

# Welcome to this time of prayer and worship.

*Isaiah 56:7 These will I bring to my holy mountain and give them joy in my house of prayer... for my house will be called a house of prayer for all nations.*

Our purpose is simply to spend time adoring the Lord, enjoying His friendship and affections for us, gazing on His goodness, truth and beauty, admiring Him, responding to His love with our love, being with Him along with others who want to simply be with Him, for His sake alone, not for what we may get out of it.

We want to expand our capacity to take pleasure in simply sitting at His feet. Our lives are full of God given responsibilities of family, work, church, friends, serving. We can find it hard to take time and just "be" with God. This is a time to give back to Him – not asking anything from Him, just being with Him.

We come as Mary of Bethany in *Mark 14:2-9* to bring our devotion, to touch His heart.

We can only lead people to the place where we are in the Lord. If we want others to spend more time enjoying the Lord, we also have to develop a lifestyle where we plan this into our busy lives. Below are some things to ponder as you pray:

- Rest and relax in this truth spoken by the eternal God who never lies: *"I have loved you with an everlasting love"* *Jeremiah 31:3* The bedrock truth on which your love for God will row is His unshakeable love for you no matter how weak and failing you are.
- Enter into the Lord's joy and presence. Your Father and Heavenly Bridegroom are eager to fellowship with you in this time – let God enjoy you and teach you to enjoy Him. (*Ps 16:11*)
- Journal negative thoughts and feelings if you are struggling with this. Then ask the Holy Spirit to quicken truth from His Word to replace the lie(s) that you have written down; write that truth down and spend time meditating on it. (*John 16:13,14*)
- Invite the Holy Spirit to be with you during this time to show you Jesus and the Father. He alone knows the Father and Son and He knows you and can connect you with God in the unique way you were made to know Him and be known by Him (*John 14:25,26; 1 Cor 2:10,11*)
- There is nothing you need to "do" nor accomplish – simply open your heart to Him.
- This is a time designed to focus together on the Lord and on Scriptures that cause our attention to be riveted on Him and His splendor and goodness.
- Pray as you are lead to pray. Read scripture. Mostly listen to what He is saying in His Word. Focus on a Bible truth. *John 10:27 My sheep listen to my voice; I know them and they follow me.*
- *The Lord is a sun... PS 84:11*. Just as exposure to the sun provides heat, light, energy, so also time spent with God causes powerful things to happen in us.