

Praying with the Word of God

Table of Contents

Introduction.....	5
Preparing to Meet with God in His Word	6
Scriptures for a Prayerful Approach to God’s Word	8
Praying Through Scripture	10
Sample Daily Prayer Guides	15
Additional Verses - Personal Notes	44
Praying Through Titus 2:3-5.....	46
The Gospel - Four Resources.....	48
Spirals - Heart Shepherding Throughout the Day	50
11 P’s for Heart Shepherding Throughout the Day	54
What Is Repentance?.....	56
Prepare for Temptation	58
Recovery Plan	59
Books and Web Resources.....	60
Personal Notes.....	61

Introduction

This booklet contains a variety of tools and resources designed to help you grow in your walk with Jesus, and specifically in your prayer life.

- **“Preparing to Meet with God in His Word”** is an example of how the Wellspring disciplines might shape your prayerful approach to God through His Word.
- **“Scriptures for a Prayerful Approach to God’s Word”** lists some verses which might be helpful to pray about in preparation for drawing near to God in His Word.
- **“Praying Through Scripture”** teaches you how to use a passage from Scripture to pray, including some extra pages to practice this for yourself.
- The **“Sample Daily Prayer Guides”** has a different set of verses to guide your daily time in prayer for fourteen days.
- **“Additional Verses - Personal Notes”** is a place for you to record other verses you would like to incorporate into your prayer life.
- **“Praying Through Titus 2:3-5”** gives some suggestions for actively praying about how you can grow as a Titus 2 woman.
- **“The Gospel - Four Resources”** lists several resources to help prepare you to share the gospel with others.
- The **“Spirals”** and **“11 P’s”** are both tools for helping you shepherd your heart throughout the day.
- **“What is Repentance?”** by J. C. Ryle is a challenging description of true repentance which can help you prayerfully pursue genuine repentance from sin.
- **“Prepare for Temptation”** lists specific steps which can help you prayerfully prepare your heart to obey before you are in a tempting situation.
- The **“Recovery Plan”** lists specific steps to help you return to a place of obedience when you have sinned.
- **“Books and Web Resources”** lists other tools to help you learn and grow in your prayer life and your walk with the Lord.

You are encouraged to look through the entire booklet to become familiar with the tools, and then to make use of those which you find to be helpful.

May God’s grace abound to you as you persevere in devoting yourself to prayer.

Preparing to Meet with God in His Word

An example of how the Wellspring disciplines might shape your prayerful approach to God through His Word:

Heavenly Father,

I intend this time in Your Word to be a prayerful expression of worship of You, desire for You, love for You, need of You and dependence on You. Your Word tells me that as God You are set apart from Your creation in holiness. You are also high above all things and sovereign in Your reign over all things, including my life. Yet how tenderly You stoop toward Your creatures to show love and compassion and countless kindnesses. Your perfect provision sustains all that You have made and glorifies Your great name. You are worthy to be worshiped and I desire to see more of You in Your Word! My pursuit of You through Your Word and prayer is only possible through Your Son Jesus Christ, who is my Savior. So I approach You through Him, my Substitute and High Priest – the One whom I love but have not yet seen. His death in my place has secured for me this place before Your throne to express my need to You. So...

“Why have I prayerfully come before You with my Bible open?”

I have Your Word open before me because You have revealed Yourself there more clearly than any other place and I long to know You better. I desire to see You in all Your glory in the pages before me. I simply and humbly draw near to You to study You. Nearness to You through these pages of Scripture is my good.

I also have Your Word open before me because I need to learn more of the nature of my sin and fallenness before You, so that I might better understand what danger I truly was in and what dangers still lurk within me through my indwelling sin. I need to see both the sin that provoked Your righteous wrath toward Your Son and Your grace that moved You to act as Savior toward me in Jesus. If I do not fight to have Scripture’s view of my sin today, I will easily be duped by sin’s deception and become unaware of or indifferent to sin’s nearness to me. I then will be vulnerable to sin’s entanglements. Sin at that point can then become familiar, even tolerable to me. Finally, sin can then become a delight to me. Before I know it I will be in a position of weakness with sin. I will be in the fight of my life to be free from its entanglements, or may even no longer desire to be free from its entanglements. If I do nothing today concerning my view of sin, my view of sin will only grow dangerously cloudy.

And Your Word is open before me so that I might undergird my life again today with Your saving heart and motive in the gospel of Your Son, who overcame the penalty of my sin and the power of my sin to enslave me. I am here to rehearse Your bedrock promises in the gospel to my soul. There are treasures in the gospel of Jesus that I have yet to discover in my own life and I long to find them and be nourished by them. If I stagger today under the weight of my sin, the gospel will buoy me and provide me the gospel rest I need. And if I'm in a moment of gospel growth and success, rehearsing the gospel will lead me to humbly acknowledge that all the credit and praise goes to You.

Finally, I have Your Word open before me to study what righteousness and holiness of life look like for one who has been made into a new creature in Christ. In the new man You have created not only a desire for obedience but also a Spirit-dependent equipping within. I need to consistently feed those new God-given desires in my new condition so that they grow. I also need to continuously express my dependence upon the Holy Spirit in this fight for obedience. If I do not study this righteousness and holiness of life and what the blessings of obedience are, I should not expect my desire for obedience to grow. Indwelling sin will do everything possible to quench that desire. By Your grace and power, as I see holiness of life placed in front of me in the commands of Scripture, I will increasingly align my life and behavior with what pleases You.

I desire my heart and mind to be full of You because of what these pages reveal to me about You in all Your greatness. I long for You to spill out of me into my home and wherever You lead me today. All who come into contact with me today must interact with one whose heart has drawn near to You and is striving to obey You. Their best hope for salvation or for growth in the gospel will come from one who has searched for You in Your Word and gazed upon Your Son in the gospel and who walks by Your Spirit.

In Christ's name I pray,

Amen.

Scriptures for a Prayerful Approach to God's Word

But his delight is in the law of the LORD, and in His law he meditates day and night. He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers.

Psalms 1:2-3

How blessed are those whose way is blameless, who walk in the law of the LORD. How blessed are those who observe His testimonies, who seek Him with all their heart.

Psalms 119:1-2

How can a young man keep his way pure? By keeping it according to Your word. With all my heart I have sought You; do not let me wander from Your commandments. Your word I have treasured in my heart, that I may not sin against You.

Psalms 119:9-11

Open my eyes, that I may behold wonderful things from Your law.

Psalms 119:18

Establish Your word to Your servant, as that which produces reverence for You.

Psalms 119:38

Your word is a lamp to my feet and a light to my path.

Psalms 119:105

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Romans 12:2

For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have hope.

Romans 15:4

Additional verses:

Psalm 16:8-9

Psalm 63:1

Psalm 25:15

Psalm 73:25-26

Psalm 27:8-9

Isaiah 30:18

Psalm 40:16

Philippians 3:7-11

Psalm 42:1

2 Timothy 3:14-17

Psalm 57:1

Etc.

Other ways to prepare your heart to come before God in His Word and in prayer:

- Sing or pray through the song lyrics in the Wellspring songbook
- Read a Psalm
- Worship God for His attributes and His names
- Read or pray through a section of *A Gospel Primer* by Milton Vincent
- Let a prayer from *Valley of Vision* guide you in your approach to the Lord
- Confess sin
- Rehearse the gospel
- Thank God
- Pray about your time with God at night before you go to bed and as soon as you awake
- Other ideas:

Praying Through Scripture

Following is a suggestion for how to use a text of Scripture to help you pray. After reading through the example, you are encouraged to try this with one of the suggested passages or a passage of your choosing. Use the blank pages that follow, and then move on to your own journal.

1. Choose a passage.

- Romans 8:35-39
- 2 Peter 1:3
- Titus 2:11-14
- Ephesians 2:8-10
- Etc.

2. Identify any promises or truths in the text.

3. Identify for whom the promise or truth is applicable.

4. Consider how this promise or truth might inform your prayers.

- Praising God
- Thanking God
- Agreeing with God
- Confessing sin to God
- Pleading with God for yourself or others

5. Pray!

(Adapted from Wellspring lesson by Josh Kellso:

<https://www.gbcaz.org/resources/cultivating-a-life-of-prayer/>)

Example:

1. Passage: 1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

2. What is the promise/truth in this text?

God is faithful.

God will not allow believers to be tempted beyond what they are able.

God will provide a way of escape from temptation.

3. For whom is the promise/truth applicable?

Written to the Corinthians as truths for believers.

4. How might this promise/truth inform my prayers?

Reflect on the reality of God's faithfulness.

Pray that God would not allow me to be tempted beyond that which I can endure.

Pray that God would provide and that I would take the way of escape when tempted.

5. Sample prayer:

God I am being tempted. I know You are faithful. Would You please allow Your faithfulness to abound in my life right now. I know You do not allow believers to be tempted beyond what they are able. And I plead with You now to help me withstand this temptation. I know there is a way of escape from this temptation and I pray that You would help me to take it. Help me to endure this temptation that I might be pleasing to You and not sin.

Practice:

1. Passage:

2. What is the promise/truth in this text?

3. For whom is the promise/truth applicable?

4. How might this promise/truth inform my prayers?

5. Prayer:

Practice:

1. Passage:

2. What is the promise/truth in this text?

3. For whom is the promise/truth applicable?

4. How might this promise/truth inform my prayers?

5. Prayer:

Practice:

1. Passage:

2. What is the promise/truth in this text?

3. For whom is the promise/truth applicable?

4. How might this promise/truth inform my prayers?

5. Prayer:

Sample Daily Prayer Guides

On the following pages, you will find Bible verses which can help inform what you say as you draw near to the Lord in prayer. You will find verses to help guide you in praising God, battling sin, rehearsing the gospel, giving thanks, and praying for yourself and others.

The idea here is not to simply recite a certain set of words, but rather to have God's Word guide our attitudes, desires, and words as we draw near to God in prayer. They can serve as a springboard for helping us express our innermost being to God in worship, humility, repentance, dependence, gratitude, and trust.

There is one layout of verses for each day of the week for two weeks. You could pray through them one day at a time for two weeks, and then begin again with the first day. But you should feel free to use this in any way that is helpful to you. Perhaps you might pray through each "day" over the course of several days. Maybe you only make use of the "Praising God" verses as you begin your time alone with the Lord. Maybe the last section (describing a different area of prayer for each day of the week) would help you systematically pray for various concerns.

However you use it, the aim is to help you increasingly incorporate the truth of God's Word in how you approach God in prayer - in both attitude and words. After using these pages to aid your personal prayer life for a while, you will likely find yourself incorporating truths from your own time in God's Word into your prayer life.

You may want to make use of some of the blank pages following the daily layouts or a journal to record other verses which can help you praise God, rehearse the gospel, and so forth. You might also want to use these subheadings as prompts for journaling your own prayers to God.

May God grant you grace to grow in love for God and others as you come before the throne of grace in spirit and in truth.

Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving. Colossians 4:2

Sunday

Praising God

Express worship to God and your desire for Him.

Because Your lovingkindness is better than life, my lips will praise You. Psalm 63:3

Praise the LORD, for the LORD is good; sing praises to His name, for it is lovely. Psalm 135:3

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

If we say that we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:8-9

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

For the love of Christ controls us, having concluded this, that one died for all, therefore all died; and He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf. Therefore from now on we recognize no one according to the flesh; even though we have known Christ according to the flesh, yet now we know Him in this way no longer. Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation, namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation. Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God. He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him. 2 Corinthians 5:14-21

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

But thanks be to God that though you were slaves of sin, you became obedient from the heart to that form of teaching to which you were committed, and having been freed from sin, you became slaves of righteousness.

Romans 6:17-18

Praying for myself, members of my household, and daily prayer concerns

Pray for specific needs, spiritual growth or salvation, relationships, and activities of the day.

"I do not ask You to take them out of the world, but to keep them from the evil one. They are not of the world, even as I am not of the world. Sanctify them in the truth; Your word is truth. . . I do not ask on behalf of these alone, but for those also who believe in Me through their word; that they may all be one; even as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me." John 17:15-17, 20-21

Praying weekly for smallgroup and other ministries in which I serve and participate

Pray for specific needs of individuals and fruitful time together.

For this reason I bow my knees before the Father, from whom every family in heaven and on earth derives its name, that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God. Ephesians 3:14-19

Monday

Praising God

Express worship to God and your desire for Him.

Whom have I in heaven but You? And besides You, I desire nothing on earth. My flesh and my heart may fail, But God is the strength of my heart and my portion forever. For, behold, those who are far from You will perish; You have destroyed all those who are unfaithful to You. But as for me, the nearness of God is my good; I have made the Lord GOD my refuge, That I may tell of all Your works. Psalm 73:25-28

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

Do not remember the sins of my youth or my transgressions; according to Your lovingkindness remember me, For Your goodness' sake, O LORD. Psalm 25:7

He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion. Proverbs 28:13

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

And you were dead in your trespasses and sins, in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest. But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus, so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them. Ephesians 2:1-10

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Praying for myself, members of my household, and daily prayer concerns

Pray for specific needs, spiritual growth or salvation, relationships, and activities of the day.

For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light. Colossians 1:9-12

Praying weekly for evangelism, neighbors, work and school relationships

Pray for the salvation of the lost and for your readiness to share the gospel in love. You may want to review “The Gospel - Four Resources” to help you be prepared for opportunities to share the gospel.

Brethren, my heart's desire and my prayer to God for them is for their salvation. Romans 10:1

Tuesday

Praising God

Express worship to God and your desire for Him.

And they sang the song of Moses, the bond-servant of God, and the song of the Lamb, saying, "Great and marvelous are Your works, O Lord God, the Almighty; Righteous and true are Your ways, King of the nations! Who will not fear, O Lord, and glorify Your name? For You alone are holy; For ALL THE NATIONS WILL COME AND WORSHIP BEFORE YOU, FOR YOUR RIGHTEOUS ACTS HAVE BEEN REVEALED." Revelation 15:3-4

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. Romans 6:12-13

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

Therefore do not be ashamed of the testimony of our Lord or of me His prisoner, but join with me in suffering for the gospel according to the power of God, who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was granted us in Christ Jesus from all eternity, but now has been revealed by the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel, for which I was appointed a preacher and an apostle and a teacher. For this reason I also suffer these things, but I am not ashamed; for I know whom I have believed and I am convinced that He is able to guard what I have entrusted to Him until that day. 2 Timothy 1:8-12

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

I thank my God in all my remembrance of you, always offering prayer with joy in my every prayer for you all, in view of your participation in the gospel from the first day until now. For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus. Philippians 1:3-6

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, so that they may encourage the young women to love their husbands, to love their children, to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored. Titus 2:3-5

Praying weekly for government, world affairs, and persecuted believers

Pray for leaders in local, state, national, and foreign governments, as well as for persecuted churches and individuals (and their families) around the world.

First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men, for kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity. 1 Timothy 2:1-2

Remember the prisoners, as though in prison with them, and those who are ill-treated, since you yourselves also are in the body. Hebrews 13:3

Wednesday

Praising God

Express worship to God and your desire for Him.

"For from the rising of the sun even to its setting, My name will be great among the nations, and in every place incense is going to be offered to My name, and a grain offering that is pure; for My name will be great among the nations," says the LORD of hosts. Malachi 1:11

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

Set a guard, O LORD, over my mouth; keep watch over the door of my lips. Do not incline my heart to any evil thing, to practice deeds of wickedness with men who do iniquity; and do not let me eat of their delicacies. Let the righteous smite me in kindness and reprove me; it is oil upon the head; do not let my head refuse it, for still my prayer is against their wicked deeds. Psalm 141:3-5

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you, who are protected by the power of God through faith for a salvation ready to be revealed in the last time. 1 Peter 1:3-5

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

At that time Jesus said, "I praise You, Father, Lord of heaven and earth, that You have hidden these things from the wise and intelligent and have revealed them to infants." Matthew 11:25

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving; praying at the same time for us as well, that God will open up to us a door for the word, so that we may speak forth the mystery of Christ, for which I have also been imprisoned; that I may make it clear in the way I ought to speak. Colossians 4:2-4

Praying weekly for worldwide gospel ministry

Team PNG - The Canns, the Lehmans, the Mitchells, and Amelia Brink (Finisterre Vision)

Church planting in Genoa, Italy - Massimo and Susanna Mollica (Grace Ministries Intl.)

Worldwide pastor training - Weymann and Helen Lee (Training Leaders International)

Pray for:

- Spiritual, mental, and physical endurance and protection
- Marriages, parenting, and team unity
- The salvation of the lost and the church to be established and strengthened
- Language and cultural barriers to be overcome
- Faithful financial provision, prayer, and encouragement by senders

Finally, brethren, pray for us that the word of the Lord will spread rapidly and be glorified, just as it did also with you; and that we will be rescued from perverse and evil men; for not all have faith. 2 Thessalonians 3:1-2

Thursday

Praising God

Express worship to God and your desire for Him.

How precious is Your lovingkindness, O God! And the children of men take refuge in the shadow of Your wings. They drink their fill of the abundance of Your house; and You give them to drink of the river of Your delights. For with You is the fountain of life; in Your light we see light. Psalm 36:7-9

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way. Psalm 139:23-24

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

For we also once were foolish ourselves, disobedient, deceived, enslaved to various lusts and pleasures, spending our life in malice and envy, hateful, hating one another. But when the kindness of God our Savior and His love for mankind appeared, He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, whom He poured out upon us richly through Jesus Christ our Savior, so that being justified by His grace we would be made heirs according to the hope of eternal life. This is a trustworthy statement; and concerning these things I want you to speak confidently, so that those who have believed God will be careful to engage in good deeds. These things are good and profitable for men. Titus 3:3-8

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

And there must be no filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks. ... always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father. Ephesians 5:4, 20

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

And may the Lord cause you to increase and abound in love for one another, and for all people, just as we also do for you; so that He may establish your hearts without blame in holiness before our God and Father at the coming of our Lord Jesus with all His saints. 1 Thessalonians 3:12-13

Praying weekly for various needs

Pray for the sick; for marriages, families, and relationships; for employment and financial difficulties; for those who are struggling spiritually; for those who have gone through church discipline, etc.

Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Proverbs 3:5-6

Friday

Praising God

Express worship to God and your desire for Him.

A Psalm of David the servant of the LORD, who spoke to the LORD the words of this song in the day that the LORD delivered him from the hand of all his enemies and from the hand of Saul. And he said, "I love You, O LORD, my strength." The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge; my shield and the horn of my salvation, my stronghold. I call upon the LORD, who is worthy to be praised, and I am saved from my enemies. Psalm 18:1-3

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

Pursue peace with all men, and the sanctification without which no one will see the Lord. See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled. Hebrews 12:14-15

Who can discern his errors? Acquit me of hidden faults. Also keep back Your servant from presumptuous sins; let them not rule over me; then I will be blameless, and I shall be acquitted of great transgression. Psalm 19:12-13

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory. Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry. For it is because of these things that the wrath of God will come upon the sons of disobedience, and in them you also once walked, when you were living in them. But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth. Do not lie to one another, since you laid aside the old self with its evil practices, and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him--

a renewal in which there is no distinction between Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and freeman, but Christ is all, and in all. Colossians 3:1-11

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place. 2 Corinthians 2:14

Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

"For My hand made all these things, thus all these things came into being," declares the LORD. "But to this one I will look, to him who is humble and contrite of spirit, and who trembles at My word." Isaiah 66:2

Praying weekly for my extended family

Pray for specific needs, relationships, and your gospel witness.

May the Lord direct your hearts into the love of God and into the steadfastness of Christ. 2 Thessalonians 3:5

Saturday

Praising God

Express worship to God and your desire for Him.

"Worthy are You, our Lord and our God, to receive glory and honor and power; for You created all things, and because of Your will they existed, and were created." Revelation 4:11

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

Examine me, O LORD, and try me; test my mind and my heart. Psalm 26:2

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

It is a trustworthy statement, deserving full acceptance, that Christ Jesus came into the world to save sinners, among whom I am foremost of all. 1 Timothy 1:15

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

We ought always to give thanks to God for you, brethren, as is only fitting, because your faith is greatly enlarged, and the love of each one of you toward one another grows ever greater. 2 Thessalonians 1:3

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

To this end also we pray for you always, that our God will count you worthy of your calling, and fulfill every desire for goodness and the work of faith with power, so that the name of our Lord Jesus will be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ. 2 Thessalonians 1:11-12

Praying weekly for Grace Bible Church

Church family:

Pray we would be a church family that would be full of awe, wonder and be amazed at the awesomeness of our God, our Savior and our Strength.

Your testimonies are wonderful; therefore my soul observes them. Psalm 119:129 (also Psalm 119:18, 27)

Next Generation Ministries:

Pray God would save the children we shepherd at GBC at a very young age and protect them from the deception of sin that so easily entangles us.

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us. Hebrews 12:1

Elders:

Pray our elders would be men fit for serving God in the manner of their calling.

It is a trustworthy statement: if any man aspires to the office of overseer, it is a fine work he desires to do. An overseer, then, must be above reproach, the husband of one wife, temperate, prudent, respectable, hospitable, able to teach, not addicted to wine or pugnacious, but gentle, peaceable, free from the love of money. He must be one who manages his own household well, keeping his children under control with all dignity (but if a man does not know how to manage his own household, how will he take care of the church of God?), and not a new convert, so that he will not become conceited and fall into the condemnation incurred by the devil. And he must have a good reputation with those outside the church, so that he will not fall into reproach and the snare of the devil. 1 Timothy 3:1-7

Sunday

Praising God

Express worship to God and your desire for Him.

Splendor and majesty are before Him, Strength and joy are in His place. 1 Chronicles 16:27

O LORD, there is none like You, nor is there any God besides You, according to all that we have heard with our ears. 1 Chronicles 17:20

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. The world is passing away, and also its lusts; but the one who does the will of God lives forever. 1 John 2:15-17

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

Surely our griefs He Himself bore, and our sorrows He carried; yet we ourselves esteemed Him stricken, Smitten of God, and afflicted. But He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed. All of us like sheep have gone astray, each of us has turned to his own way; but the LORD has caused the iniquity of us all to fall on Him. ... As a result of the anguish of His soul, He will see it and be satisfied; by His knowledge the Righteous One, My Servant, will justify the many, as He will bear their iniquities. Isaiah 53:4-6, 11

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.

Ephesians 3:20-21

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

He who gives attention to the word will find good, and blessed is he who trusts in the LORD. Proverbs 16:20

Praying weekly for smallgroup and other ministries in which I serve and participate

Pray for specific needs of individuals and fruitful time together.

As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ, from whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love. Ephesians 4:14-16

Monday

Praising God

Express worship to God and your desire for Him.

For You, Lord, are good, and ready to forgive, and abundant in lovingkindness to all who call upon You. Give ear, O LORD, to my prayer; and give heed to the voice of my supplications! In the day of my trouble I shall call upon You, for You will answer me. There is no one like You among the gods, O Lord, nor are there any works like Yours. All nations whom You have made shall come and worship before You, O Lord, and they shall glorify Your name. For You are great and do wondrous deeds; You alone are God. Psalm 86:5-10

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

My son, if sinners entice you, do not consent. Proverbs 1:10

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ. For in Him all the fullness of Deity dwells in bodily form, and in Him you have been made complete, and He is the head over all rule and authority; and in Him you were also circumcised with a circumcision made without hands, in the removal of the body of the flesh by the circumcision of Christ; having been buried with Him in baptism, in which you were also raised up with Him through faith in the working of God, who raised Him from the dead. When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross. Colossians 2:8-14

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

He has not dealt with us according to our sins, Nor rewarded us according to our iniquities. For as high as the heavens are above the earth, so great is His lovingkindness toward those who fear Him. As far as the east is from the west, so far has He removed our transgressions from us. Psalm 103:10-12

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

Therefore we also have as our ambition, whether at home or absent, to be pleasing to Him. 2 Corinthians 5:9

Praying weekly for evangelism, neighbors, work and school relationships

Pray for the salvation of the lost and for your readiness and boldness to share the gospel in love. You may want to review "The Gospel - Four Resources" to help you be prepared for opportunities to share the gospel.

For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it the righteousness of God is revealed from faith to faith; as it is written, "BUT THE RIGHTEOUS man SHALL LIVE BY FAITH." Romans 1:16-17

Tuesday

Praising God

Express worship to God and your desire for Him.

The heavens are Yours, the earth also is Yours; the world and all it contains, You have founded them. The north and the south, You have created them; Tabor and Hermon shout for joy at Your name. You have a strong arm; Your hand is mighty, Your right hand is exalted. Righteousness and justice are the foundation of Your throne; lovingkindness and truth go before You. How blessed are the people who know the joyful sound! O LORD, they walk in the light of Your countenance. In Your name they rejoice all the day, and by Your righteousness they are exalted. For You are the glory of their strength, and by Your favor our horn is exalted. For our shield belongs to the LORD, And our king to the Holy One of Israel. Psalm 89:11-18

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

Therefore let him who thinks he stands take heed that he does not fall. No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it. 1 Corinthians 10:12-13

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. John 3:16

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc

O give thanks to the LORD, for He is good; For His lovingkindness is everlasting. 1 Chronicles 16:34

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

To sum up, all of you be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit. 1 Peter 3:8

Praying weekly for government, world affairs, and persecuted believers

Pray for government leaders and for persecuted churches and individuals (and their families) around the world.

Remind them to be subject to rulers, to authorities, to be obedient, to be ready for every good deed, to malign no one, to be peaceable, gentle, showing every consideration for all men. Titus 3:1-2

Therefore, those also who suffer according to the will of God shall entrust their souls to a faithful Creator in doing what is right. 1 Peter 4:19

Wednesday

Praising God

Express worship to God and your desire for Him.

Glory in His holy name; let the heart of those who seek the LORD be glad. Seek the LORD and His strength; seek His face continually. Psalm 105:3-4

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

"Am I a God who is near," declares the LORD, "And not a God far off? Can a man hide himself in hiding places So I do not see him?" declares the LORD. "Do I not fill the heavens and the earth?" declares the LORD. Jeremiah 23:23-24

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord. Romans 6:23

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

But we should always give thanks to God for you, brethren beloved by the Lord, because God has chosen you from the beginning for salvation through sanctification by the Spirit and faith in the truth. 2 Thessalonians 2:13

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone. See that no one repays another with evil for evil, but always seek after that which is good for one another and for all people. 1 Thessalonians 5:14-15

Praying weekly for worldwide gospel ministry

Team PNG - The Canns, the Lehmans, the Mitchells, and Amelia Brink (Finisterre Vision)

Church planting in Genoa, Italy - Massimo and Susanna Mollica (Grace Ministries Intl.)

Worldwide pastor training - Weymann and Helen Lee (Training Leaders International)

Pray for:

- Spiritual, mental, and physical endurance and protection
- Marriages, parenting, and team unity
- The salvation of the lost and the church to be established and strengthened
- Language and cultural barriers to be overcome
- Faithful financial provision, prayer, and encouragement by senders

And Jesus came up and spoke to them, saying, "All authority has been given to Me in heaven and on earth. "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age." Matthew 28:18-20

Thursday

Praising God

Express worship to God and your desire for Him.

Every word of God is tested; He is a shield to those who take refuge in Him. Proverbs 30:5

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. Romans 12:1-2

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

Now I make known to you, brethren, the gospel which I preached to you, which also you received, in which also you stand, by which also you are saved, if you hold fast the word which I preached to you, unless you believed in vain. For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried, and that He was raised on the third day according to the Scriptures. 1 Corinthians 15:1-4

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

O LORD, You are my God; I will exalt You, I will give thanks to Your name; for You have worked wonders, plans formed long ago, with perfect faithfulness. Isaiah 25:1

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for His good pleasure. Do all things without grumbling or disputing; so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world, holding fast the word of life. Philippians 2:12-15

Praying weekly for various needs

Pray for the sick; for marriages, families, and relationships; for employment and financial difficulties; for those who are struggling spiritually; for those who have gone through church discipline, etc.

For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need. Hebrews 4:15-16

Friday

Praising God

Express worship to God and your desire for Him.

Gracious is the LORD, and righteous; yes, our God is compassionate. The LORD preserves the simple; I was brought low, and He saved me. Return to your rest, O my soul, for the LORD has dealt bountifully with you. Psalm 116:5-7

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. Ephesians 4:31-32

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

But when Christ appeared as a high priest of the good things to come, He entered through the greater and more perfect tabernacle, not made with hands, that is to say, not of this creation; and not through the blood of goats and calves, but through His own blood, He entered the holy place once for all, having obtained eternal redemption. For if the blood of goats and bulls and the ashes of a heifer sprinkling those who have been defiled sanctify for the cleansing of the flesh, how much more will the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, cleanse your conscience from dead works to serve the living God? Hebrews 9:11-14

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

I will give thanks to You, for I am fearfully and wonderfully made; wonderful are Your works, and my soul knows it very well. Psalm 139:14

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, keep yourselves in the love of God, waiting anxiously for the mercy of our Lord Jesus Christ to eternal life. And have mercy on some, who are doubting; save others, snatching them out of the fire; and on some have mercy with fear, hating even the garment polluted by the flesh. Jude 20-23

Praying weekly for my extended family

Pray for specific needs, relationships, and your gospel witness.

Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven. Matthew 5:16

Saturday

Praising God

Express worship to God and your desire for Him.

Bless the LORD, O my soul, and all that is within me, bless His holy name. Bless the LORD, O my soul, and forget none of His benefits; who pardons all your iniquities, who heals all your diseases; who redeems your life from the pit, who crowns you with lovingkindness and compassion; who satisfies your years with good things, so that your youth is renewed like the eagle. Psalm 103:1-5

Battling sin

Remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness. Ask God to reveal any unconfessed sin in your life. Confess, repent, prepare.

Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Galatians 5:24-25

Rehearsing the gospel

Rejoice before the Lord as you treasure these gospel truths.

He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed. For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian of your souls. 1 Peter 2:24-25

Thanksgiving

Thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

I will give You thanks with all my heart; I will sing praises to You before the gods. I will bow down toward Your holy temple and give thanks to Your name for Your lovingkindness and Your truth; for You have magnified Your word according to all Your name. On the day I called, You answered me; You made me bold with strength in my soul. Psalm 138:1-3

Praying for myself, members of my household, and daily prayer concerns

Add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day.

Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others. Philippians 2:1-4

Praying weekly for Grace Bible Church

Church family:

Pray we would be a church that is quick to encourage each other that no one would have their hearts hardened by the deceitfulness of sin.

But encourage one another day after day, as long as it is still called "Today," so that none of you will be hardened by the deceitfulness of sin. Hebrews 3:13

Equipping Ministries:

Pray the elders would seek God's wisdom in the goal of presenting each person complete in Christ through our equipping ministries, including smallgroup ministry, Build, Wellspring, The Trust, Titus, Equipping Hour, and The Expositors Seminary.

We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. Colossians 1:28

Biblical Counseling or the East Valley (the biblical counseling ministry of Grace Bible Church):

Pray God would use this ministry for His glory; the sufficiency of Scripture to address man's problems would be clearly proclaimed; the biblical worldview we proclaim would impact the community that the Lord has placed us.

For the word of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. 1 Corinthians 1:18

Additional Verses - Personal Notes

Praising God

Battling sin—in general

Battling sin—help in specific areas

Rehearsing the gospel

Thanksgiving

Praying for self and others

Praying Through Titus 2:3-5

Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, so that they may encourage the young women to love their husbands, to love their children, to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored. Titus 2:3-5

One way to cultivate growth in these qualities is to pray about one quality each day or week.

For each quality you could:

- Prayerfully review what it is.
- Praise God for evidences of His grace where this quality is present in your life.
- Where there is sin, confess it and repent.
- Prayerfully commit to God a path for growth in this quality.
- Prayerfully consider how to spur others on in this quality.

Qualities of a Titus 2 woman:

- Reverent in her behavior
- Not a malicious gossip
- Not enslaved to much wine
- Teaches what is good
- Encourages younger women
- Husband-lover
- Children-lover
- Sensible
- Pure
- Worker at home
- Kind
- Subject to her own husband
- Concerned for the honor of God's Word

(Find Wellspring lesson on Titus 2:3-5 at <https://www.gbcaz.org/resources/women-encouraging-women-titus/>)

The Gospel - Four Resources

1. “Preaching the Gospel to Yourself” (Smedly Yates), August 22, 2010

See link for outline with Scripture references:

<https://www.gbcaz.org/sermon/preaching-the-gospel-to-yourself/>

Definition: It is the good news (that’s what gospel means, “good news”) that God saves sinners.

God: The holy, omnipotent, sovereign Creator and Judge of the entire Universe.

Sinners: Me, and you, and every single human being who has ever lived, who commits high-handed treason against the sovereign Creator of the Universe. God hates sin, and we are sinners, and not primarily because we do bad things. We do bad things because we are by nature sinners.

Saves: We are saved FROM something TO something BY something. If you have adopted the Christian cliché of, “I’m saved,” but don’t know what you’re saved from, or to, or by, there’s a problem.

Saved: We are saved FROM sin—sin’s consequences, Satan, this anti-God world system, and ourselves. I am saved from myself. And ultimately I am saved from God Himself.

We must be rescued from God and His hatred of sin because we are by nature and by activity sinful. God hates sin. We must be saved from God and His wrath against our sin.

And we are saved TO something. The good news of the gospel is not simply that you get your sins forgiven, but you get your sins forgiven so that you get God, the Treasure of the Universe, the One for whom we were created, the only One who can bring satisfaction, delight, pleasure, and joy, in infinite measure, forever and ever and ever. We are saved TO God.

We are saved BY God through one and only one thing—the substitute death of His Son Jesus Christ at the cross as a payment for our sins.

So what is the gospel?

The good news is that God saves sinners. God, by the substitute death of His own Son Jesus Christ takes the sin of everyone who would ever believe in Him and places it on His Son and punishes it to the fullest, so that the guilty go free, and we get to be with God forever. That's the gospel.

2. *The Gospel and Personal Evangelism* (Mark Dever), ch 2, p 43

The gospel in a minute:

The good news is that the one and only God, who is holy, made us in His image to know Him. But we sinned and cut ourselves off from Him. In His great love, God became a man in Jesus, lived a perfect life, and died on the cross, thus fulfilling the law Himself and taking on Himself the punishment for the sins of all those who would ever turn and trust in Him. He rose again from the dead, showing that God accepted Christ's sacrifice and that God's wrath against us has been exhausted. He now calls us to repent of our sins and to trust in Christ alone for our forgiveness. If we repent of our sins and trust in Christ, we are born again into a new life, an eternal life with God.

3. *Two Ways to Live*

Gospel presentation online: <http://www.matthiasmedia.com.au/2wtl/>

Free app (iPhone, iPod, iPad): <http://matthiasmedia.com.au/2wtl/moreinfo/iosapp.html> (or go to the iTunes app store and search "2 ways to live").

4. *A Gospel Primer for Christians: Learning to See the Glories of God's Love* (Milton Vincent)

Part I: Reasons to Rehearse the Gospel Daily

Parts II and III: Gospel Narratives (prose and poetic versions)

Spirals - Heart Shepherding Throughout the Day

To “shepherd your heart” means to rule, lead, and nourish who you are in the inner man, including your thoughts, emotions, and attitudes. This begins with spending time daily with God in His Word and in prayer with an attitude of worship and submission. Heart shepherding continues throughout the day as you labor to please the Lord in all circumstances, in what you do, say, think, feel, and desire.

The following spiral diagrams can help us shepherd our heart throughout the day.

ORANGE SPIRAL: The orange spiral helps us “diagnose” unbiblical responses and thinking. It describes how we might think and act when we are “listening to ourselves” rather than “shepherding our hearts.”

- Notice the label on the spiral: I DESIRE + I DESERVE = I DEMAND.
- If we have the attitude that our good DESIRES are something we DESERVE, then we will find ourselves feeling as if we have a right to DEMAND what we DESIRE.
- When we don’t get what we DESIRE, we may respond with DISAPPOINTMENT (see the labels on the spiral itself). If we continue with this attitude that we DESERVE what we DESIRE, our DISAPPOINTMENT will spiral down into DISCOURAGEMENT, and ultimately into DESPAIR.
- This downward spiral of DISAPPOINTMENT, DISCOURAGEMENT, and DESPAIR may be manifested through the attitudes and actions listed next to the spiral.
- If we find ourselves described by any of these attitudes and actions, it is helpful to evaluate if we are thinking sinfully about our DESIRES. Have we slipped into thinking, “My good desire deserves to be honored and fulfilled”? Or “I deserve to have my good desire carried out”? When we identify this sinful root under our sinful attitude or action, then the BLUE SPIRAL can help us understand how to repent.

BLUE SPIRAL: The blue spiral shows us what it looks like to shepherd our hearts with the truth of God’s Word.

- Praise God that the follower of Jesus Christ is not a slave to sinful thinking! The believer is free to walk in newness of life by the power of the Holy Spirit and by God’s grace (Romans 6). As we pursue a path of repentance from sin, we need to prayerfully seek God’s help for change.
- Notice this spiral is labeled: I DESIRE + WHAT I TRULY DESERVE = NO DEMANDS!

- In this case, we still have good DESIRES, but we let God's Word tell us how to think about those DESIRES.
 - Read Proverbs 16:1, 9, 21; James 4:13-17. Notice that the Lord allows us to make plans and to have good desires, but the outcome is always up to Him. We are not even entitled to our next breath.
 - Read Proverbs 16:2; 21:2; 28:26. Notice that we may think we know what is good and best, but we cannot trust our own self-assessment. God sees perfectly and works all things for His glory and the good of His people.
 - We need to repent of any sinful attitudes we may have regarding our desires.
- After using God's Word to cultivate a humble attitude about our desires, we let God's Word tell us what we TRULY DESERVE.
 - Read Romans 2:5-6, 9, 12-13; 5:6-11; 6:23. Notice that every person is deserving of God's wrath because of his/her sin. This is God's just, righteous holy response to sin. The only reason a follower of Christ is rescued from wrath is because of the mercy of God.
 - We need to repent of any wrong thinking we may have regarding what we deserve.
- When we align our thinking with God's Word regarding our DESIRES and what we TRULY DESERVE, we clearly see that we have no right to DEMAND anything! We relinquish our perceived RIGHTS, make no DEMANDS, and entrust ourselves to our gracious God. Read Romans 8:28; Genesis 50:20.
 - Now, rather than making demands on God, we humbly bring our REQUESTS to Him (see the labels on the blue spiral). We do this, trusting God to answer in His perfect wisdom and grace. Read Paul's example in 2 Corinthians 12:7-10.
 - The final step is do the next right thing, walking in OBEDIENCE and HOPE.
 - The fruit of this kind of heart shepherding "up the spiral" will be the attitudes and actions listed next to the blue spiral.

TO SUMMARIZE: If we find ourselves grasping our good desires such that our fist is closed and we are shaking it at God, so to speak, we need to let the orange spiral expose the roots of our sin and then repent. If we are holding our desires with an open hand, humbly entrusting them to God, we can be thankful for His work in our lives to help us shepherd our hearts in a way that is pleasing to Him.

Listening to Yourself vs. Shepherding Your Heart Throughout the Day

ATTITUDES

prideful/arrogant

Prov 21:24; 28:25

wise in my own estimation

Prov 26:12, Rom 12:16

without peace

Rom 3:17

bitter

Rom 3:14

loving pleasure/comfort

2 Tim 3:4

angry

Gal 5:20

anxious/fearful

Matt 6:27

ungrateful

Luke 6:35, 2 Tim 3:2

envious/jealous

Rom 1:29, Gal 5:20

hopeless

Eph 2:12



DISAPPOINTED

DISCOURAGED

DESPAIRING

ACTIONS

demanding

Luke 11:16

loving self

2 Tim 3:2

boasting

*2 Tim 3:2,
James 3:5; 4:16*

grumbling

Phil 2:14

biting and devouring

Gal 5:15

disputing

*2 Cor 12:20, Gal 5:20,
1 Tim 6:4*

criticizing/judging

Luke 6:41-42, Rom 2:1

not asking God

Josh 9:14

withdrawing

Prov 18:1

returning evil for good

Prov 17:13

I DESIRE + I DESERVE = I DEMAND

Listening to Yourself vs. Shepherding Your Heart Throughout the Day

ATTITUDES

submissive

James 4:13-17

content

2 Cor 12:7-10, Phil 4:10-14

not seeking own way

1 Cor 13:5

not wise in own estimation

Rom 12:3, 16

humble

Phil 2:3, Col 3:12

peaceable/peaceful

*Phil 4:6-7, Col 3:15, Titus 3:2,
James 3:17*

joyful

*1 Thes 5:16, Rom 12:12,
James 1:2*

self-controlled

Gal 5:23, 2 Pet 1:6

enduring

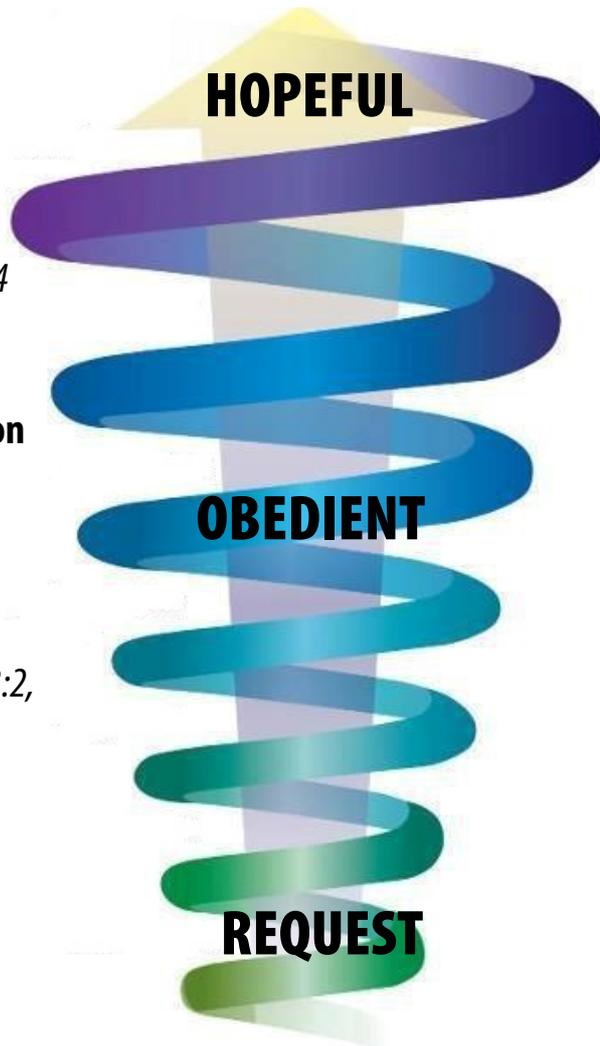
Heb 12:2, James 1:3-4

strengthened

Heb 12:3, James 5:8

trusting

Prov 3:5



ACTIONS

asking God

Phil 4:6, 1 John 5:14

patient

*Gal 5:22, Col 3:12,
1 Thes 5:14*

thankful

Eph 5:20, Col 3:15, 1 Th 5:18

forgiving

Eph 4:32, Col 3:13, 1 Pet 4:8

gentle

*Gal 5:23, Col 3:12, Titus 3:2,
James 3:17*

kind

Col 3:12, Gal 5:22, 2 Pet 1:7

loving

*Eph 5:1-2, Col 3:14,
1 Cor 13:1-8*

overcoming evil with good

Rom 12:21

devoted to prayer

*1 Thes 5:17, Rom 12:12,
James 1:5-8*

not vengeful

1 Pet 3:9, Rom 12:17-19

I DESIRE + What I Truly DESERVE = NO DEMANDS!

11 P's for Heart Shepherding Throughout the Day

1. Pray

Ask for God's help! Cry out to Him (e.g., Psalm 13, Psalm 139).

2. Ponder

Ponder the attributes of God (e.g., Psalm 103, Psalm 145).

Ponder truth (Philippians 4:8).

Ponder your identity in Christ (e.g., Romans 8:17; Ephesians 1:4; also <https://www.gbcaz.org/sermon/083114-sermon/> (pp 4-8 of outline).

3. Promises

"The promises of God are our weapons in the battle against wrong thinking. For every temptation to be discontent there's a promise of God that meets that temptation. The abundant grace of God promised in the Scriptures far exceeds any circumstance we encounter" (from *The Greener Grass Conspiracy*) (e.g., John 16:27, Romans 8).

4. People

People from the past (heroes of the faith...Joseph, Job, Paul, Jesus; also Hebrews 11-12).

People from the present (Hebrews 3:13; 10:24-25).

Prefer other people by serving them (1 Peter 4:10).

5. Preach

Preach the gospel to yourself everyday (e.g., Romans 3:19-26; *A Gospel Primer*).

6. Psalms

Read the Psalms. They are full of truth about who God is, His promises, and they give us inspired examples of how to talk to God.

7. Praise

Sing to God, worship Him (e.g., Colossians 3:16; Wellspring songbook, the playlist "GBC Worship Music" on Spotify).

8. Perspective

Keep eternity in view. Heaven is our home (E.g., Colossians 3:1-2, Philipians 3:20-21, 2 Corinthians 4:16-18).

9. Provision

God is our provider, and His provision is perfect. He provides believers with a relationship with His Son, the indwelling Holy Spirit, the Bible, and His saving and enabling grace in order for the believer to live and respond in a godly fashion (e.g., 2 Peter 1:3).

10. Prepare

We need to prepare for difficulties, trials and storms. We need to have “go to” places in God’s Word, sermons to listen to, songs to sing, and trusted friends to help in our time of need. (e.g., Matthew 4:1-25).

11. Practice - Persevere - Press On

Do the next right thing. “The very best thing in the world, when you are nervous and troubled, is to live by very short periods... Live by the day; or better still, live moment by moment” (Spurgeon) (e.g., Philipians 4:8, 1 Timothy 3:15-16, Philipians 3:7-14).

*(Heart Shepherding Throughout the Day resources adapted from this Wellspring lesson by Ann Angstead:
<https://www.gbcaz.org/resources/shepherding-my-heart-throughout-the-day/>)*

What Is Repentance?

(J. C. Ryle)

- **Repentance begins with the knowledge of sin.** Sin is essentially our futile attempt to dethrone God from being our highest pursuit, love, joy, delight. Sin is substituting primarily ourselves in God's place as our highest pursuit, love, joy, delight (in our thoughts, words, attitudes, deeds, desires, relationships, or emotions). Repentance begins with understanding this. Do you?
- **Repentance expresses genuine sorrow for that sin.** It is not enough to simply understand factually what sin is. True repentance involves brokenness over sin – genuine sadness that God was not your highest pursuit, love, joy, delight – He was robbed of the glory and praise that was due Him. Being sorry for the consequences that have come from sin is not necessarily genuine repentance. Genuine repentance makes you very sad that God was not seen to be the great Good that He truly is. Do you see this present in your life?
- **Repentance leads to confession of sin before God.** When I'm truly repentant, I'm not concerned that others who sinned in the process are found out too; that they admit they sinned too. Genuine repentance is not concerned if other sinners escape and go free, because repentance is still troubled that God was diminished by my own actions/inaction. Repentance makes the sinner concerned to talk with God about it – to openly agree with God concerning his own sin. Does this occur on a regular basis in your life?
- **Repentance leads to a thorough breaking off from sin.** Obviously at this point, genuine repentance has no desire to continue in what has broken the sinner's heart and led to open agreement with God about what diminished God; made Him appear inconsequential before others. When was the last time this type of thorough breaking off took place in your life?

- **Repentance produces a habit of deep hatred of all sin.** Genuine repentance equips the believer to discern where other sins exist in his own life – other arenas where God is not his highest pursuit, love, joy, delight; to see other thoughts, words, attitudes, deeds, desires, relationships, or emotions where self is still the highest pursuit, love, joy, delight. Do you truly hate the sin that is revealed to you?
- **Repentance is inseparably connected with lively faith in and love for Jesus Christ.** Genuine repentance sees the greatness and beauty and worth of Jesus. The punishment that is due to the repentant sinner has fallen on Jesus instead. God's wrath toward the repentant sinner has been removed in Jesus' death. Repentance means you will separate yourself from sin – but not without simultaneously entrusting your life further to Jesus. It is not enough to only focus on putting off the sin, destroying the sin. Greater pursuits of Jesus in God's word, deeper love for Him, stronger entrustment of self to Him must also simultaneously occur. Is there greater faith and love for Jesus this year than last?

Prepare for Temptation

(adapted from Wayne Mack)

Decide how to handle temptation before it comes. Proverbs 22:3 says, "The prudent sees the evil and hides himself..." Temptation is easier to face if we have decided in advance how to respond to it.

Think through (and list) those situations of temptation that you are likely to face and plan a BIBLICAL response to each one. A plan for biblical response to temptation may include the following:

1. Recognize and acknowledge in the earliest stages of temptation that you are being tempted. (Examine your thinking, desires, attitudes, words, tone, and behaviors.)
2. Quickly ask God for His help to resist (Psalm 50:15, 34:4-6, Isaiah 40:31).
3. If possible, remove yourself immediately from the source of temptation (1 Corinthians 6:18; 10:14, 1 Timothy 6:11, 2 Timothy 2:22).
4. Identify the unbiblical desire that would be served by yielding to the temptation (1 John 2:15-17).
5. Quote and meditate on appropriate Scripture.
6. Remind yourself of God's presence, power, and promises (Genesis 39:8, 2 Corinthians 9:8, Ephesians 3:20-21, 1 Corinthians 10:13, Jude 24, 2 Peter 1:3-4, Hebrews 13:5).
7. Reflect on the purpose of Christ's death (Galatians 1:4, 1 Peter 2:24, Titus 2:11-13, 2 Corinthians 5:14-15).
8. Mentally and verbally make a commitment to do the godly thing.
9. Get busy with a mind-engaging, godly activity.
10. Call a friend and ask for help.
11. REPEAT key aspects of this temptation plan until the power of temptation is reduced.
12. Actively review your preparation DAILY and as needed, seeking God's help and reviewing what is true in advance, when not tempted.

Recovery Plan

(What to do with failure plan - 2 Corinthians 7:9-13)

(adapted from Wayne Mack)

1. Call unbiblical desires, thoughts, feelings, and actions what God does—SIN.
E.g., what was I not believing about God?
What lies was I believing? (Philippians 4:8, John 6:29)
What/whom was I loving, treasuring, serving? (John 14:21, 1 Corinthians 10:14)
What/whom was I trusting and obeying? (Proverbs 3:5-6)
 2. Take full responsibility for the sin.
 3. Confess the sin, both to God and to any others who were hurt (1 John 1:9, Proverbs 28:13).
 4. Ask God for help in not doing it again (1 Corinthians 10:13-14).
- For #5-7, the blue "God's Transformation of Man" pamphlet will be a helpful resource.*
5. Remind yourself what Christ has done and is doing for you.
 6. Reflect on the resources available to believers in Christ.
 7. Meditate on God's promises of forgiveness and deliverance from the power of sin.
 8. Accurately evaluate the changes that have already occurred and the progress that has been made.
 9. Learn from failure by *briefly* examining what you did that you should not have done and what you did not do that you should have done.
 10. Make restitution where necessary.
 11. Purpose to put the past behind you in a biblical way and to resume your efforts to change in a godly manner (Philippians 3:10-14, Psalm 32; 103:12, Isaiah 43:25; 44:22, Micah 7:19, 1 John 1:9, Proverbs 28:13, Ephesians 1:7).

Books and Web Resources

A Call to Spiritual Reformation DA Carson

At the Throne of Grace John MacArthur

Alone with God John MacArthur

With Christ in the School of Prayer Andrew Murray

Valley of Vision

GBC 2016 Women's Retreat: *Drawing Near to the Throne of Grace*

<https://www.gbcaz.org/gbc-11th-annual-womens-retreat-prayer-drawing-near-to-the-throne-of-grace/>

If God Is Sovereign, Why Pray?

Matt Waymeyer

<http://www.expositors.org/blog/if-god-is-soveriegn-why-pray-part-1/>

A Sample Prayer Plan

Mike Riccardi

<http://thecripplegate.com/a-sample-prayer-plan-2/>

Wellspring Lessons Online

All Wellspring lessons are listed in order, beginning with most recent lesson. Past years include lessons not included in the current year. Browse the link below for other valuable lessons and resources, including:

- Mary and Martha
- Abigail
- Hannah
- Mary the Mother of Jesus
- The Danger of Pride and the Hope of the Gospel
- Jesus' Evaluation of the Church at Ephesus - Revelation 2:1-7
- Paul's Example of Ministry - 1 Thessalonians 1-2
- Four Questions for My Heart from Proverbs
- Etc.

<https://www.gbcaz.org/ministries/classes/womens/wellspring/resources/>

Personal Notes

