

Grace *at home*

SPIRITUAL TOOLS TO DIG DEEPER

SATURDAY, APRIL 11, 2020

Guidance for your time of prayer

Use the guide below to walk you through a time of prayer, Scripture reading, reflection, and worship.

Begin your time of prayer with this scripture reading:

Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." —Matthew 11:28-30

Offer a prayer to God in your own words

Daily scripture reading:

Gospel: *John 19:38-42*

Old Testament: *Job 14:1-14* or *Lamentations 3:1-9, 19-24*

Psalm: *Psalm 31:1-4, 15-16*

New Testament: *Matthew 27:57-66*

Song

Be Still My Soul [In You I Rest] (youtu.be/mq59iE3MhXM)

*Be still, my soul, the Lord is on thy side
Bear patiently the cross of grief or pain
Leave to thy God to order and provide
In every change, He faithful will remain
Be still, my soul, thy best, thy heavenly friend
Through thorny ways leads to a joyful end
Be still, my soul, thy God doth undertake
To guide the future as He has the past
Thy hope, thy confidence, let nothing shake
All now mysterious shall be bright at last
Be still, my soul, the waves and winds still know
His voice who ruled them while He dwelt below
In You I rest, in You I found my hope
In You I trust, You never let me go
I place my life within Your hands alone
Be still, my soul
Be still, my soul, the hour is hastening on
When we shall be forever with the Lord
When disappointed grief and fear are gone
Sorrow forgot, love's purest joys restored
Be still, my soul, when change and tears are past
All safe and blessed, we shall meet at last*

*In You I rest, in You I found my hope
In You I trust, You never let me go
I place my life within Your hands alone
Be still, my soul
In You I rest, in You I found my hope
In You I trust, You never let me go
I place my life within Your hands alone
Be still, my soul
Be still, my soul
Be still, my soul*

—continued—

Listen and reflect

Try to be still and hear what God is saying to you through your prayer, Scripture reading, and worshipful listening. Perhaps write down what you hear and trust God is speaking to you.

Guidance for a personal prayer of lament

Some of us seem almost afraid to lament as Christians. We tend to think that if we love and trust in Jesus, then all our worship services, all our prayers, and even all our life should be happy and positive.

But that is not the model of Scripture or of Jesus Himself. Did you know that over a third of the Psalms are laments? These are the songs Israel used regularly in worship. And the Psalms specifically name isolation, shame, despair, danger, physical impairment, accusation and death as cause for lament. Laments are one of the ways that we can intentionally bring into God's presence parts of our lives that are in pain, trauma or are disturbing.

The biblical witness is to pour out our deepest, most raw emotions to God, but to always end in an expression of trust. A lament that doesn't end in turning our eyes toward God in hope and trust wouldn't be a lament, it would just be a grumbling, complaint session.

As you have spent time in silence, now begin to share the pains of your heart openly with God—your anxious thoughts, your frustrations, your sorrows, your grief, your remorse, your disappointment, your doubts. Feel free to let it all out; God can handle it. You may choose to write these words down...don't worry about typos and grammar, just release the words of your heart onto paper. Then bring your prayer to conclusion with a re-commitment to trust in the Lord, to turn your eyes toward Him in hope.

Close your time of prayer with the The Lord's Prayer

**Our Father, who art in heaven, hallowed be Thy name.
Thy kingdom come. Thy will be done, on earth as it is in heaven.
Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For Thine is the kingdom, and the power, and the glory, forever. Amen.**