

Prescription for a Healthy Heart



LISTENING TO THE STILL SMALL VOICE (1 KINGS 19:11-12)

prayer remember scripture worship

Take a few moments every day to listen to the Lord in prayer. Let us now quiet ourselves before the Lord maker of heaven and earth, our rock and our redeemer.

Heavenly Father you delight in your beloved. Bring to mind, Lord, the time and place when you first invited us into your family. Remind us how you spoke to us then; how you spoke to our hearts at that time.

Lord you have revealed yourself to us in Scripture, all of which is God-breathed. What book would you like us to read from today? Do you have a scripture in mind for us? Could you highlight a verse that you would like us to hear now, and tell us why?

Lord God, you who inhabit the praises of your people, bring to mind a particular worship song for us today. Which lines of the lyrics would you like us to pay particular attention to? Why Lord? Speak to us through these words.

confess affirm reach out encourage

Lord Jesus we are a sinful people and continually fall short of your will for our lives. How have we grieved your heart this week? Bring this to mind. Bring to mind Lord where we now need to ask for forgiveness. Please forgive us Lord.

Heavenly Father, you are the God of "Yes!" and affirmation, how have we pleased you this week in our thoughts, words and deeds? Bring this to mind.

In this COVID-19 crisis of fear and isolation, Lord are there other people we need to connect with? Bring someone to mind that you would like us to make contact with. What words of scripture would you like us to share with them?

Is there someone who needs to hear encouragement from us Lord – a friend, a colleague from work, a family member? How might we be a blessing in their lives right now? What words of blessing would you like us to convey to them?

blessing

Now may the Risen Lord be present to us each day forward as we call out to him and listen attentively to his voice for his answer to the call on our lives. May the grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all, both now and forever more. Amen.