

PRAY EVERY DAY September 18, 2022 Resource

*Household Prayer: Morning**

We praise and worship you, O God. From the heights of the heavens you look down upon the earth to lift up the poor and needy. Help us to glorify your name this day, from the rising of the sun to its setting; through Jesus Christ our Lord. Amen.

The Bishop Sharma Lewis Read the Bible in 2022 Challenge (One Year Bible Reading Plan)

You may find this plan on the Virginia Annual Conference website <https://vaumc.org> or pick up a copy at KUMC.

The Bible in a Year with KUMC

This plan is available at KUMC and on the church website. This plan can be started at anytime.

A Prayer of Girolamo Savonarola

Lord, we pray not for tranquility, not that our tribulations may cease;
we pray for thy spirit and thy love,
that thou grant us strength and grace to overcome adversity; through Jesus Christ. Amen.

Small Group or personal study

- What was your furthest moment from God this week?
- What was your closest moment to God this week?
- Read Hebrews 10:36 and Philippians 4:13
- Keep on Keepin' On
 1. Be committed to spiritual growth to strengthen your faith and help discern God's will for your life.
 2. Seek support from family and friends, small groups.
 3. Be disciples in the world, offer your service in big and small ways.
 4. Take care of yourself. Practice daily wellness
- Ten Priorities for your life (from Washington Post, Author Unknown)
 1. Remember the true meaning of your life: Have faith! Trust in God and His will. Don't forget your prayers and blessings to God.
 2. Bring light into someone else's life: Do something for someone – preferably without him or her knowing it.
 3. Exercise! Walk, work out, dance.
 4. Don't let bad feelings ferment. Don't go to bed without cleaning up misunderstandings with those close to you.
 5. Have breakfast and dinner with your family.
 6. Read something inspiring.
 7. Appreciate the beauty of nature.
 8. Express your gratitude to someone.
 9. Hug and kiss your family. Tell them you love them.
 10. Insist on making your contribution to the world: make a plan for tomorrow.

Spend time in silence

Prayer for others and yourself

The Lord's Prayer

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?

*Household Prayer: Evening**

We belong to you, O God; we are yours alone. Keep us faithful as you are faithful – in all things, great and small – so that when this world passes away we may be welcomed into an eternal home; through Jesus Christ our Savior. Amen.

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Thanks to Brenda Robey for sharing Keep On Keepin' On and The Ten Priorities For Your Life