

PRAY EVERY DAY May 17, 2020 Resource

Whom shall I fear? From Psalm 27:1, NRSV

The LORD is my light and my salvation;
whom shall I fear?
The LORD is the stronghold of my life;
of whom shall I be afraid?

Receiving God's adoption from Romans 8:14-16, NRSV

For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, "Abba! Father!" it is that very Spirit bearing witness with our spirit that we are children of God..."

From Clement's First Letter to the Corinthians in Ante-Nicene Fathers, V. 1

This is the way, beloved, in which we find our Saviour,
even Jesus Christ, the High Priest of all our offerings,
the defender and helper of our infirmity.
By Him we look up to the heights of heaven.
By Him we behold, as in a glass, His immaculate and most excellent visage.
By Him are the eyes of our hearts opened.
By Him our foolish and darkened understanding blossoms up anew
towards His marvellous light.
By Him the Lord has willed that we should taste of immortal knowledge,
"who, being in the brightness of His majesty,
is by so much greater than the angels,
as He hath by inheritance obtained a more excellent name than they."

The Bishop Sharma Lewis Read the Bible in 2020 Challenge

More resources at www.vaumc.org/2020BibleChallenge
May 6-26 "Fruit of the Spirit: Peace"

May 18: Ephesians 6:13-18a

May 22: Romans 14:14-19

May 19: Galatians 5:22-25

May 23: Romans 12:14-18

May 20: Psalm 29:10-11

May 24: Hebrews 12:14; Matthew 5:9

May 21: Psalm 34:13-15

Small Group or Personal Study

Read Philippians 4:4-9

- In the Philippians 4:4-9 reading: Who is God? What does Jesus expect of you? What do you think Jesus is saying to you? How do you think you should respond?
- What worries or other issues are you currently facing?
- What is the condition of your soul?
- Is there anything that has dampened your zeal for Christ?
- Am I enjoying prayer?
- Am I defeated in any part of my life?
- Am I investing the proper quality/quantity of time in my most important relationships?

- Take 10 minutes to silence yourself and pray God's name by breathing, in and out, through your mouth as we learned in Week 1 of the "temple" themed series. Breathe in, "Yah" and breathe out, "way." If mouth breathing becomes strained, resume regular breathing resting silently in God's presence.

- Pray for our District Superintendent Rev. Victor Gómez and the 82 United Methodist congregations of the Harrisonburg District.

Spend time in silence

Prayer for others and yourself

The Lord's Prayer

The Bishop Sharma Lewis Call to Pray at Noon Every Day

Almighty God: Father, Son and Holy Spirit,

We thank you for your blessings, past, present and future. You are our rock and the source of our hope in all things and at all times. As Jehovah Jireh, our provider God, we ask you this day to stretch out your mighty hand and eradicate from the face of the earth forever this virus called COVID-19 (coronavirus) that is spreading rapidly from continent to continent.

We also pray that you, Jehovah Rapha, our healing God, would place your hand upon all of those who have been stricken by this virus and restore them to full health. Be with those who have lost loved ones and are grieving. Protect all who are caring for those with this virus and keep them from contracting it themselves. Calm our fears and provide us with your peace that surpasses all understanding. Strengthen us with the joy of the Lord and help us to hold firmly to the hope that only you can provide.

Unify us that we, the Virginia Annual Conference, may be able to experience anew the promise of your presence in and through the unity of our faith, hope and trust in you in the days ahead and forever. We offer this prayer in the mighty name of our Lord, Jesus Christ.
AMEN.

Share the Love of Jesus because It's All about Relationships

How will you or how did you share the love of Jesus with neighbor today with no strings attached? Share about it this week in small group for support and prayer.

God Is Our Refuge from Psalm 46:1-3, NRSV

God is our refuge and strength,
a very present help in trouble.

Therefore we will not fear, though the earth should change,
though mountains shake in the heart of the sea;
though its waters roar and foam,
though the mountains tremble with its tumult. *Selah*