

Asheritah Ciuciu offers you a respite from your spiritual to-do list. She provides guided prayers that will focus your mind and heart on Scripture. Using a memorable acronym and daily Bible verses, this prayer devotional will guide you through worship, confession, stillness, and surrender.

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FINDING  
QUIET  
REST

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## REST FOR YOUR SOUL

*“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

### RECITE GOD’S GOODNESS

Thank You, Jesus, for Your invitation to come to You, even when I’m tired and have nothing to offer. You are gentle. You are humble. And You promise not just comfort or reassurance, but rest for my soul. Thank You.

### EXPRESS YOUR NEEDINESS

O God, I need You. So often I rush through life, collapsing at the end of the day, exhausted. You know how tired I am. Help me slow down and acknowledge the weight of my burdens. I’m worn out. I’m weary. I can’t do this on my own. I need You.

### SEEK HIS STILLNESS

*Take a few moments to become aware of God’s loving presence surrounding you this very moment. Just be still with Him.*

### TRUST HIS FAITHFULNESS

Precious Jesus, You don’t turn away anyone who comes to You. I bring my heavy burdens and lay them at Your feet. I trade all my big expectations for Your simple expectation: to love You and to love others. What a light load, for You have loved me first. So God, I trust You.

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*For Further Prayer and Study*

Exodus 33:14 • Psalm 116:7 • Jeremiah 6:16 • John 7:37 • 1 John 5:3



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## GOD IS OUR REFUGE

*“God is our refuge and strength, an ever-present help in trouble.  
Therefore we will not fear.”*

PSALM 46:1-2

### RECITE GOD’S GOODNESS

O God my Refuge,<sup>1</sup> You command the universe, yet You long for a relationship with those You created. What a privilege! Thank You that You are not removed from Your creation, but You are here with us, our refuge and strength. Always present. Always loving. Thank You, God.

### EXPRESS YOUR NEEDINESS

I confess that even though You are available, so often I don’t run to You. It’s so easy to run to my phone, to my pantry, to my preferred distraction instead of running to You. My heart is prone to wander. Draw me back to Yourself in steadfast love and devotion.

### SEEK HIS STILLNESS

*Confess what distracts you from running to God, and ask Him to give you a desire for Himself. Then sit quietly with your loving God, who desires to be your refuge and strength.*

### TRUST HIS FAITHFULNESS

Lord God, because of Your perfect love, I have nothing to fear. No matter how bad things get, I am not a slave to fear because perfect love casts out fear, and You are love. So I place before You the very things that cause my heart to tremble, and I trust You.

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*For Further Prayer and Study*

Exodus 15:7-11 • Psalms 9:9; 18:1-2; 34:4 • Lamentations 3:57-58



## RESTING IN GOD'S SALVATION

*"This is what the Sovereign LORD, the Holy One of Israel, says: 'In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.'"*

ISAIAH 30:15

### RECITE GOD'S GOODNESS

O Just and Gracious God, You welcome us not because of what we offer, but because of who You are. You are faithful, gracious, compassionate, and kind. Thank You for inviting me to turn from old habits and find rest in You.

### EXPRESS YOUR NEEDINESS

God, it's humbling to recognize how foolish I am to turn to false saviors. My heart is prone to wander, even though those places never offer the peace I seek. Forgive me for all the ways I run away. Give me *a heart that seeks hard after You*; help me return to You, rest in You, and be quiet with You.

### SEEK HIS STILLNESS

*Become mindful of God's loving presence surrounding you this very moment. Allow His peace to fill you, His love to quiet you. Be still.*

### TRUST HIS FAITHFULNESS

O God, You are the unchanging One; even when I'm fickle, You remain faithful to Your character. Thank You that You receive me whenever I come back to You. You never turn Your back on me or send me away. I trust You with everything that's on my heart today.

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*For Further Prayer and Study*

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Exodus 14:14 • Isaiah 30:15–18; 32:17 • Jeremiah 29:12–13



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## RESTING IN THE FINISHED WORK OF JESUS

*“Have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.”*

PHILIPPIANS 2:5-7

### RECITE GOD’S GOODNESS

Loving God, I praise You for Your loving obedience to the point of death on a cross. It was love that held You there. I’ve been forgiven because of Your sacrifice, but I have hope because of Your glorious resurrection. You are the victorious King, and I bow before the Lord of lords.

### EXPRESS YOUR NEEDINESS

I get caught up in daily responsibilities and worries, quick to forget the good news of who Jesus is and what He accomplished on the cross. Forgive me. Draw me back to the beauty of the gospel and Your love for me in Jesus Christ. Help me rest in the finished work of Jesus.

### SEEK HIS STILLNESS

*Ask God if there’s anything He’d like to show you about resting in the finished work of Jesus, and just be still as you listen to His voice.*

### TRUST HIS FAITHFULNESS

O Jesus, You humbled Yourself by walking dusty roads, washing dirty feet, and touching the shunned. Not only are You good, but You are powerful, Lord above all. If anyone is trustworthy with my life, my burdens, and my loved ones, it is You. I trust You.

---

*For Further Prayer and Study*

Matthew 20:26–28 • John 1:1–18 • Romans 8:3 • Hebrews 2:17



## RESTING WITH THE GOOD SHEPHERD

*“The thief comes only to steal and kill and destroy;  
I have come that they may have life, and have it to the full.”*

JOHN 10:10

### RECITE GOD’S GOODNESS

O Gentle Shepherd, You’ve come to bring life to the fullest, even in the hardships I’m facing. You are so good that You would not abandon me because of my own wandering heart, but You seek out Your lost sheep, remaining faithful and steadfast, gently shepherding me and leading me into green pastures.

### EXPRESS YOUR NEEDINESS

Like a silly sheep, I search for greener pastures only to stumble upon poisonous distractions. Forgive me for running to all the wrong places, secretly believing that *something else* will comfort my heart. In Your kindness, turn my heart toward You alone so that I will again discover that You are enough.

### SEEK HIS STILLNESS

*In the next few moments, confess how you wander, and ask God to help you stay close to the Good Shepherd. Then allow His peace to fill you, His love to surround you.*

### TRUST HIS FAITHFULNESS

Lord Jesus, You are my Good Shepherd. A hired shepherd would run away from danger, but not You. When the enemy of our souls came against us with sin and death and destruction, You ran headlong into that threat, laying down Your own life for us. God, I can trust You. I trust that You are faithful.

---

*For Further Prayer and Study*

Psalm 65:11 • John 3:14–21 • Romans 5:17



## RESTING IN GOD'S SOVEREIGNTY

*"LORD Almighty, the God of Israel, enthroned between the cherubim,  
you alone are God over all the kingdoms of the earth."*

ISAIAH 37:16

### RECITE GOD'S GOODNESS

King of the Universe, You reign over the whole world. You made us; we are Your people. Our distress does not go unnoticed, rather, You bend low from on high to hear our desperate cries. I praise You for caring enough to listen when we cry out to You.

### EXPRESS YOUR NEEDINESS

Lord God, so often I act as if I rule my life. But crises reveal that I'm not really in control—You are. Forgive me for pride, for giving other things more influence in my life than You. Help me fix my eyes on You and give You the honor and respect You deserve.

### SEEK HIS STILLNESS

*Imagine bringing your burdens and placing them into God's loving hands. See Him holding them, relieving you of their weight. Be still with Him.*

### TRUST HIS FAITHFULNESS

O Lord, You are not an idol made of wood or stone that can be burned or lost or stolen. You are the one true God, my Creator, who made humanity and breathed life into us. You are the covenant-keeper who keeps His promises and is always faithful. So I trust You with all the worries that have weighed heavy on my heart.

---

*For Further Prayer and Study*

Deuteronomy 10:12–22 • Psalm 34:17 • Daniel 4:34–35



## RESTING IN THE SPIRIT'S INTERCESSION

*"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."*

ROMANS 8:26

### RECITE GOD'S GOODNESS

Heavenly Father, what a gift You've given us—filling us with Your own Spirit! Not just indwelling me, but also interceding for me. When I don't know what to say, You still welcome me to come. When I have no words, Your Spirit searches my heart and prays on my behalf. Thank You, Father, for that incredible gift!

### EXPRESS YOUR NEEDINESS

My prayers feel weak, Lord. So often I don't know what to say, so I just skip prayer altogether. Forgive me for measuring effectiveness by how eloquent my prayers are. Teach me to pray, just as You taught Your disciples, Jesus. And teach me how to be still, allowing Your Spirit to speak on my behalf.

### SEEK HIS STILLNESS

*Be still before God, becoming aware of His Spirit's prayers on your behalf. Don't rush to fill the silence. Just be with your heavenly Father.*

### TRUST HIS FAITHFULNESS

Lord God, You don't need me or my prayers, but still You invite me to keep coming back to You. Thank You for listening to me on my good days and bad. Even now Your Spirit is bringing You my prayers, and You hear me. Thank You for growing me in conversation with You.

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*For Further Prayer and Study*

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Zechariah 12:10 • John 14:16 • Romans 8:15–16 • Ephesians 2:18; 6:18 • Hebrews 7:25



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## RESTING IN GOD'S POWER

*“He got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’  
Then the wind died down and it was completely calm.”*

MARK 4:39

### RECITE GOD'S GOODNESS

Sovereign Lord who commands the winds and the waves, You created everything, and every molecule in the world must obey Your Word. Jesus, You are Lord over all, and You will reign forever and ever, seated at the Father's own right hand. I praise You!

### EXPRESS YOUR NEEDINESS

Lord God, like the disciples in the boat, I also struggle with fear and faithlessness. And when I shift my gaze from You and stare at the storm around me, I sink into despair. I need You. Help me fix my eyes on You. I believe in You, Jesus! Help my unbelief.

### SEEK HIS STILLNESS

*Just as Jesus slept in the storm-tossed boat, without a concern in the world, so now rest in God's presence. Listen to Him speak peace over your life just as He spoke it over the waves.*

### TRUST HIS FAITHFULNESS

I place into Your hands those things that are heavy on my heart, Lord. You have always been faithful, and You will continue to be faithful in my life. I receive Your peace that passes understanding. I trust Your loving care and Your power to work all things for good.

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*For Further Prayer and Study*

Matthew 17:20 • Mark 9:24 • Hebrews 11:1, 6



## RESTING IN JESUS' LOVE

*“As the Father has loved me, so have I loved you. Now remain in my love.”*

JOHN 15:9

### RECITE GOD'S GOODNESS

Precious Redeemer, even when we were Your enemy, You loved us. You perfectly kept the Father's commands and perfectly remained in His love, and then placed Your Spirit within us so that we may remain in Your love. I praise You for the privilege of being found in Your love.

### EXPRESS YOUR NEEDINESS

O Jesus, open the eyes of my heart to grasp the enormity of Your love in me, so that it overflows toward my family, friends, and coworkers. On my own, I cannot muster enough love for those difficult and hurtful people in my life. Show me how to love them by remaining in Your love.

### SEEK HIS STILLNESS

*Allow God to show you a glimpse of His overwhelming, unending, all-encompassing love that He offers you in Christ Jesus. Let Him quiet you with His love.*

### TRUST HIS FAITHFULNESS

Lord Jesus, You spoke these words before going to the cross, yet assured Your disciples that their mourning would soon turn to rejoicing. And now, as I await Your return, I rejoice in Your love, assured that soon I'll see You face-to-face. You've kept every promise You've ever made, so I can trust You.

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*For Further Prayer and Study*

Zephaniah 3:17 • Hosea 14:4 • John 14:15–21; 15:9–13; 17:20–26 • Philippians 3:10–14



## RESTING IN JESUS' REIGN

*"The Son is the image of the invisible God, the firstborn over all creation. . . . He is before all things, and in him all things hold together."*

COLOSSIANS 1:15, 17

### RECITE GOD'S GOODNESS

King Jesus, You rule over every molecule in the universe, and in You everything holds together. Nothing escapes Your dominion because You created all things, You reign over all things, and You will renew all things.

### EXPRESS YOUR NEEDINESS

You have created me to delight in You, yet so often I'm self-absorbed, consumed with my own worries. Thank You for this gentle reminder to take my gaze off myself and fix my sight on You. I humble myself before Your greatness, comforted by Your reign. Help me find rest for my soul in You alone, for You rule sovereign over all!

### SEEK HIS STILLNESS

*Take a few moments to become aware of God's presence right where you are—His love enveloping you; His sovereignty ruling over you; and His goodness following you all the days of your life.*

### TRUST HIS FAITHFULNESS

You are the One I can depend on. You've never slipped from Your throne; there has never been a threat to Your reign. Even the forces of hell cannot stand against You and Your church. Your purposes will prevail. So I bring my burdens and lay them before you, trusting that You are faithful.

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*For Further Prayer and Study*

Isaiah 26:3 • John 1:1–18 • Romans 11:33–36 • 1 Corinthians 1:9 • 2 Corinthians 1:19;  
Colossians 1:15–17



## RESTING IN THE ASSURANCE OF A BEAUTIFUL FUTURE

*“I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband.”*

REVELATION 21:2

### RECITE GOD’S GOODNESS

O Lord God who inhabits eternity, my soul comes alive with the hope of what is to come! In Your kindness, You don’t discard the broken and bruised, but You make all things new. I praise You for promising to dwell with us in all Your marvelous glory, when we will gaze upon Your beauty and see you face-to-face. What a glorious day that will be!

### EXPRESS YOUR NEEDINESS

Lord God, how easily I forget the reality that I’m living in—this moment of Your union with Your people. Would you cause me to long for You with all the longing of a bride on the eve of her wedding day? I want to want You with all my heart.

### SEEK HIS STILLNESS

*Try to picture God wiping every tear, annihilating death and sickness, and receiving the water of life from Jesus Himself. Be still before God, and allow His loving presence to fill your heart.*

### TRUST HIS FAITHFULNESS

What a beautiful picture of the fulfillment of Your promise from Genesis 3:15! There is no doubt about it: You will keep Your promise to dwell with us again because You are faithful and true. I trust You.

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*For Further Prayer and Study*

Isaiah 35 • Zechariah 2:10–13 • 2 Corinthians 5:17; 6:16 • Revelation 21:3–7



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## RETURNING TO REST

*“Return to your rest, my soul, for the LORD has been good to you.”*

PSALM 116:7

### RECITE GOD’S GOODNESS

O Giver of every good and perfect gift—even the ability to rest my body and my soul comes from You. Only You offer the protection and safety I need. In You alone can I rest securely.

### EXPRESS YOUR NEEDINESS

To be honest, my soul does not rest in Your goodness as it should. I’m either hustling from one project to the next, or I’m numbing my exhaustion with entertainment and distractions. My heart is restless; help me find my rest in You, Lord. Let me become so aware of Your goodness that my soul finally sighs with relief.

### SEEK HIS STILLNESS

*If you’re able, lie flat on your back and take a few deep breaths as your whole body quiets down. Imagine resting in the goodness of God. There’s nothing you need to do or say—just rest in the assurance that your heavenly Father holds you securely in His loving embrace.*

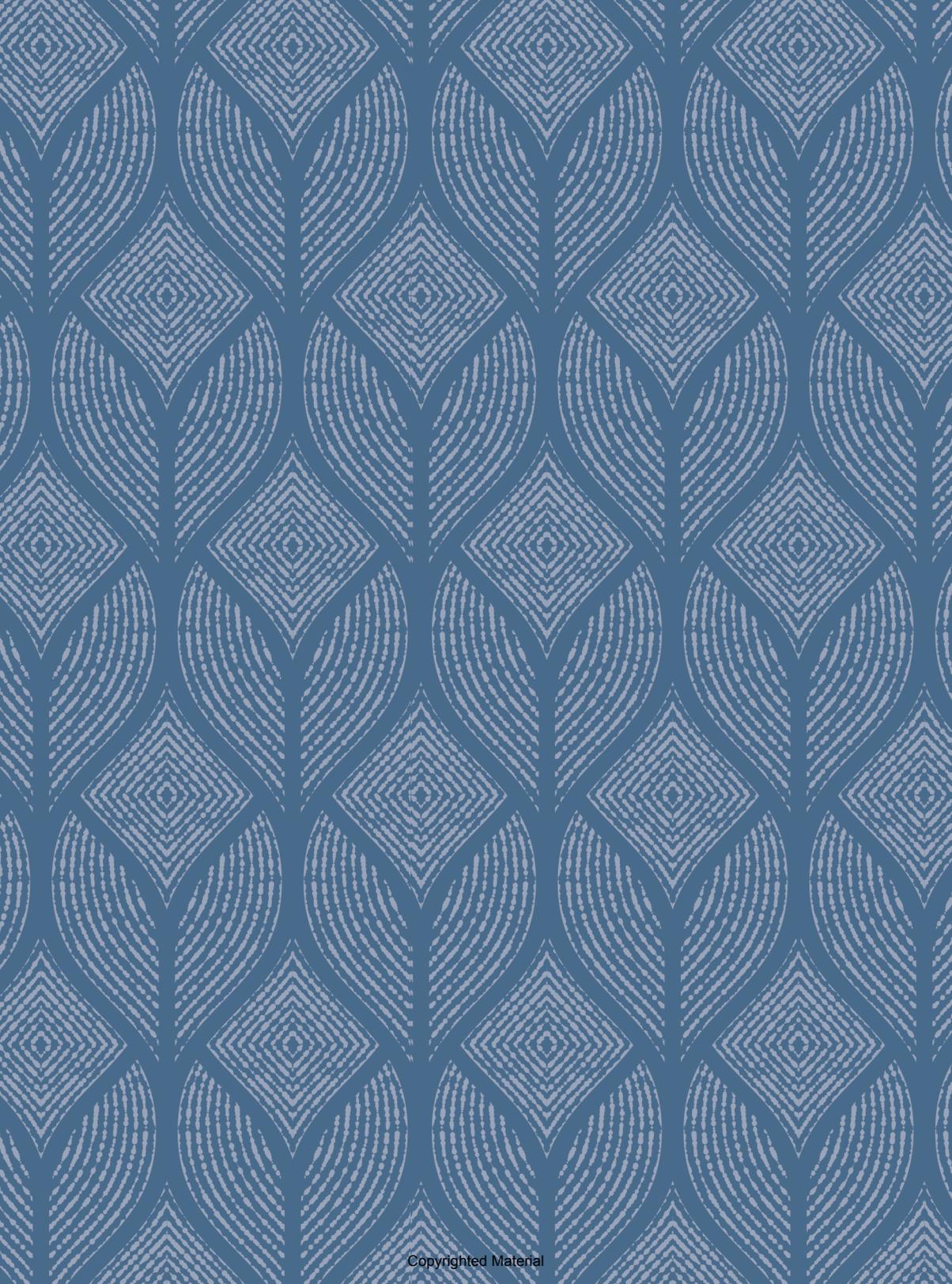
### TRUST HIS FAITHFULNESS

God, You are the One I can fully rely on. My soul finds rest in You alone. May Your goodness and mercy follow me all the days of my life, so that I may rest securely in Your presence as long as I live.

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*For Further Prayer and Study*

Psalms 23:2, 6; 62:1 • Isaiah 30:15 • Matthew 11:28–30 • Colossians 1:15–17





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PRAYING  
LIKE  
JESUS

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## TEACH US TO PRAY

*“One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, ‘Lord, teach us to pray, just as John taught his disciples.’”*

LUKE 11:1

### RECITE GOD’S GOODNESS

O Jesus my Teacher, there’s no request too big or too small for You. Thank You that I can be honest about my weaknesses and insecurities, and You welcome me with open arms. Thank You for opening the way to the Father. You are my Savior, my teacher, and my friend. I praise You!

### EXPRESS YOUR NEEDINESS

Lord, I confess that I still have so much to learn when it comes to prayer. Help me adopt the posture of a student, humble and willing to receive Your instruction. I want to prioritize prayer in my life—that conversation with You would be my source of power, energy, and sustenance. Would you lead me in this?

### SEEK HIS STILLNESS

*Take a few moments to quiet your heart in God’s loving presence surrounding you this very moment. Just be still with Him.*

### TRUST HIS FAITHFULNESS

Precious Jesus, just as You taught Your disciples how to pray, I trust that You will teach me and grow me in my prayer life. I can’t wait to see how You will work in the days and weeks to come!

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*For Further Prayer and Study*

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Luke 10:42; 11:1–13 • John 14:26 • Romans 8:26–27



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## HOLY FATHER IN HEAVEN

*“This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name.’”*

MATTHEW 6:9

### RECITE GOD’S GOODNESS

Precious heavenly Father, what a gift You’ve given us to be called children of God! Thank You that I don’t have to fear when I approach You. Your name is a strong tower; I run to You and find safety. You are a patient, loving, and compassionate Father, and You welcome us to come to You as trusting children. I praise You!

### EXPRESS YOUR NEEDINESS

I confess that most times when I pray, I’m more concerned about my own agenda and wants for the day than I am with Your name and Your glory. Forgive me, Father. Help me become so consumed with You that Your concerns become my own.

### SEEK HIS STILLNESS

*Take a few moments to be still with Your heavenly Father. Is there anything He wants to say to you?*

### TRUST HIS FAITHFULNESS

Your name is holy, Father God, and all the earth is filled with Your glory. One day every knee will bow in humble worship of Your name, and I humble myself before You now. I set You apart as holy in my heart and worthy of all honor and adoration. You are trustworthy and true, and I worship You!

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*For Further Prayer and Study*

Proverbs 18:10 • Matthew 7:11; 23:9 • 1 Peter 1:17 • 1 John 3:1



## GOD'S KINGDOM ON EARTH

*"Your kingdom come, your will be done, on earth as it is in heaven."*

MATTHEW 6:10

### RECITE GOD'S GOODNESS

You are the King enthroned in heaven and reigning on earth. Nothing escapes Your notice; nothing is outside the realm of Your domain. Thank You, heavenly Father, for welcoming me into Your kingdom and inviting me to partner with You in Your work.

### EXPRESS YOUR NEEDINESS

Lord Jesus, Your priority was to do the Father's will, but I confess that's not always the thrust of my prayers. Forgive me for being self-centered and self-seeking. Help me sacrifice my own wants for the sake of Your kingdom and Your work here on earth. You are enough.

### SEEK HIS STILLNESS

*How is God working in Your life these days? Take a few moments to quietly consider His kingdom expanding in you and around you, and be still with your heavenly Father.*

### TRUST HIS FAITHFULNESS

Father, Your kingdom is coming on this earth, and You've invited us to participate in Your glorious work here and now. Thank You for using imperfect people like me to accomplish Your plans. I am Yours. And You are mine. I trust You, God.

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*For Further Prayer and Study*

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John 6:38 • Matthew 4:17; 16:28; 26:39–42 • Acts 21:14



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## DAILY DEPENDENCE ON GOD

*“Give us today our daily bread.”*

MATTHEW 6:11

### RECITE GOD’S GOODNESS

Gracious and Generous Father, You have made us for Yourself, and our satisfaction is found in You alone. I praise You for generously providing everything we need. Morning by morning You meet me in this place of prayer and give me more than enough. I worship You.

### EXPRESS YOUR NEEDINESS

In Your wisdom, You require us to come to You daily, but I confess I’d rather load up once for the whole week. Give me a hunger for You each day. Help me live in daily dependence on You, and cling to You as the source of every desire and the fulfillment of every need. I need You, and You are enough.

### SEEK HIS STILLNESS

*In what areas of your life do feel desperate need? Take a few moments to recognize God’s generosity toward you, and rest in His loving presence right now.*

### TRUST HIS FAITHFULNESS

When I start to worry, help me actively trust You instead and discover more of Your radical generosity. No good thing do You withhold from those whose hearts trust in You. I trust You to give me all I need and more—abundantly more than I could ask for or imagine.

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*For Further Prayer and Study*

Deuteronomy 8:2–5 • Exodus 16:16–35 • Psalm 56:3–11 • Matthew 6:34



## FORGIVEN TO FORGIVE

*“And forgive us our debts, as we also have forgiven our debtors.”*

MATTHEW 6:12

### RECITE GOD’S GOODNESS

Merciful God, I praise You for forgiving my sins in Jesus Christ. You’ve cast them into the sea of forgetfulness, never to remind me of them again. How good You are, to not hold the sins of my youth against me. You wash me clean, and because of Jesus I stand righteous before You. I worship You!

### EXPRESS YOUR NEEDINESS

I confess that I still struggle with holding grudges against those who wrong me. Even though I feel like some people don’t deserve my forgiveness, the truth is that I don’t deserve Yours either. Forgive me for being slow to forgive when You’ve forgiven me so much. Make me quick to forgive and seek restoration.

### SEEK HIS STILLNESS

*Bask in the blessed assurance that your sins are forgiven and all your iniquities are atoned for in Christ. Now, who is God calling you to forgive?*

### TRUST HIS FAITHFULNESS

You’ve said that the one who is forgiven much loves much. Help me become more aware of how great my sin was before You, and how much greater Your forgiveness is in Christ Jesus. Help me love and forgive as You have first loved and forgiven me.

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*For Further Prayer and Study*

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Exodus 34:7 • Psalms 32:1; 130:4 • Matthew 9:2 • 1 John 1:7–10; 4:11



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## DELIVERED FROM EVIL

*“And lead us not into temptation, but deliver us from the evil one.”*

MATTHEW 6:13

### RECITE GOD’S GOODNESS

Near-to-my-heart God, I don’t have to face anything alone, because You are always with me, Your very Spirit my Guide through tricky moments. Thank You for generously providing everything I need right when I need it. You have been so good to me!

### EXPRESS YOUR NEEDINESS

Just as Jesus responded to temptation with the Sword of the Spirit, help me also fight off the enemy with Your Word. Help me resist the devil with the truth of Scripture. I need Your help to memorize Your Word so that I’m prepared to respond when I face temptation.

### SEEK HIS STILLNESS

*Reflect on the temptations you faced in the past 24 hours. How was He present with you in those moments? Where was God providing a path of escape? Be still before God, and confess any sin He brings to mind, resting in His loving forgiveness.*

### TRUST HIS FAITHFULNESS

Heavenly Father, You are so faithful to always provide a way of escape out of any temptation. Give me eyes to see Your deliverance, and make my feet quick to run in the path of Your commands. You have always rescued those who cry to You, and I trust You to rescue me today too.

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*For Further Prayer and Study*

Psalm 119:32 • 1 Corinthians 10:13 • Ephesians 6:10–20 • James 4:6–8



## WITHDRAWING TO PRAY

*“But Jesus often withdrew to lonely places and prayed.”*

LUKE 5:16

### RECITE GOD’S GOODNESS

O God, how good You are to have preserved these details about Jesus’ prayer life, that we may learn to imitate Him. Thank You for making Yourself available to Your children anytime and anywhere. Because of Jesus, we can boldly come before You whether assembled with others or by ourselves. You are so good to welcome us into Your presence!

### EXPRESS YOUR NEEDINESS

As I consider Jesus’ habit of withdrawing to pray, I realize how rarely I do this in my own life. I’m more likely to withdraw to check my phone or sneak a snack than to seek Your face. Help me get alone with You, God, not as my last resort but as my highest priority.

### SEEK HIS STILLNESS

*What are those places and times in your daily routine that you can get away with God? Even just for a few moments? Picture God already there, waiting for you. And in this moment, rest in His presence surrounding you and filling you.*

### TRUST HIS FAITHFULNESS

Lord, even though it feels nearly impossible to slow down my busy pace of life, You can help me do it. Show me how I can fold quiet breaks with You into my daily rhythm. Help me recognize opportunities for white space and get alone with You. I trust You alone.

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*For Further Prayer and Study*

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Matthew 14:23 • Mark 1:35 • Ephesians 6:18–20 • 1 Thessalonians 5:16–18



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## MORNING WHISPERS

*“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”*

MARK 1:35

### RECITE GOD’S GOODNESS

O Living God, You’re never asleep, never unavailable. Your mercies are new every morning, and Your faithfulness is so great! Thank You for always welcoming me, for awakening me each day with Your tender mercies. You are a good, good Father, and I love You!

### EXPRESS YOUR NEEDINESS

I confess that most days I’d rather sleep longer than sacrifice a few minutes to get alone with You. *Change my heart, God! Make me long for Your presence* so much that I create bedtime and morning routines that enable me to seek Your face first thing in the morning.

### SEEK HIS STILLNESS

*Take a few moments to become aware of God’s loving presence surrounding you—from the moment you opened your eyes to this very second. How is He calling you to experience more of His love?*

### TRUST HIS FAITHFULNESS

Lord God, You welcome me morning, afternoon, and evening, but there’s something special about exchanging morning whispers with You. I want to seek You in Your Word before I interact with the world, so I surrender my daily schedule to You. Remove whatever keeps me from seeking You first, and make me long for more of You.

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*For Further Prayer and Study*

Psalms 5:3; 84:1–2; 90:14; 121; 143:8 • Lamentations 3:22–23



## PLEASED TO REVEAL

*“I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.”*

MATTHEW 11:25-26

### RECITE GOD’S GOODNESS

Lord of Heaven and Earth, You reveal Yourself to those the world considers unimportant. How I praise You! You show Yourself to those who seek You with their whole hearts, and You are pleased to uncover the hidden things to those whose hearts are devoted to You. How generous You are, Lord!

### EXPRESS YOUR NEEDINESS

Forgive me for thinking too highly of myself, considering myself wise and learned, which ironically stands in the way of deeper communion with You. Help me take the posture of a child, eager to learn new things. I want to know You more.

### SEEK HIS STILLNESS

*Ponder the truth that God delights in revealing Himself to those who seek Him. What does this say about God? And is there anything that He wants to say to you?*

### TRUST HIS FAITHFULNESS

O Lord, You are all I want, all I really long for. My heart rejoices in You, and I trust in Your holy name! Thank You for welcoming me to receive the abundant delights of Your presence. Spread Your faithful love over me because I trust in You.

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*For Further Prayer and Study*

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Psalms 33:21; 36:7-10 • 1 Corinthians 3:2 • Hebrews 5:12-14 • 1 Peter 2:2



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## YOUR WILL BE DONE

*“My Father, if this cannot pass unless I drink it, your will be done.”*

MATTHEW 26:42

### RECITE GOD'S GOODNESS

Father God, I praise You for being perfect in all Your ways. Even when I don't understand You, I can trust You because You are good. When I walk through dark valleys and fiery trials, still Your presence never leaves me. I worship You!

### EXPRESS YOUR NEEDINESS

I'm comforted that even Jesus asked for the cup of suffering to pass from Him. Because honestly, there are lots of situations in my own life I'd rather not endure. But as I face these hardships, help me say with Jesus: “Your will be done.” May I long for Your will more than I desire my own comfort.

### SEEK HIS STILLNESS

*Make your requests known to God, big and small, and cast all your worries on Him. Then rest in His presence, knowing that He will do what is best.*

### TRUST HIS FAITHFULNESS

Thank You, Father, that I can always trust You to do the right thing, even if it's different from what I'm praying for. You see the world far broader than I see it—all the intricacies and ramifications of decisions that I could never foretell. I trust You to do what is right in every situation in my life and work it out for my good and Your glory.

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*For Further Prayer and Study*

Matthew 6:10; 26:39–43 • John 6:38 • Hebrews 5:7



## ONE WITH GOD AND ONE ANOTHER

*“I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you.”*

JOHN 17:20-21

### RECITE GOD’S GOODNESS

Precious Jesus, how kind of You to pray for me! Before I knew You, before I was even born, You were interceding before the Father on my behalf. I praise You for Your lovingkindness, and Your desire to be in me and I in You.

### EXPRESS YOUR NEEDINESS

Help me value unity with other believers as much as You do. It’s easy to get consumed with my personal relationship with You, forgetting that You’ve called me to be part of a larger community, all belonging to You. So I join myself to Jesus in praying: make us one.

### SEEK HIS STILLNESS

*Picture Jesus on the night He was betrayed, praying for you. And of all things He could pray for, He prays for your unity with God and with fellow believers. What does that say about Him? And what is He trying to say to you?*

### TRUST HIS FAITHFULNESS

On our own, we are selfish and self-destructive. Only You can accomplish this work of unity among us. So I trust You, Lord, to make us one with You and one another. May we persevere in Your love to the very end.

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*For Further Prayer and Study*

2 Corinthians 13:11 • Philippians 2:1-4 • Ephesians 4:5-6



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## BEING WITH JESUS

*“Father, I want those you have given me to be with me where I am.”*

JOHN 17:24

### RECITE GOD’S GOODNESS

O Jesus, Your great love overwhelms me. On this last night, facing betrayal, torture, and execution, You prayed for *me*. You longed for all Your children to be with You. That’s why You faced down the cross, desiring to spend eternity with us. How great is Your love!

### EXPRESS YOUR NEEDINESS

It seems that You long to be with me even more than I long to be with You. Such love is beyond my comprehension. Stir in me a deeper love for You, a greater desire to be with You, not just someday in eternity, but here and now while I await Your return.

### SEEK HIS STILLNESS

*Quiet your heart and your mind as you to become aware of Jesus’ loving presence with you right now through His indwelling Spirit. Just be with Him. Let His great love settle into your soul.*

### TRUST HIS FAITHFULNESS

In Your faithful love, You’ve gone to prepare a place for us to be with You forever, yet You’ve left Your Spirit to fill us. Lord Jesus, even though I’ve never seen You, my heart knows You and loves You. And I can’t wait for the day I finally get to see You face-to-face!

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*For Further Prayer and Study*

John 1:18; 14:1–3, 18–21; 16:12–15 • 2 Timothy 2:11–12

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