

Worth Repeating

WEEK 3

WHEN IT COMES TO PRAYER, DON'T QUIT BECAUSE IT'S QUIET.

"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 NIV

DAY 1

What is something you do that really brings you joy? It could be playing a sport or going for a walk. Maybe it's reading a great book or seeing an awesome movie. It could simply be hanging out with friends you really love. Whatever it is for you, that thing that brings you joy probably makes your life feel good and full. Well, that's exactly the kind of life Jesus wants to offer us. John reminds us here that Jesus came to give us a full, amazing life. When we're walking with Him, we can trust and believe that no matter what's happening around us, God will work it together to bring us a joyful, full life. Today, thank God for the things that bring you joy.

"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."

EPHESIANS 6:18 NIV

DAY 2

Imagine how amazing it would feel to know that someone was praying *just* for you. Maybe you've even had that happen to you! This life is hard enough to do on our own. That's what makes knowing someone is with you in prayer such an encouragement. In the same way the prayers of others can support us, we can offer our prayers to people we know to encourage them. Take some time to pray for someone else today. Maybe it's someone who is going through something difficult, or someone you know who needs a friend, or just someone whose name comes to mind. You may not even know exactly what to say, but God knows exactly what that person needs. Simply pray and trust God to do the rest.

"Then you will call on me and come and pray to me, and I will listen to you."

JEREMIAH 29:12 NIV

DAY 3

Have you ever found yourself sharing something really important with a friend only to realize they've been zoned out on their phone or lost in a Netflix binge the whole time you were talking? They didn't even hear a word you said! That probably made you want to stop sharing what was going on in your world with them. What's amazing is that this will never happen when you talk to God. He's always listening. He's never distracted. He's big, powerful, and patient enough to pay attention every time you come to Him. Take some time today to share with God about what's going on in your life. Talk to Him just like He's your best friend, and know He's always going to listen!

DAY 4

"Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise."

JAMES 5:13 NIV

Sometimes life can feel like you're on a roller coaster. Some days are great, while others feel a bit more like the dips, twists, and turns of a crazy roller coaster. Remember that whether your life is on a high or a low, God wants to hear from you about it. In the good and the bad, He wants to know about it. That's how much He loves you and wants to be a part of every detail of your life. So today, talk to God! If things are going great, praise Him! If you're dealing with issues and struggles, bring them to Him in prayer. No matter what, you can always talk with God!

"But I tell you, love your enemies and pray for those who persecute you."

MATTHEW 5:44 NIV

DAY 5

Think about the last time someone did something that hurt you. It felt pretty terrible, didn't it? When someone treats us unkindly or causes us pain, the last thing we want to do is pray for them. Get even? Yep! Ignore them? Probably. Pray for them? Absolutely not. But here, Jesus encourages us to pray for our enemies. Why? Because He knows that when we do, our hearts change in the process. We begin to see them and the situation in a different way. And while it may not always get resolved the way we want, it will change our hearts for the better. Take time today to pray for someone who you've been struggling with and see how God changes your heart in the process.