

Feeding your spirit

Having quiet time is essential but it doesn't have to be sitting with your eyes shut in a silent room. If that works for you then do it but others may find listening to music, going for a run, walking in God's creation, painting; anything that lifts your spirit to a place where you can thank God and praise Him. Start from this place looking at how good God is, being grateful and praising Him.

This is taking your thoughts away from yourself and your current situation (which could be dire) and focus' your thoughts onto God and how great He is. It is no mistake that when Jesus was asked how to pray, he began with stating who God is and then praising Him. Acknowledging God in this way takes you into His throne room and if you make this a priority every day, you will hear from God and the joy of the Lord will be yours

We feed our spirit by reading scripture; not just reading a passage, ticking the 'todays reading' box and moving on into our daily lives but allowing the word to sink in. Absorb it and allow revelation to come. This is where attempting to memorise passages from the Bible can help. The act of repeating some verses, preferably out loud, a number of times will make a difference to the atmosphere around and within you. God's word is a living thing, start to use it and you will notice a difference that will transform your experience of the Bible. If you stick with it even when your soul screams that it is dry, boring, you can't remember anything anyway so there is no point in doing it, you will see results. Ignore your soul and press on. Choose some favourite passages to start with perhaps write them on a post it note and take it with you so that you can practice in the car or in the bath, or just when you are pottering around. After a while passages will jump out at you and you will start to see areas of your life where that particular passage

What's on the inside will eventually surface to the outside. Feed your spirit, fight the flesh.

Spiritual Inspiration

makes sense and then you may find you are turning it into a prayer. When this practice was suggested to me, my heart immediately plummeted and I thought it was a complete waste of time. Nevertheless, I gave it a go and at first I saw no change but then one day as I was driving to work, I saw in my mind's eye a picture of the words sinking into my skin and having an effect similar to that of washing tablet adverts where the dirt and grime just changes to clean wherever the washing powder touches. That was a major turning point in my relationship with the Bible. I started to thirst for it and then I found when I read it that I had a new understanding and the words spoke personally to me. I love studying the Bible now but it all began with just persevering with a few dog eared post it notes.

Next time we will look at how to train your soul but in the meantime:

1. Find what lifts your spirit and make that a daily habit
2. From that place, spend some time just worshipping
3. Absorb small pieces of scripture



Prayer Focus

May 2016

Prayer chain

Remember to send any prayer requests to prayer@wbc-ashford.org.uk

The Queens Birthday

- Please pray that this will be a successful event which will reach into the heart of our community.
- Prayerfully seek God as to how He could use you to help with this event in any way.
- Pray that 'The Servant Queen' books will open up conversation that encourages people to seek a relationship with God for themselves.

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Charity Registration Number 112793

Pray for Five Friends

Praying for others to know Jesus is one of the most powerful things we can do; persistent prayer for others brings transformation to their lives.

Consistently praying for others takes discipline, and there are many ways that we can build up habits that will help us to pray for our friends and family. Choose five people you would regularly like to pray for and write their names down onto a list. If you're not sure who to pray for, ask God to guide you as you choose. Once you have settled on 5 names, commit to praying for them regularly.

You may want to use something to remind you like tying 5 knots into a piece of cord and carrying it with you or write their names on 5 stones, use the alerts in your phone, post it notes or a bookmark in your Bible; whatever works for you.

Taken from www.thykingdom.co.uk

When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

Acts 2:1-4



Personal Prayer

During this week leading to Pentecost Sunday, we would like to join other Christians around the country to pray for:

1. A revival in our churches so that we will all experience a fresh reality of the Holy Spirit in our lives equipping us to lead fully engaged Christian lives for our Lord
2. Others across the country to come to know Jesus as their own personal saviour and give their lives to Christ
3. The church to be overflowing with joy that will overflow with love and compassion into our communities.

As an aid to this, the Lord's prayer has been broken down into seven parts so that it can be used during this week as 7 daily devotionals. We hope you find it helpful.

DAY ONE

Our Father who art in Heaven

Through faith in Jesus we have the amazing privilege of becoming children of God, with a heavenly Father who is good and who welcomes us into His presence.



'We are so precious to our Heavenly Father that He will never forget us' Isaiah 49:15

Think of some people you know who don't yet know the Father's love Write their names down and make a commitment to pray for them every day

DAY TWO

Hallowed be your name

God's name is holy and we are to hold it in awe and respect. We need to come before him and worship His Holy name.

'The Lord is gracious and compassionate, slow to anger and rich in love' Psalm 145:8

Spend some time just enjoying the presence of the Father. Do whatever is most natural to you: play some worship music, go for a run, or walk enjoying the peace around you or spend some time visualising a special place

where you can meet with Jesus. Tell Him just how much you love Him.



DAY THREE

Your kingdom come, your will be done, on earth as in heaven



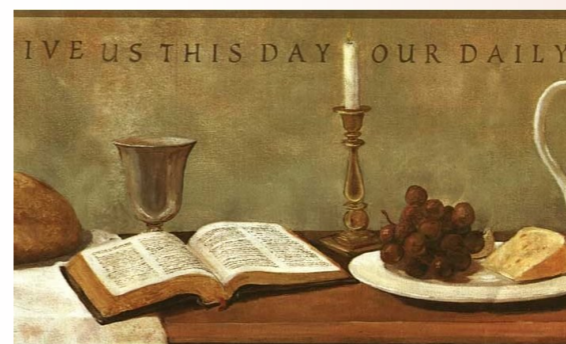
God's kingdom is established wherever people submit to His reign as King and carry out His will on earth, as it is done in heaven.

Invite the Lord to 'reign over' every part of your life:

- Your relationship with him
- Your relationships with other people
- Your ministry, time, money / resources, body.....

DAY FOUR

Give us this day our daily bread



As the Lord provided Manna in the desert on a daily basis so He has promised to provide for our needs as we bring them to Him.

- Bring your own needs to the Lord and ask Him to provide you with what you need
- Pray for someone you know who is struggling, that the Lord will meet their needs too.
- Ask the Lord to equip you to share your faith and serve Him through the power of His Holy Spirit

DAY SIX

Lead us not into temptation but deliver us from evil

Father God

- I put on the **belt of truth** around my waist. Help me to listen and act on your truth alone and not be deceived by the devil's lies.
- I put on the **breastplate of righteousness**. Thank you that because of the cross I can be righteous in your sight. Help me live my life in a way that honours you.
- I put on the **shoes of the gospel of peace**. Lord, I am willing to go anywhere you ask and do anything you ask of me.
- I stand behind the **shield of faith**, secure in the knowledge of your goodness, love and power.
- I place the **helmet of salvation** on my head. Thank you that all the riches of heaven are mine in Jesus.
- I take up the **sword of the Spirit**. Bring your word to my mind as I need it for the glory of your name.

Amen

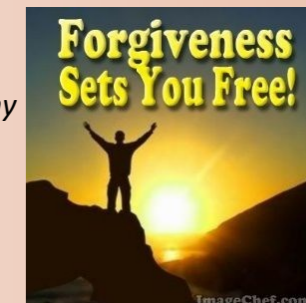


DAY FIVE

And forgive us our trespasses as we forgive those who trespass against us

Search me O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting

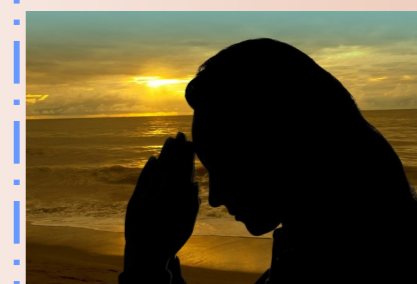
Psalm 139:23-24



- Pray the words above and allow the Lord to show you any sins that you need to confess to Him and turn away from
- Having been forgiven, ask the Lord to show you anyone who has hurt you and who you need to release forgiveness to. Choose to forgive them.

DAY SEVEN

For thine is the kingdom, the power and the glory, for ever and ever Amen.



All things Including each one of us have been created to bring God glory. For now we catch glimpses of the Lord's glory but one day it will be

different. One day we will see the Lord face to face in all of His glory, power and majesty when His kingdom is fully present

- Spend a few moments praising the Lord for the glimpses of glory that He gives us through creation, through other people and through encounters with Him.
- Write down one way you can bless someone who doesn't yet know His goodness.
- Act on what you have written
- The Lord promises that at the end of time He will reward those who have faithfully served Him. Give yourself a treat today and as you enjoy it, remember that our Father in heaven loves to bless us. Receive His blessing.