

Walking in Christ's Light
Daily Prayer Journal
July 27-August 1, 2009

*Growing our souls is a partnership with Christ.
To enable your soul's growth, use this material with Christ as your guide.*

Next Week's Sermon

Scripture: Revelation 1:8 and John 18:33-37

www.biblegateway.com/bible?passage=revelation+1:8

www.biblegateway.com/bible?passage=john+18:33-37

Theme: God's truth is untouchable

Sermon: "God's Living Truth"

Question: What is God's truth?

MONDAY 7-27-09

Read: Psalm 22:1-2 (www.biblegateway.com/bible?passage=psalm+22:1-2)

Prayer: I remember, Jesus that You prayed this prayer from the cross. Obviously, You were suffering not only physically, but spiritually as well. Thank You for legitimizing these feelings for me. I feel like I can approach God with my abandonment feelings because You did first. Thank You for the assurance that no matter how lonely I feel, God is still with me. Amen.

Journal Reflection: Every human being on the spiritual journey experiences the feelings of being abandoned by God. It is normal for God to want us to grow beyond dependent feelings and move towards an interdependent relationship with God. If you are in an abandonment place, remember Jesus! If you are still wondering about a past abandonment experience, remember Jesus! If you are headed into such an experience, hold onto Jesus with all your strength. Although you may feel abandoned, God's truth is that God is always with you no matter where you are.

Resolve: Jesus is my Rock and my model for living through the dark times.

TUESDAY 7-28-09

Read: Psalm 22:3-8 (www.biblegateway.com/bible?passage=psalm+22:3-8)

Prayer: Almighty and most Merciful God, I have a habit of comparing myself to others that I know is a defensive way I keep from facing reality. On top of that, Lord, I know I can exaggerate my problems to such an extent that I become overwhelmed and paralyzed. Lord God, when I am trapped in the midst of my negative habits bring light into my life so that I can more clearly see what is real. Give me strength each moment of each day to live in reality and not in my personal fantasies. Amen.

Journal Reflection: The Psalmist demonstrates for us common psychological defensive habits that most human employ when facing a crisis. We either globalize the issue because we are too filled with fear, guilt, or shame to face reality. Or, we compare our problem to others and then fall in the negative judgmental trap of ourselves or of others. Observe yourself and others today so that you can begin to identify these destructive, negative ways of not trusting in God. Next, choose to drop those negative mental tapes in your own life!

Resolve: I will trust in God no matter how I feel today.

WEDNESDAY 7-29-09

Read: Psalm 22: 9-18 (www.biblegateway.com/bible?passage=psalm+22:9-18)

Prayer: Holy Spirit, when I am surrounded by true enemies: Protect me! When I am filled with disease, pain, and suffering: Stand by me! When the world is dark and I cannot find the next step: Walk with me! I know that I cannot make it in this world alone, Holy Spirit. I need Your comfort, counsel, and courage. Fill me up, Holy Spirit, fill me up with and abundant measure of all three. Amen.

Journal Reflection: The valley of the shadow of death, pain, and suffering is a very real experience for every human on this planet. We live on a shadowed planet where evil is real and will attack us at every point. God is faithful and God is good. Nothing of evil is ever planned by God, but Satan will strike! Expect it.

Resolve: God is good---ALL the time!

THURSDAY 7-30-09

Read: Psalm 22:19-21 (www.biblegateway.com/bible?passage=psalm+2:19-21)

Prayer: Redeemer God, I love knowing that You are my Redeemer. When situations, relationships, or individual people fall into the mud, You will redeem them. You will clean them up! When individuals make poor choices and fail in life or love, I am so grateful to know that You never fail. You are a Redeemer. You take our failures and use them as teaching moments so that we can become more mature in our living relationship with You. Redeemer God, I love You and trust You to redeem me over and over again! Thank You! Amen.

Journal Reflection: None of us is perfect, not even you! We all fail. In fact, the ground is quite level at the foot of Christ's cross. So, we all need to be redeemed at some point or another in our lives. We all need to drop our defenses and accept the reality of God's unconditional love. Today, think of the ways you have failed yourself, others, or God in the past. With each thought thank God for accepting you even though you made a mistake. Thank God for giving you a second chance. Thank God for forgiving you and then, hardest of all, accept God's redeeming forgiveness and forgive yourself!

Resolve: I am redeemed by God! Thank God!

FRIDAY 7-31-09

Read: Psalm 22: 22-24 (www.biblegateway.com/bible?passage=psalm+22:22-24)

Prayer: Loving God, thank You for accepting my angry cries toward You. Thank You for the freedom to express anything to You. And, thank You for being willing to help me to turn my heart from negative to positive. Thank You for changing my spirit from problem orientation to opportunity solutions. Thank You, Gracious God for walking with me in the tough times and for sharing with me in the good times You are indeed good all the time! Amen.

Journal Reflection: Reread verses 1-2 of this Psalm. This musical poetry begins with anger and abandonment. Now, the same writer is going to share the good news of God's eternal love with everyone! What happened? The Psalmist was honest with his life situation. The Psalmist worked through the natural defenses and anger. The Psalmist kept an open mind for God's redemption. And, the Psalmist was ready for God to do what God would do regardless of what the writer wanted. The real truth of God is that God is present. Often we have a pre-conceived notion of God that keeps us from experiencing the real presence. Give thanks today for God's continual redeeming presence in your life.

Resolve: I will share God's good news of redeeming love today.

SATURDAY 8-1-09

Read: Psalm 22:25-31 (www.biblegateway.com/bible?passage=psalm+22:25-31)

Prayer: Almighty God, all time, all people, all material elements of the universe are under Your dominion and power. I praise You and celebrate Your creative energy in my life and in all life. I give thanks for Your presence in my life and in our world. You and You alone are God. I worship You! I praise You! I adore You! I will follow you! Amen

Journal Reflection: God is in charge of the universe. God is continuing to create our world. In fact, God is still partnering with you to create you. Are you helping God or hurting God in that process? Reflect on how you can support God's creative process in your life today. Choose today to be a God centered person!

Resolve: Create in me a clean heart, O God!