

Week 6 - A New Outpouring

Day 37

Read: Nehemiah 9

Israel's scriptures are filled with an assembly called to humble themselves before the Lord. 2 Chronicles 6 and 7 are instructions at the opening of the temple, and include instructions for the nation to repent of sin, to humble themselves before the Lord, and pray. Fasting is an act of humility before the Lord, and many times individuals, families and nations would fast, repent and pray before the Lord. (e.g. the Ninevites, the exiles with Queen Esther, David when he had committed adultery).

Yesterday we looked at Adoration, ascribing greatness to our God. Exalting Him and giving Him praise. Today, let's firstly adore Him, and then confess to Him, humbling ourselves in repentance.

Prayer: Spend some time in adoration. Give Him the praise and honour due to His name. You might like to praise Him for: the awe of creation, His justice, His sustaining grace in your life, His unfailing love, His mercy.

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Now, come to a posture of humility. You might like to kneel, or lie face down on the floor, to physically represent the attitude of your heart. First pray "I humble myself under Your mighty hand". Now, give to Him the things you need to confess. Sexual sin, including lust, pornography, and acts you may have undertaken; gossip; envy; malice; pride; doubt; hatred; unforgiveness...ask the Holy Spirit to prompt you in what you need to confess.

Thank Him for providing a way to Him through Jesus, that you can now boldly approach the throne of grace, and that right now, you have found mercy in your time of need.