

WEEK OF WAITING ON GOD

“IF MY PEOPLE, WHO ARE CALLED BY MY NAME, WILL HUMBLE
THEMSELVES AND PRAY AND SEEK MY FACE AND TURN FROM
THEIR WICKED WAYS, THEN I WILL HEAR FROM HEAVEN, AND
I WILL FORGIVE THEIR SIN AND WILL HEAL THEIR LAND. “

2 CHRONICLES 7:14

YOUR LOVE, LORD, REACHES TO THE HEAVENS,
YOUR FAITHFULNESS TO THE SKIES. YOUR RIGHTEOUSNESS IS
LIKE THE HIGHEST MOUNTAINS,
YOUR JUSTICE LIKE THE GREAT DEEP.
YOU, LORD, PRESERVE BOTH PEOPLE AND ANIMALS.
HOW PRICELESS IS YOUR UNFAILING LOVE, O GOD!
PEOPLE TAKE REFUGE IN THE SHADOW OF YOUR WINGS. THEY
FEAST ON THE ABUNDANCE OF YOUR HOUSE;
YOU GIVE THEM DRINK FROM YOUR RIVER OF DELIGHTS.
FOR WITH YOU IS THE FOUNTAIN OF LIFE; IN YOUR LIGHT WE
SEE LIGHT.

PSALM 36:5-9

Week of Waiting on God

God is good. God is all around us. According to the psalmist, there's no place we can go that's beyond God's reach. Seeing God is as simple as opening our eyes. Talking to God is as simple as letting speech flow. Listening to God is as simple as opening up your Bible and reading. It's free and it's wonderful, knowing we spend every moment in the presence of God.

On the other hand, it can often be difficult to focus amidst the distractions of life. Family and friends want our time. The media shouts for our attention. Clutter fills every corner of space in our minds. Knowing how and what to pray can be troubling to people. Giving focused attention to the deeper truths revealed in the Bible isn't easy. Stepping away from the chaos and noise to create space for the Spirit isn't something we're used to doing.

This booklet is a tool to help you through this process. Our hope and prayer is that it becomes an avenue through which you experience the presence of Jesus in your life. You can use it alone or with your family, for a morning devotional or to pull your thoughts together before heading off to bed at night. You could also easily make it a part of an individual prayer practice.

However you use this devotional, may it bless you as it draws your attention to the work of the Holy Spirit in your life. May God meet you here in these pages.

DAY
1

SUNDAY

Humble Yourself Before God



SCRIPTURE

PSALM 107:8-9

“Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things.”

MATTHEW 18:1-4

“At that time the disciples came to Jesus and asked, ‘Who, then, is the greatest in the kingdom of heaven?’ He called a little child to him, and placed the child among them. And he said: ‘Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven.’”

MATTHEW 19:13-15

“Then people brought little children to Jesus for him to place his hands on them and pray for them. But the disciples rebuked them. Jesus said, ‘Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.’ When he had placed his hands on them, he went on from there.”



QUESTIONS FOR THOUGHT

- What are your hopes as you begin this time? What do you need to receive from the Lord right now?
- In what ways does a child express humility in their daily life?
- How might you express more childlike faith and humility in your life?



PRAYER

Focus on who God is. Ask for an attitude of humbleness and thankfulness for His provision in your life.



DAY
2

MONDAY

Seeking After God



SCRIPTURE

PSALM 63:1-8

"You, God, are my God, earnestly I seek you;
I thirst for you, my whole being longs for you,
in a dry and parched land where there is no water.
I have seen you in the sanctuary and beheld your power and your glory.
Because your love is better than life, my lips will glorify you.
I will praise you as long as I live, and in your name I will lift up my hands.
I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.
On my bed I remember you; I think of you through the watches of the night.
Because you are my help, I sing in the shadow of your wings.
I cling to you; your right hand upholds me."



QUESTIONS FOR THOUGHT

- How would you rate your level of seeking after the Lord (circle one)?
God who? Try to pray sometimes
Regular time with God Can't get enough!
- Write down a memory of one time you saw or felt God's power and glory.
- Do you ever feel free in worship? Free to lift your hands? To sing aloud? If not, what holds you back?
- What does the psalmist mean by: Dry and parched land? The richest of foods? The shadow of God's wings?
- How can you maintain a lifestyle of continuous praise, even in the hard times?



PRAYER

Focus on who God is. Express your desire to seek Him more and more... to cling to Him in both the good and not-so-good times.



DAY
3

TUESDAY

God Is With Us



SCRIPTURE

PSALM 46:1-11

“God is our refuge and strength, an ever-present help in trouble.

Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

God is within her, she will not fall; God will help her at break of day.

Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

The LORD Almighty is with us; the God of Jacob is our fortress.

Come and see what the LORD has done, the desolations he has brought on the earth.

He makes wars cease to the ends of the earth.

He breaks the bow and shatters the spear; he burns the shields with fire.

He says, ‘Be still, and know that I am God;

I will be exalted among the nations, I will be exalted in the earth.’

The LORD Almighty is with us; the God of Jacob is our fortress.”



QUESTIONS FOR THOUGHT

- Who does God say He is?
- As you read this passage, what do you feel and why?
- What space can you give to God to be still before Him? How can you maintain a lifestyle of continuous praise, even in the hard times?



PRAYER

Focus on who God is. Ask for a better understanding of His ever-present help. Pray to be still and know He is God.



DAY
4

WEDNESDAY

Choose Life



SCRIPTURE

DEUTERONOMY 30:11-20

“Now what I am commanding you today is not too difficult for you or beyond your reach. It is not up in heaven, so that you have to ask, ‘Who will ascend into heaven to get it and proclaim it to us so we may obey it?’ Nor is it beyond the sea, so that you have to ask, ‘Who will cross the sea to get it and proclaim it to us so we may obey it?’ No, the word is very near you; it is in your mouth and in your heart so you may obey it. See, I set before you today life and prosperity, death and destruction. For I command you today to love the LORD your God, to walk in obedience to him, and to keep his commands, decrees and laws; then you will live and increase, and the LORD your God will bless you in the land you are entering to possess. But if your heart turns away and you are not obedient, and if you are drawn away to bow down to other gods and worship them, I declare to you this day that you will certainly be destroyed. You will not live long in the land you are crossing the Jordan to enter and possess. This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.”



QUESTIONS FOR THOUGHT

- Moses said this wasn't difficult. Why is following Christ sometimes hard?
- What are the “other gods” that people follow after today?
- What “commands, decrees and laws” do you have a hard time obeying? Has the Spirit been nudging you regarding any particular disobedience in your life?
- Moses challenged Israel to “choose life.” What is one step toward “choosing life” that you could take today?



PRAYER

Focus on who God is. Ask for clarity about the things that are keeping you from fully following Him. Ask Him to help you choose life.



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EVENING REFLECTION:

- What was a highlight from today?
- What was a struggle from today?
- Where did you see God today?
- Tell God one thing you're thankful for today.

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DAY
5

THURSDAY

Promises of God



SCRIPTURE

PSALM 23:1-6

"The LORD is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.
He guides me along the right paths for his name's sake.
Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
Surely your goodness and love will follow me all the days of my life,
and I will dwell in the house of the LORD forever."



QUESTIONS FOR THOUGHT

- List out all the promises that God gives us in these verses.
- What are God's responsibilities in these verses? What are my responsibilities?
- Pray these verses back to God inserting your name where all the pronouns exist.



PRAYER

Focus on who God is. Ask for an understanding of His goodness and love.
Express gratitude for His protection and guidance for you.



DAY
6

FRIDAY

Gratitude



SCRIPTURE

COLOSSIANS 3:15-17

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”

PSALM 118:28-29

“You are my God, and I will praise you;
you are my God, and I will exalt you. Give thanks to the LORD, for he is good;
his love endures forever.”



QUESTIONS FOR THOUGHT

- As you read this passage, what do you feel is the greatest virtue and why?
- List some ways that you can let the word of Christ “dwell in you richly.”
- What is one principle that ought to guide everything we do?



PRAYER

Focus on who God is. Express an attitude of thankfulness and gratitude for what He has done for you.



Reviewing Your Day

Reviewing your day is a practice that can be used effectively alone, or it's something that can be done with others. If doing it alone, it could be done in as little as fifteen minutes. If doing it with others, it could be the focus of a leisurely conversation. This practice will help you become more aware of God's presence in and throughout your day. This process is sometimes called "Prayer of Examen." The Examen makes us aware of moments that at first we might easily pass by as insignificant, moments that ultimately can give direction for our lives.

- **You're in the presence of God.** We're always in God's presence, but in prayer, we attend to God's presence in an especially intentional way. God knows you intimately. He loves you in the deepest way possible. In John 15, Jesus says, "Abide in me and I will abide in you." This invitation is to make our home in Him. As you still yourself, be aware that God is present both around and within you.
- **Look at your day with gratitude.** After a few moments, begin to recollect your day. Pay special attention to the moments that move you to gratitude toward God. Give thanks to God for his presence in the big and small things.
- **Ask help from the Holy Spirit.**
 1. Ask God's Spirit to help you look at your actions and attitudes.
 2. Ask for assistance to see the motivation of your heart, the gifts of God and how you've responded to them.
 3. Ask God to shape you as you reflect.
- **Review your day.** This is the longest of the steps. Here, you'll review your entire day, watching it like a movie replaying in your mind. Be sure to notice the details, the context of what happened and how you acted, reacted or responded. As you look through the day, pay close attention to your motives and feelings. This isn't a time to dwell on your shortcomings. Rather, it's a gentle look at how you've responded to God's gifts. It's an opportunity for your relationship with God to grow and a chance for God to transform you.
- **End by giving thanks for the day and opening your heart to the Spirit's continuing work in you.**

Deuteronomy 6:6-7

"These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."

Praying Scripture

Praying Scripture allows God to direct the content of prayer. It opens the heart to praying particular prayers, psalms, teachings and hopes found in the Bible. It allows God to shape our prayer life through the words of Scripture.

Lectio Divina

This “Scripture praying” method has been used by Christians for centuries. It’s sometimes called “Lectio Divina” or “Holy Reading.

- **Select a short passage of Scripture.** The psalms and Gospels are a great place to begin.
- **Be purposeful.** Sit comfortably and attentively. Invite God’s presence.
- **Read the passage** (1 or 2 times). Stop when a word or phrase stops you, becomes vibrant or attracts you. Bring all your senses to your listening. Where are you? Who else is there? What do you hear, smell, see, taste and feel? Become a participant in the story. Let the story unfold through a couple minutes of silence.
- **Read the passage again.** Listen closely. Discover how this passage touches your life today. Stay open to the Spirit’s leading. This is a time of reflection, so just let the Scripture wash over your life. Allow for 1-2 minutes of silence, creating openness to the Spirit.
- **Read the passage once more.** You may become aware of an invitation from God or notice that Jesus has drawn near to you. Open your heart and be willing to receive and respond to Jesus’ presence or God’s invitation. Be aware of resistance, and bring it to God if you detect it. Allow for 2-3 minutes of silence and response to God.
- **Share and pray.** Take time to express your encounter with God. If alone, write out your experience or write a prayer of response to God. If you’re in a group, share aloud the word, image or invitation received.

2 Peter 3:18a

“But grow in the grace and knowledge of our Lord Jesus Christ...”

A Prayer Walk: Walking in the Company of the Lord

As you begin:

Psalm 139:1-6

“You have searched me, LORD, and you know me.

You know when I sit and when I rise;

you perceive my thoughts from afar.

You discern my going out and my lying down;

you are familiar with all my ways. Before a word is on my tongue

you, LORD, know it completely.

You hem me in behind and before,

and you lay your hand upon me.

Such knowledge is too wonderful for me,

too lofty for me to attain.”

Begin walking:

Spend 10 minutes reflecting on God as Creator and His presence around you.

Meditate on God’s majesty, power and all the ways He’s proven his love for you. Use all of your senses to see, hear, smell, taste and feel the world around you. Focus on His majesty, His power and His love for you.

Pause for a moment:

Praise God for all the beauty and variety in His creation.

As you continue:

Psalm 139:17-18

“How precious to me are your thoughts, God!

How vast is the sum of them!

Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you.”

Begin walking again.

For the next ten minutes, think of the work of Jesus in your life. How does His life shape your life? Be reminded of His great love for you and rest your soul in that love.

Pause for a moment:

- Still your soul. Do you sense the thoughts of God? What is He saying to you?
- Have any Scripture verses come to mind during your walk? Speak them aloud.
- Spend a moment thanking Jesus for calling you from death and offering you life.

As you continue:**Psalm 139:7-10**

“Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.”

Begin walking again:

For these ten minutes, be mindful of God’s Spirit, who’s always with us. Where do you sense the Spirit’s presence? What is the Spirit saying? Is the Spirit calling you to respond in some way? Or maybe to simply rest and remain in God’s love?

Pause for a moment:

Still your soul. Close your eyes. Listen to the breeze. Remember that you’re in the Spirit’s presence. Thank Him for being so near. Are there any concerns lingering in your heart? Issues that trouble your soul? Lift them up to the Lord, asking the Spirit to address your concerns and remove any anxiety they cause. Commit to memory all the places you saw, heard and felt God with you on this walk. Carry those moments with you as you return to the rest of your day.

A Prayer as you finish:

Lord, thank you for joining me on this journey, even as You remain with me throughout every step of my life. Thank You for creating the beauty I see around me. Remind me of how close You are for the rest of this day, as I commit to looking for You and serving You this day and always. Amen.

Bayside
CHURCH