



40 Days of Spiritual Preparation

WEEK TWO

As we move into our second week of prayer, we continue in our focus on personal renewal. How are we leaning into the Lord in all areas of our lives with the full understanding that we must first listen and respond to the work of the Holy Spirit in our own lives ahead of everything else? The Lord is prepared to revive His Church and desires to use each of us, but it begins inwardly. It begins with our willingness to confess, set aside biases, and remove barriers that prevent the clear guiding and directing of the Holy Spirit in our lives.

Tuesday, March 10th

For this week, we are going to read Psalm 103. After reading this chapter, focus back on verse 1 for this first day of prayer. What does it mean to praise the Lord with all your inmost being? Is there anything this morning that stands in the way of you reading this verse as your own declaration? First, take a moment to call out to God the things that might prevent you this morning from proclaiming praises to the Lord from your inmost being. Then, take a few moments to ask the Lord to show you how you might begin to seek a life of praise of His Name in all areas of your heart and life.

Wednesday, March 11th

Re-read all of Psalm 103 and remember the powerful words of the first verse about praising from your inmost being. Now, for today, focus on verses 2-6. Verse 2 suggests we are to remember the benefits afforded to us by the work of the Lord. Are there sins you need to confess to the One who forgives? Is there healing you need to seek whether physical, emotional, mental, or relational? Is there injustice that the Lord is seeking to restore in your life? Declare these things to the Lord. Then rejoice from your inmost being that the benefits of the Lord are to care for these prayers you just declared to Him.

Thursday, March 12th

Spend time re-reading Psalm 103 and recalling your prayers the first two days. Now, reflect on verses 8-10. The Lord is abounding in love! Isn't that amazing? How have you seen the Lord's abounding love, grace, and compassion at work in your life? Take a moment to thank the Lord for this work of love in your life. How are you reflecting this work of love, grace, and compassion in your daily attitude, posture, and relationships? Ask the Lord to fill you with His abounding love so that others might experience this same love through God's work in your life.

Friday, March 13th

Re-read all of Psalm 103. Now, read verse 13 again. The Lord's compassion is for those who fear Him. The Bible talks much about the fear of the Lord. After Saul's conversion to following Jesus, Acts 9:31 cites growth in the Church because people were "living in the fear of the Lord and encouraged by the Holy Spirit." In other words, fruitfulness is dependent upon God alone. Our role is to live in the fear of the Lord. Spend time in prayer asking the Lord to show you what this means for you today. How are you leaning on your own strength rather than on the Lord's? Are there things that you are trying to maintain control of so as to manage life according to your comforts? Commit these things to the Lord today.

Saturday, March 14th

Start this time re-reading all of Psalm 103. Now, reflect on verses 17-18. What does it mean to keep his covenant and obey his precepts as it says in verse 18? Yes, the Lord's love and compassion is abounding and we can never do enough to deserve or earn His love. However, when we follow Jesus, we are saying we covenant to walk in the ways of the Lord instead of our own. Ask God how you can better follow His ways this day. How is the Lord asking you to obey His name today? Pray for the Lord to reveal to you the step(s) He is asking you to take to follow Him today.

Sunday, March 15th

As we have done each day, re-read all of Psalm 103. Now, focus back on verses 19-22. Sometimes, we become so consumed with our pains, worries, struggles, and concerns we forget that the Lord is victorious and everything is for His glory and kingdom. How are you focused on God's kingdom everyday? What keeps you from rejoicing and praising out of the hope we have in the Lord's victory and triumph? First, confess those barriers to the Lord that keep you from that hope. Then, spend time praising His name with the knowledge that all of creation is also praising the name of the Creator.

Monday, March 16th

For our final day, take a moment to read Psalm 139 and then re-read verses 23-24 several times, making those two verses your own prayer. This week of reflection first reminds us to draw near to the Lord in our personal walk and then out of an overflow of the Holy Spirit to put our faith into action. Ask the Lord to search your heart. Don't pass up the opportunity to confess the things that need to be confessed. Then, with confidence, ask the Lord how He wants to "lead you into the way everlasting" today.

Putting Your Prayer Into Action

Find a way to start each day in praise of the Lord's abounding love. How can you remind yourself to praise the Lord from your inmost being?

Practice confession. Do you daily ask the Lord to reveal to you things that are preventing you from living fully in covenant with the Lord? Pray Psalm 139:23-24 each morning.

Ask the Lord to reveal to you ways you can live more for eternal purposes. Take one action at home, at work, in your neighborhood, or community, to benefit others and brings Kingdom blessing.