

Day 1 - January 16, 2022

Theme of the Week - Interacting With The Holy Spirit

Daily Theme - Be Still

Scripture - Psalm 46:8-11

As a child, I was often on the receiving end of a parental stare that communicated my behaviour needed to change. I may have been whispering to someone, when I was expected to be quiet. I could have been unknowingly kicking my feet back and forth, making noise that was distracting. I was known to reflect sunbeams off my watch, to the back of the head of the person in front me. My infractions were many but the message from mom or dad was the same, sit still and listen! Most of the time, that stare was all it took.

We are encouraged to 'be still' in Psalm 46:10, and there is great benefit to taking time from our day to meditate on the words of the Bible and listen for the Holy Spirit. But this Psalm means so much more when you read the entire chapter (I encourage you to do so). This is more of a wake-up call to be in awe at the power of God because it was written in a time of conflict and the Psalmist instructs the reader to understand the power and control of God during these times.

The Psalms are written to God's people and the idea here in Psalm 46:10 is to 'stop fearing' and know your God! We may be tempted to zero in on the 'be still' part and forget to 'stop fearing'. I believe we are able to do both, 'stop fearing' in the the midst of our world and 'be still' and listen to what God would have us do in partnership with Him. When we are in a state of fear, it's difficult for us to listen to 'reason and next steps' that our inner circle may give us and It may be even tougher to hear the instruction of Holy Spirit.

As we begin this week of listening to the Holy Spirit, know that fear can get in the way of that. Be still, stop fearing, and know that God is aware of all and He is in control. Stop fearing the cultural crumble around us and start focusing on God's power and see how we can partner in building it back up.

Themes To Pray About

- Identify some fears in your life and give them to God today
- Recall some God-moments in your life, be in awe of them and thank Him for His intervention
- Ask the Lord to remove the barriers that cause you to not Be Still and not Stop Fearing

A Prayer For Us All

Heavenly Father, I know that you are God. I ask that you give me a clear mind. Give me the ability to truly observe everything around me. Still my heart so I can see your creation. Open my eyes to see how you work through events, through people, and through creation to move the gospel forward. Let me praise you above everything else. Amen.

Heart Question

- What does your life look like when fear is a constant presence? Will you truly consider faithfully praying over that?

Additional Resources

- <https://www.compassionuk.org/blogs/be-still-and-know-that-i-am-god/>

Journal

Day 2 - January 17, 2022

Theme of the Week - Interacting With The Holy Spirit

Daily Theme - Ask God...and Listen

Scripture - Jeremiah 33.3

Before phones had memories with speed-dialling, we were forced to memorize phone numbers or pull out a four inch book and look those numbers up. You likely still remember the numbers that you called most often from days-gone-by. Calling out to God doesn't require a number, but if it did you should remember JER333 (Jeremiah 33.3). Today, let's simply break this verse down to be reminded of what is available to us.

First - "Call to me..."

Simply amazing, isn't it? The Lord God knows you and He desires to hear from you! And there is no busy signal because JER333 tell us...

Second - "...and I will answer you..."

That call will be picked up. It may have to ring for a while but it will be picked up in His timing. As we seek Him, praying for truth (and that truth may not match the answer we think is best), we have the joy of being in His presence and having our faith built up. Scripture gives us the fact that as we call Him to seek truth, He shares with us...

Third - "...and tell you great and unsearchable things..."

God's ways are revealed, His wisdom is shared, our path ahead is illuminated. Listen to Paul's words in Romans 11:33, "The depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out!"

And fourth - "...you do not know."

As we mature, as we study God's Word, as we seek Him, then we should discover that there are many things we just don't know. Instead of being frustrated, we need to realize that the only thing to do is, 'totally surrender to Him.' He calls us to trust Him and to wait expectantly for Him to tell us the most amazing things that we don't yet know or even comprehend.

Themes to pray over

- Praise God for the promise of answering us
- Praise God that He will reveal His truth to you
- Pray that you will have a teachable spirit

A prayer for us all

Heavenly Father, thank You that You are a good and faithful God Whose Word stand fast for ever and ever. Thank You that You are a listening God Who hears the calls and cries of Your people, and thank You for the many precious promises that will never fail - because You are faithful and true to Your Word. It is wonderful to know that faithful people of God, like Jeremiah, were prepared to endure mocking, loneliness, imprisonment, and rejection, so we might have the holy Scriptures which guide us into all truth. I cry out to You to open my ears for Your voice, to know how to best serve You. Praise Your holy name, AMEN.

Heart Question

- What do you feel gets in the way of you hearing the answers of God?

Journal

Day 3 - January 18, 2022

Theme of the Week - Interacting With The Holy Spirit

Daily theme - The Holy Spirit Will Tell You

Scripture - John 16:12-14 (Key verse 13).

One of my favourite experiences was spending a school year interning with a professor in seminary. As I followed in his footsteps that year, I had no idea the places I would end up or what I would learn. By shadowing him in classes, meetings, conferences and travelling across the United States, I was able to observe, pick his brain and glean wisdom. The key in the midst of all that was simply spending time alone with him and it didn't take long until I could predict how he would react or what his words would be in various situations.

As we press on in the 100 Days of Prayer, we are focusing this week on the importance of hearing the Holy Spirit. One of the keys of 'listening to the Spirit' is spending time with Him and getting to know His personality. We realize He has a voice and His leadership resonates in a certain way in our lives. There are 2 keys to experiencing this; 1- One-on-one time with the Holy Spirit, don't wait until a corporate gathering of church, 2- have your Bible right with you as well. It's vital to know that the Holy Spirit and the Bible mesh together perfectly, neither will contradict the other.

Is the Holy Spirit leading you to something (or away from something)? Then take the time to search to see what the Bible says about that. This isn't an aspect of one hand not knowing what the other hand is doing. Seek the confirmation and you'll begin to cement how the Holy Spirit's leadership and voice sounds in your life.

Themes to pray

- Thank God for the tour guide (Holy Spirit) and atlas (Bible) in your life
- Pray for a continued passion to spend 1-on-1 time with Him
- Continue praying for a spirit of submission in your life

A prayer for us all

Heavenly Father, thank You for the gift of the indwelling Holy Spirit. I pray that I may have ears that are spiritually attuned to hear His voice.. eyes that are willing to see spiritual truths.. a heart that is submitted to His guidance and correction and a teachable spirit - so that in His grace I may be guided into all truth. This I ask in Jesus name, AMEN.

Heart Question

- Be honest...do you have the Bible with you when you pray? Will you commit to seek confirmation from Scripture with what you feel the Holy Spirit telling you?

Journal

Day 4 - January 19, 2022

Theme of the Week - Interacting With The Holy Spirit

Daily Theme - Expectant of an Answer

Scripture - Psalm 5:3

As is often the case, when we compare ourselves to others we will usually lose. There is always someone better at whatever subject you are comparing. I highly discourage you from playing this game...unless it's used to inspire you!

Today as you read Psalm 5, my hope is that you won't compare yourself to David in verse 3 and feel discouraged because you may not pray daily like him (In the morning, Lord, you hear my voice; in the morning I lay my requests before you). Prayer was systematic in David's life; faithful, orderly and my guess is that it wasn't a simple routine in his mind in which he was trying to get on God's good side.

I feel that David was excited to pray and interact with God in this fashion because of what he says next in verse 3, 'in the morning I lay my requests before you and wait expectantly.' David recognized that that his prayer life was a 2 way experience and interaction, that God was going to speak or act in a way that would reveal direction in David's life. David expected it!

We pray to the same God as David and we need to have the same expectant attitude that he had. As we lean into God and submit to Him, we can expect to hear from Him. In the midst of these 100 Days of Prayer, we are anticipating God's revelation to us. That is exciting! May each of us be inspired by David's spiritual life and pursue the Lord in a similar fashion.

Themes to pray

- Pray for a change of heart to expect to hear from God
- Ask God to reveal His plans for His glory
- Pray to play a role in that

Prayer

Heavenly Father, thank You for Your mercies which are new every morning. Help me to be regular, systematic, orderly and faithful in my prayer-life and may I come into Your presence with joyful expectation, knowing that You are a God Who hears and answers prayers - in Your own way and in Your own time - this I ask in Jesus name, AMEN.

Heart Question

- Do you feel your prayer life is driven more by a feeling of obligation and not expecting to hear from God.? Why is that?

Additional Resources

- Song of Psalm 5 <https://www.youtube.com/watch?v=dlwtoTrEhvM>

Journal

Day 5 - January 20, 2022

Theme of the Week - Interacting With The Holy Spirit

Daily Theme - Watching For Holy Spirit Signs

Scripture - Galatians 5:16-26

Watching for signs can mean that change is on the horizon. You may be watching for signs of spring with the arrival of certain birds or buds on the trees. You may be travelling far from home and watching for the signs of where to exit the highway, ready to experience new destinations. But when it come to the spiritual life, what signs do we look for in order to determine change?

The Apostle Paul tells the Galatians to “walk by the Spirit” and “keep in step with the Spirit” and he focuses their attention not on the Spirit’s *gifts*, but on the Spirit’s *fruit*. So if we want to know whether we are keeping in step with the Spirit, or whether we need to find his footsteps again, we should consider love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

When the fruit is appearing in our lives, then we are in a better position see the signs of the Holy Spirit and hear Him. A good practice is to reflect at the end of each day...are there signs of the Holy Spirit in your life?

Themes to pray today

- Thank God for signs of His presence in our lives
- Ask Him to reveal ‘fruit’ stands in your life that need your attention

Prayer

Heavenly Father, I realize how quickly and easily I can move from trusting You to doubting Your Word, when things do not go the way that I expect. I pray that like the men and women of faith in Hebrews, my trust in You will not falter. Help me to earnestly seek You day by day, for I know that only as Christ lives in and through me, by faith, can I be pleasing in Your sight. In Jesus’ name, AMEN.

Heart Question

- What does a ‘fruit of the Holy Spirit’ self check reveal in your life today?

Additional Resources

- <http://oakwoodmn.org/wp-content/uploads/2018/05/Fruit-of-the-Spirit-Self-Assessment.pdf>

Journal

Day 6 - January 21, 2022

Theme of the Week - Interacting With The Holy Spirit

Daily Post - Waiting on the Spirit

Scripture - Psalm 27:7-14

As we focus on interacting with the Holy Spirit this week, we need to realize that part of that interaction may be us having to wait on Him for guidance. Sometimes the Lord directs quickly, other times we need to faithfully stay the course and patiently wait as we continue to pray.

Waiting on the Lord involves the confident expectation of a positive result in which we place a great hope., according to Charles Ryrie. This expectation is based on knowledge of and trust in God. David asked God for wisdom, direction (verse 11), and protection (verse 12), wholly believing he would “see the goodness of the LORD in the land of the living” (verse 13). Those who wait on the Lord can fully expect Him to fulfill their hope:

David had to wait at times for God’s direction, as do we thousands of years later. But if we spend time getting to know God, we start to recognize how the leadership of the Holy Spirit works in our lives (remember our devotional from earlier in the week?) So as we patiently wait in prayer, expecting Him to answer, we’ll be ready to act as He directs in His timing.

Themes to pray over

- Ask for an extra measure of faith and patience in your prayer life
- Thank God for that ‘renewed hope’ each morning in your life
- Return to those prayer items that you may have given up on
- Pray, as David, to ‘see the goodness of the LORD in the land of the living’

A prayer for us all

Dear heavenly Father, You are my sufficiency and strength, my light and my life - my all in all . I pray that when dark clouds of unknowing loom across my heart that I immediately call to mind the wonderful truth of Who You really are, and of the wonderful security and eternal salvation I have in Christ, in Whose name I pray, AMEN.

A Heart Question

- What is the prayer request that you deem ‘hopeless’? You know what you have to do right now!

Additional Resources

- <https://www.gccgilbert.org/blog/2020/4/23/9-ways-we-wait-upon-the-lord>

Journal

Day 7 - January 22, 2022

Theme of the Week - Interacting With The Holy Spirit

Daily Theme - The Spirit-Filled Life

Scripture - Various, listed below

How can we know if we are living a Spirit filled life? Let's look at the results from the verses below. Our hearts will be filled with God's love, we will want to sing praises to Him, and we will be forever grateful for what He has done for us. We also see in Galatians 5:22 what the fruit of the Spirit is.

So, if our lives aren't producing these attributes, then it's time to re-centre our minds and thoughts on Him. We have been set free from sin by the power of the Holy Spirit - it's time to start living like children of the most high King!

Romans 5:5 - "...For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with love."

Ephesians 5:18b-20 "...Instead, let the Holy Spirit fill and control you. Then you will sing psalms and hymns and spiritual songs among yourselves, making music to the Lord in your hearts. And you will always give thanks for everything to God the Father in the name of our Lord Jesus Christ."

Galatians 5:22 - "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."

Romans 8:5b and 6b - "...but those who are controlled by the Holy Spirit think about things that please the Spirit..... if the Holy Spirit controls your mind, there is life and peace."

Romans 8:2 - "The power of the life-giving Spirit has freed you through Christ Jesus from the power of sin that leads to death."

Romans 8:16 - "For his Holy Spirit speaks to us deep in our hearts and tells us that we are God's children."

Themes to pray over

- Praise God for the gift that the Holy Spirit is
- Pray to bend to the will of the Holy Spirit and not to your own will
- Pray for a re-centering of your heart and mind to the things of the Spirit of God

A prayer for us all

Dear Father, Thank you for sending the Holy Spirit to be my trustworthy guide. Thank You for the assurance that when I accepted Jesus as my personal Savior, I received the gift of the Holy Spirit and have everything I need to experience the wonderful Spirit-filled life. I acknowledge that the Holy Spirit is the presence of Jesus in me. Jesus is the vine and I am the branch. I know that the Holy Spirit is the sap that runs from the vine into the branch. I know that You didn't create branches to produce fruit, but created them to have fruit produced through them. Draw me closer to You, use me for Your kingdom. Amen

Additional Resources

Journal
