian friend or church member about becoming a follower of Christ or about joining a small group.

References:

Tomlin, Chris. (2015) *Good Good Father*.

<https://www.youtube.com/watch?v=CqybaIesbuA>

Day 5

May 22



Pray | For words and actions that are honoring to God

SAY THANK YOU.

There are many ways that we can honor someone or something. It can be through words, how we spend our money, how we spend our time, or our actions. There are many videos and examples of people expressing gratitude during the current pandemic for all the essential workers who continue to serve others even though there is an increased risk of exposure. There are signs posted saying thank you, meals being delivered, supplies being donated and many other acts of kindness towards those essential workers.

The same gratitude and honor should be bestowed upon God. He created everything around us out of nothing but still loved us enough to seek a personal relationship.



Read | 1 Chronicles 16:23–27, Hebrews 12:28–29



Reflect | Spend some time reflecting on one or more of the following:

What are you honoring with your words and actions? Consider if those align with what you want to be honoring.

Identify a verse from the bible that instills a sense of reverence for God. Place it somewhere that you will see it each day to be reminded of the honor he deserves.

Over the next few days, as you start to pray, take a few moments to actively express adoration and reverence for God.

Unless indicated otherwise, all Scripture quotations are taken from *The Holy Bible, New International Version® (NIV®)*. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc. ® Used by permission. All rights reserved worldwide.