

# Days of Slowing and Thankfulness



Father I come before You and I praise You for these days of slowing. I choose thankfulness Lord.

Thank You for the restlessness that I sense in my soul and Your detoxing of my way of life.

Forgive me Father, for I have not kept the Sabbath. I have lost sight of what it means to rest in You.

Thank You for removing the scaffolding that I have erected in my life, the many ways that I have propped up my living that has kept me overly busy, self-gratifying, comfort crazy, earthly minded.

Forgive me Father, for I have not been attached to things of eternity, but rather to things of the here and now.

Thank You for showing me the ways in which I've put my hope and confidence in what is a foundation of sand, washed away by life's storms.

Forgive me Father, for I have been a lover of things and money and have allowed my possessions to possess me.

Thank You for reminding me that my true home is with You and what is lasting is only that which is eternal.

Forgive me Father, for the many ways that I have taken my eyes off of Jesus. I have not searched for Your kingdom purposes and participated with You, I have not sought after holiness.

As I wait on You for the lifting of restrictions and the return of the rhythms of life, I ask O God for the refining work of the Holy Spirit in my heart and mind that sponsors a returning to my first Love and forever changes my way of life. Strengthen me to throw off everything that hinders and trips me up, all lesser loves and self-focused living. I choose the life of the Spirit in Jesus' Name.

(Pause and continue to pray further as led by the Holy Spirit.)

Amen.

Exodus 20:8; Psalm 62:1; 1 John 2:15; Matthew 6:26-27; Luke 16:13; 1 John 2:17; Matthew 6:19-21; Hebrews 12:2; Matthew 6:33; Revelation 2:4-5; Hebrews 12:1

—Tiece King, the author of the Pray the Word series. From the Church Prayer Leaders Network.