

Week 6 - A New Outpouring

Day 39

Read: John 17

What Jesus is doing here is praying prayers of supplication. Supplication simply means "requests". Philippians 4 says not to be anxious about anything, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.

Sometimes our mind can swirl. Round and round it goes, in a pattern of anxiety and stress. Supplication is a discipline that names what it is we actually want from God. There's power in naming a thing, in acknowledging it. It brings self awareness, rather than the undisciplined swirling spiral. Today, let's acknowledge in honesty and supplication, what it is we actually want from God.

Prayer: Adoration. Don't move on until you have truly ascribed greatness to our God, the rock.

Confession. Humble yourself under the mighty hand of God. Let Him know that you are aware of your shortcomings. Boldly approach the throne of grace and receive mercy in this, your time of need.

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Thanksgiving. Start with macro, and work your way into micro, as per yesterday. Pick at least one thing from each category to thank God for.

Supplication. Again, start with macro. Ask God for something concerning creation. Now the issues of the world that you are aware of. Our nation. Our region. Our town. Your work. Our church. Your household. Your family. Yourself. Pour them out before God. Leave nothing out. You aren't being selfish; you are acknowledging God as the source of your provision.