

pause

prayer

Lord,

You are good and kind and faithful. Even in the moments I do not see you, you see me. You see my moments of joy and you see my moments of sadness. You never leave me.

As I sit and worship, I confess the moments I leave you. When I do not trust that you are good and you are in control. When I do not believe you know and have what is best for me. I'm sorry. I pray that I would believe you are enough.

I surrender the things I'm waiting for. I pray that in the waiting my hope would not be in this world but only in You. Give me eyes to see what you see.

I surrender the gifts you have given me, that I would steward them in a way that builds Your Kingdom, not mine. I pray that I would steward them faithfully and not selfishly. Help me, Lord.

I pray I would be obedient with boldness. Whatever you ask, I pray I would say YES, Lord and trust the outcome to You, whatever that may be.

I believe you've prepared good works in advance for me to do. I pray that your dreams for me would become my dreams... for your glory.

I pray for a community of dream defenders that would keep pointing me to you, that we would spur one another on to be holy, because you are holy.

As I sit here and worship, Lord would you meet me here. Would you remind me who I am because of who You are. As I wait upon you, would you renew my strength.

I am listening, Lord. I desperately need to hear your voice. I worship You and You alone.

Amen.

check-in

QUESTIONS:

- How are you...really? Be honest with yourself.
 - Be honest with the Lord. Take a couple deep breaths.
- What has been hard in this season? What have you been grateful for?
- Lately, what thoughts have been consuming your mind?
- What gives your soul rest?
- When was the last time you felt content?
- How have you seen God's faithfulness to you?
- What are you believing about God that is untrue?
- What truth do you need to believe about God and receive from Him tonight?

VERSES TO REFLECT ON:

“Come to Me, all you who are weary and burdened,
and I will give you rest.

Take my yoke upon you and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls.

For my yoke is easy and my burden is light.”

- Matthew 11:28-30

“Lord, you are my God; I will exalt you and praise your name,
For in perfect faithfulness you have done wonderful things,
things planned long ago.”

- Isaiah 25:1

“Keep me safe, my God, for in you I take refuge,
I say to the Lord, “You are my Lord;
apart from You I have no good thing.”

- Psalm 16:1-2

sadness/loss

QUESTIONS:

- What are the area(s) in your life that you are experiencing sadness or loss?
- What hinders you from letting yourself feel this sadness or loss with others or with the Lord?
- If your sadness or loss could speak, what do you think it would say?
- What do you hear the Spirit speaking into this area of your life right now?

VERSES TO REFLECT ON:

“Blessed are those who mourn, for they shall be comforted.”

- *Matthew 5:4*

“He will wipe away every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

- *Revelation 21:4*

anger

QUESTIONS:

- What are the area(s) in your life that you are feeling frustrated?
- What do you need to hear from the Lord in your anger?
- Tell the Lord your raw, real feelings about your anger. Be honest and let Him listen to you, because he cares.

VERSES TO REFLECT ON:

“This is what we have in approaching God: that if we ask anything according His will, He hears us.”

- *1 John 5:14*

“Casting all your anxieties on Him, because He cares for you.”

- *1 Peter 5:7*

shame

QUESTIONS:

- Where does shame have a foothold in your life? What are the things in life that make you think “if anyone knew that they would never look at me the same”?
- Do you truly believe that when the Lord looks at you, He sees His rescued and redeemed child, covered by the blood of Christ? What holds you back from walking in that freedom?
- What would your life look like without the shackles of shame?
- What do you hear the Spirit speaking into this area of your life right now?

VERSES TO REFLECT ON:

“But you, Lord, are a shield around me, my glory, the One who lifts my head high.”

- *Psalm 3:3*

“to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of His splendor.”

- *Isaiah 61:2-3*

“And after you have suffered a little while, the God of all grace, who has called you to His eternal glory in Christ, will Himself restore, confirm, strengthen and establish you.”

- *1 Peter 5:10*

anxiety & fear

QUESTIONS:

- Fear and Anxiety are like 2 sides of the same coin, we rarely experience one without the other—take some time to think through what fears currently trigger your anxiety, and what anxieties create new fears in you. List them.

- What needs and desires do you have that you fear will not be met or provided for?

- Listen to your body—even if your mind doesn't “feel” anxious, is your body suffering the effects of anxiety?
(*ex: shortness of breath, pounding heart, stomachaches, nausea, etc.*)

- How can you allow the Holy Spirit to enter into and alleviate your fear and anxiety?

VERSES TO REFLECT ON:

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

- *John 14:27*

“Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your Heavenly Father feeds them. Are you not much more valuable than they? Can one of you by worrying add a single hour to your life? ... Seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow for tomorrow will worry about itself. Each day has enough trouble of its own.”

- *Matthew 6:25-27 & 33-34*

“Come to me all who are weary and heavy laden and I will give you rest.”

- *Matthew 28:11*

prayer

Lord,

God, thank you that you are personal and knowable. Help me to see you for who you truly are. Reveal Yourself to me daily through your scripture, your church, your creation, and your work in my life. Help me see you clearly, understand your character, and know you personally. Show me what you have done for me, and move in me that I may respond in thankfulness and joy!

Thank you for your sacrificial love. Without your sacrifice for my sins, I would have no hope and no life. Thank you for making a way for me to be with you. Help me to see Jesus clearly that I may express sacrificial love through my life.

Jesus thank you for listening to me and hearing me. Thank you for loving me so deeply.

Amen.