

PRAY EVERY DAY October 2, 2022 Resource

*Household Prayer: Morning\**

New every morning are your mercies, dear God. As I begin this new day, make me as merciful to others as you have been to me. Strengthen me in faith so that I may trust in you with my whole heart. If any trouble overtakes me today, help me to wait and to hope in you. May the Holy Spirit help me as I both guard and give away to others the treasure of Jesus Christ, my Savior. 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.

*Small Group or personal study*

- What was your furthest moment from God this week?
- What was your closest moment to God this week?
- Read Lamentations 1:1-6 and 3:16-33
- The book of Lamentations is a book full of lament and grief at the destruction of Jerusalem and exile of Judah in 586 BCE. Each chapter is a different lament so it contains five in total. The most common form of Psalm is lament: 54 out of 150 Psalms are laments! What do you think God might be trying to say to us that the Bible is full of laments and people bringing their grief to God?
  - Bible laments are filled with tears, complaints, sorrow, anger, and loss but like in Lamentations 3 there is also a remembrance of God's faithfulness and a waiting in hope for God. Matthew Richard Schlimm notes that the Hebrew words for "waiting", "hope", and "cord" (like a rope) are very similar. He shares we "wait" in "hope" holding onto the promise of new life that God will bring in the future, like holding onto a "cord" connected to God.
  - What cause is there for lament in your life or in our world today? Read Lamentations 1:1-6 again with a current cause for lament in mind. Add your own words of lament and grief to God.
  - How have you waited in hope like having a cord anchored to God? What scripture, songs, or other practices help you hold onto God in hope? Spend some time in prayer praying words of hope from Lamentations 3:21-24 as one way to wait in hope.

*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\**

God of my homecoming, the night falls with your steadfast love watching over the world. I put my trust in you as I prepare to lie down in sleep. Thank you for the gift of the day as it has been: for glimpses of beauty; for expressions of care; for opportunities to serve. Thank you for the gifts of faith kindled and rekindled in me through the years. Thank you for those who have taught me the faith in sincerity and love. With the return of morning's light, may I rise from this resting place to live tomorrow in accord with your purpose and grace. In Jesus' name, I pray. Amen.

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