Thank you for sampling,

# WAKE UP: REDISCOVERING A PASSION FOR GOD AND THE BIBLE (STUDENT EDITION)

Are your students like a lot of Christians who feel like they've lost their excitement for the Bible, or for pursuing God in general? Guess what?

It doesn't have to be that way.

"Wake Up: Rediscovering a Passion for God and the Bible" is a 31-day devotional designed to help students learn new and fulfilling ways of interacting with the Bible. Wake Up will help your students meet God in the Bible in ways they never have before. And in doing so, their passion for God will be rekindled.

If you have any questions about

WAKE UP: REDISCOVERING A PASSION FOR GOD AND THE BIBLE, please don't hesitate to call us at 1.888.969.6360.



Wake Up: Rediscovering Your Passion for God and the Bible [Student Edition]

©2019 by Andy Blanks. All rights reserved.

Published by youthministry 360.

ISBN

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic or mechanical, including photocopy, audio recording, digital scanning, or any information storage and retrieval system now known or to be invented, without prior permission in writing from the publisher.

Any reference within this piece to Internet addresses of web sites not under the administration of the author is not to be taken as an endorsement of these web sites by the author; neither does the author vouch for their content.

Unless otherwise noted, Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Author: Andy Blanks Art Director: Laurel Dawn Latshaw Copy Editor: Paige Townley "THE HOLY SCRIPTURE OF ITSELF IS CERTAIN AND TRUE; GOD GRANT ME GRACE TO CATCH HOLD OF ITS JUST USE."

- MARTIN LUTHER

"RESTORE TO ME THE JOY OF YOUR SALVATION . . ."

DAVID, PSALM 51:12

# TABLE OF CONTENTS



#### INTRODUCTION

#### USING THIS BOOK

- DAY 1: THE NAMES OF GOD, PART 1
- DAY 2: WHAT IS DEVOTIONAL READING?
- DAY 3: A DIFFERENT TAKE ON PRAYER
- DAY 4: MEDITATING ON WHO GOD IS, PART 1
- DAY 5: STORING UP GOD'S WORD IN YOUR HEART
- DAY 6: FOCUSING ON THE PROMISES OF GOD, PART 1

#### DAY 7: WHAT IT MEANS TO FAST

- DAY 8: LEARNING FROM THE CHARACTERS OF THE BIBLE, PART 1
- DAY 9: THINKING ABOUT GOD'S BLESSINGS
- DAY 10: FOCUSING ON THE THEMES OF THE BIBLE
- DAY 11: SEEING GOD'S WORD
- DAY 12: REMEMBERING GOD'S FAITHFULNESS
- DAY 13: UNLOCKING YOUR CREATIVE SIDE

#### DAY 14: WHAT IT MEANS TO FAST FROM MEDIA

- DAY 15: GETTING EMOTIONAL
- DAY 16: LISTENING TO GOD'S WORD
- DAY 17: MEDITATING ON WHO GOD IS, PART 2
- DAY 18: HAND WRITING SCRIPTURE
- DAY 19: THE NAMES OF GOD, PART 2
- DAY 20: FINDING JESUS IN PROPHECY

#### DAY 21: SHHH! THE DISCIPLINE OF SILENCE

- DAY 22: DEVOTIONAL READING, PART 2
- DAY 23: CONVICTION, CONFESSION, REPENTANCE
- DAY 24: USING YOUR IMAGINATION
- DAY 25: FOCUSING ON THE PROMISES OF GOD, PART 2
- DAY 26: THE DOING OF GOD'S WORD
- DAY 27: LEARNING FROM THE CHARACTERS OF THE BIBLE, PART 2

#### DAY 28: WHAT IT MEANS TO BE EXPECTANT

- DAY 29: THE NAMES OF GOD, PART 3
- DAY 30: ENGAGING WITH GOD'S WORD THROUGH SONG
- DAY 31: PRAYING THE PRAYERS OF THE BIBLE

#### CLOSING

#### ABOUT THE AUTHOR

# INTRODUCTION

"O GOD, YOU ARE MY GOD; EARNESTLY I SEEK YOU; MY SOUL THIRSTS FOR YOU; MY FLESH FAINTS FOR YOU, AS IN A DRY AND WEARY LAND WHERE THERE IS NO WATER."

- PSALM 63:1

Have you ever in your life thought about God the way that David describes it in those verses up there? When you read this verse, do those words seem like words that would ever come out of your mouth?

If you can, if you can say that David's words here describe your day-in, day-out feelings toward knowing God, you probably don't need this book. Now, don't get me wrong: this book would probably still be helpful to you, for sure. But if you find yourself with a longing and thirst for God that leads you to seek Him each day through His Word, the angle this book takes may not hit you as squarely as it will others.

Because here's the deal: I can't read that verse and say that it has always described my feelings or actions when it comes to seeking to know God more.

I know, I know. I'm not really supposed to say that. After all, I'm a pretty much a professional minister. I've been to seminary. I'm an author and a speaker. I have taught the Bible to teenagers and adults alike pretty much weekly for

most of the past two decades. If anyone should have the whole "thirsting for God" thing down, it should be someone like me.

How is it possible that I can't always see myself in the words of this verse?

Don't get me wrong: there are times in my life when I can relate to the verse. There are seasons when I feel like God's Spirit is right under my skin. God feels close, and I have a desire to come even closer. In these seasons of life, I can barely contain the feeling of wanting to be with God. These are great times.

But there are also seasons when I read the verse above and, if I'm honest, it makes me feel pretty rough. It reminds me of how far away I can feel from God at times. Maybe you can relate? Maybe there have been times for you where you just couldn't seem to find the energy to read your Bible. Or you wanted to but didn't know where to start. Maybe your prayers felt hollow. If this describes you, let me tell you that you're not alone. But I'm also here to tell you there's a better way. Keep reading.

#### THE DISTANCE BETWEEN GOD AND YOU

There are a whole lot of reasons we feel distant from God. It's partly because of the way we live our lives. The lives many of us choose to live have very little space for God. We are booked solid. Our pace is intense! And when we DO downtime that could be spent snatching moments of time with God, we're face down in a smartphone playing a game, watching Netflix, or catching up on Instagram or Snapchat.

Much of why we feel distant from God is spiritual. The Bible makes it clear that all of us are born with a sin nature (Rom. 3:23). We naturally tend to seek "self" and not God. Often we don't seek God because we won't seek God. The words of my favorite hymn, "Come Thou Fount of Every Blessing," come to mind:

"Prone to wander, Lord, I feel it, / Prone to leave the God I love."

For whatever reason, many of us will go through times in our lives when God simply feels far away. We don't sense His presence. He doesn't feel near. We see the way other people talk about their faith, and it seems as if they are describing an entirely different kind of journey than the one we're on. If this describes an experience you're familiar with, let me speak some encouragement to you for a moment.

Here some real truth, so don't miss it: God is always near. He is never not near. God's nearness to you has nothing to do with you but everything to

do with Him and His character. He is present in the lives of His children, and that's a fact. God is not distant. If you have been born again through saving faith in Jesus Christ, God is literally with you, within you, every moment of your life (Rom. 8:8-11). God can't be any nearer to you.

And yet, there are times in our lives when God truly feels far away. What do we make of this? The unfortunate truth is that when God feels far away from us, the root of the problem is not with God, but with us. If God feels distant, we have to look inside ourselves for what is causing the distance. This may not feel like me encouraging you. I get it. And yet, be encouraged! God is not far from you. He is never far from you! If this is true, it means that it is possible to feel close to Him. Again. Or maybe for the first time.

There is a wonderful promise in the New Testament, one I have depended on many times in my life. It's part of why I wanted to write this book for you. To help remind you of it. James 4:8 says, "Draw near to God, and he will draw near to you." Maybe you need to read that again. Read it 100 times if you need to. Do whatever you need to do for this powerful truth to take hold of your heart and mind. God is near. He is never not near. If you draw near to Him, He will reward your steps of faith, and He will remind you of His nearness.

If you feel far from God and take action to feel closer to Him, God promises us that you will feel God's nearness once again. I mean, I guess there could be more comforting promises in Scripture, but there have been times in my life when this promise has sustained me like few others. Maybe this truth is exactly what you need to hear today, too. I hope so.

But, there's still an issue. We know that God will honor our efforts to draw closer to Him, but what does drawing closer to Him look like?

How do we do it?

#### THE WAY BACK TO GOD

If you are like many people, you want to know God more and better, to feel a closeness with God, a passion for Him. But many teenagers often don't feel like their tried-and-true methods of seeking God produce these feelings. It's OK to admit it. I believe many young people find themselves here.

As Christ-followers, much of our lack of passion for seeking God is practical. For many of us, it boils down to this: we don't know HOW to seek God.

Read that last sentence again. It's important. What I am saying is that maybe

you don't have a lack of desire, but a lack of know-how. Are you tracking with me? We like to think that we know all we need to know to seek after God, especially those of us who have grown up in church or who have been Christians for a while.

Many teenagers have a basic sort of understanding of what it means to read their Bible and pray. But I have come to believe that there are a ton of Christian teenagers out there, maybe teenagers just like you, who have never been really taught more than one or two ways to interact with the Bible. And it shows.

Study after study shows us a disappointing truth: American Christians live their lives separated from God's Word. The majority of Christians in the US don't read their Bible very much. Research all paints a similar picture. One study looked at the habits of all American adults and found that over 50% report reading their Bibles only three or four times a year. Only 14% of adults report reading their Bibles daily. Another study surveyed Christian adults, asking how many times they read their Bibles outside of church. Only 20% said that they read it daily, while another 20% reported that they never read their Bible outside of church.

What about teenagers you might ask? About the same. A study found that about 12% of teenagers read the Bible daily. That's not bad. But the largest category of teenagers was the 31% who reported reading the Bible about once a week. 19% reported reading the Bible a few times a year, if at all.

As a people, we are trying to live as Christians, but we are disconnected from the God-given source of what it means to live as a Christian.

I find myself asking why this is the case. I believe most Christians, especially most Christian teenagers, WANT to live in connection with God through His Word. But at the same time, I believe most Christians don't have a grasp of how to read the Bible, other than just reading a few verses here and there and trying to figure out how to apply them to their lives. Most Christ-followers have simply never been taught, and so it's easy for us to neglect the main way that God chooses to relate to us: the Bible.

We especially don't understand how to read the Bible in a way that feeds our hearts instead of our heads. What do I mean by this? Let me explain. Most people have only ever been taught to interact with the Bible in a way we might call "Bible Study." This is where you read a specific passage of Scripture, and you begin to analyze it. The goal is what we might call "understanding." We want to know what a particular passage says. And so, we read it. Depending on the resources we have at hand or our level of expertise, we

may try to figure out the context of the passage, in other words, what's going on around it. If we're good at Bible Study, we take the knowledge we accumulate (the "what") and we seek to ask how it applies to our lives (the "why"). This is good Bible Study. But it can be pretty academic.

Now let me be clear: there's nothing wrong with this. Bible study on this level is useful, beneficial, and necessary. We need to know what God says. We need to be able, in the words of Paul, to "rightly divide" Scripture. We need to understand how to apply the teachings of the Bible to our lives. Studying the Bible in this way is a good thing. It's just not the only thing.

If we're honest, engaging with the Bible in the manner I just described doesn't always meet the desire we have to FEEL close to God. When God feels distant, when we're spiritually or emotionally tired, when we need to rediscover our passion, excitement, or joy for God, it's important to know that there are ways of interacting with the Bible that feed our emotional and spiritual needs. But so many people don't know how to do this.

I want to change this.

I believe that the key to rediscovering your joy for God comes through rediscovering, or discovering for the first time, your joy for meeting Him in the pages of the Bible. You see, the Bible is the primary way we meet with God. It's where we see Him giving us all that He believes we need to know about Him and His ways.

In this book, I want to teach you how to interact with your Bible in ways that will lead you to pursue God more and more. I want to help you see that reading the Bible doesn't have to be dull, dry, or academic. And more than anything, through approaching the Bible in ways that maybe you never have before, I want to help you rediscover your passion for God. That's my purpose in writing this book. I want to equip you to partner with the Holy Spirit to awaken your deep joy for God and His Word.

Throughout both the Old and New Testaments, when God is about to do something in the lives of His people, there is a cry to come awake.

"Awake, awake, put on your strength, O Zion; put on your beautiful garments, O Jerusalem, the holy city; for there shall no more come into you the uncircumcised and the unclean." - Isaiah 52:1

"Arise, shine, for your light has come, and the glory of the LORD has risen upon you." - Isaiah 60:1

"But for you who fear my name, the sun of righteousness shall rise with healing in its wings. You shall go out leaping like calves from the stall." - Malachi 4:2

"Besides this you know the time, that the hour has come for you to wake from sleep. For salvation is nearer to us now than when we first believed." - Romans 13:11

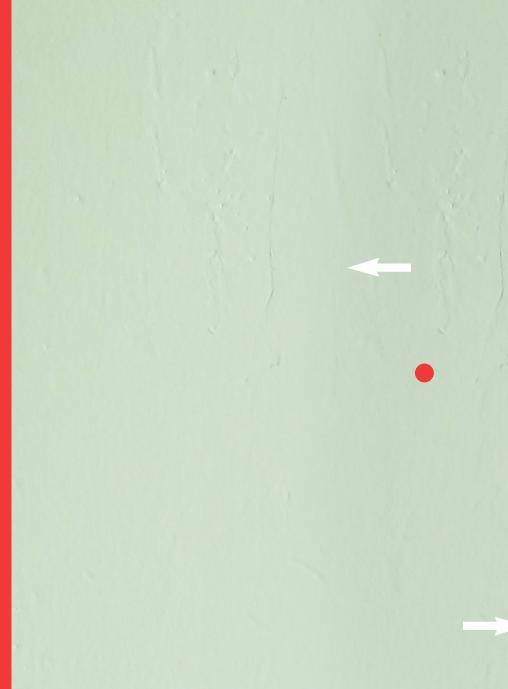
"For anything that becomes visible is light. Therefore it says, 'Awake, O sleeper, and arise from the dead, and Christ will shine on you.""
- Ephesians 5:14

My prayer for you as you start this journey is that your soul would awaken. God is near you. He is always near you. I promise. Could it be that what you need is a better way to look for Him?

Maybe you are in a dark season when more than anything you crave  $\operatorname{\mathsf{God}}$  's presence in your life.

Maybe you find yourself simply longing for a fresh approach to encountering God in His Word.

Regardless, my prayer is that the practices in this book will WAKE YOU UP to a renewed love and joy for God and for who He is in your life.



# HOW TO USE THIS BOOK

First, this book is designed to be read over a month. Some of you will work through this book in exactly 31 days. You are most likely the people who also organize their sock drawer by color. I am not making fun of you. OK, maybe just a little. But I think you are terrific, and I am thankful for you.

Most of you will need more than 31 days to go through this book. This is OK. Take your time. Go at your own pace. The important thing is to stick with it even when you don't feel like it. That's one of the wins in a book like this. If you've been struggling to meet with God regularly and are making a commitment to do so, God will honor you. He is faithful. He will meet you where you are. Along the way, you will find a new joy for meeting God in the pages of the Bible that you may never have experienced before.

Many of you will find that this book provides you with well over a month of content. Some of the experiences in this book are repeatable approaches to engaging with the Bible that can be applied to almost any passage of Scripture. If one of these approaches proves especially meaningful, you may choose to apply it to other passages of Scripture not suggested by this book.

Additionally, many of the Bible Study experiences contained in this book offer several options to choose from within that specific day's content. If you find that you really connect with a particular activity and that activity has a few different options, you may want to come back to that day's devotion and work through the options at your leisure.

Next, I would strongly encourage you to have a journal handy. Let me say that again: You need something to write with. I know that every phone has a notetaking app on it. And I know that Evernote and similar apps are wonderful tools for jotting down your thoughts. I love technology. But I am a firm believer that the act of writing is a crucial component of spiritual growth. The

practice of writing down your thoughts forces you to slow down a bit and process information differently. You will be prompted in many ways throughout this book to write things down. I would encourage you to get a journal or a notebook in which to do it.

Finally, while I put a lot of thought into the order of the days in this book, and while I do believe that the optimal way of utilizing this book is to start on Day I and read in order through Day 31, you definitely don't have to do this. You can look at the table of contents and pick specific days that look the most intriguing to you and do them in the order you choose. That's an option available to you. If you decide to do this, let me ask you two favors:

- First, you'll notice Days 7, 14, 21, and 28 are slightly different days. These days are more action-oriented and are designed almost as a Sabbath of sorts from the other devotions. If you are going to read the book out of the suggested order (which is, again, fine to do), I would strongly encourage you to make it a point to do these days on the suggested timeline. (In other words, on your seventh day of reading, read Day 7, no matter what order you have read Days 1 through 6. Do the same with Days 14, 21, and 28.)
- · Second, if you bounce around, commit yourself to read each of the 31 days. You're reading this book because you have a desire to re connect with God through His Word. The main idea of this book is that there are exciting ways of connecting with God through the Bible that you may very well be unaware of. If you only pick days with titles that appeal to you, you will most likely miss out on a new way of meeting God in His Word that could very well be just the thing to inspire a more personal interaction with Him.

There will no doubt be days in this book that hit you better than others. I have tried every single one of the methods I propose in these pages. Some moved me greatly. Others not so much. But each of them is valuable in its own right. You never know how God will choose to speak to you. Be brave. Be open-minded. Give every day in this book the chance to make its mark in your life.

As you prepare to jump into Day 1, I want you to know that I am mindful of you. I do not know you. But this book was written prayerfully with you in mind. There is nothing special about this book. It is merely a resource that points to THE Book.

My prayer is that over the next 31 days or so, you will experience God and His Word in new ways and that through this, you will awaken inside of you a renewed joy for God.

Now, let's get started.



THE NAMES OF GOD

Do you know what your name means? I'd bet most people do. (In case you were wondering, my name, Andrew, means "strong and manly." I'm just tossing that out there.) The better question is whether your parents named you what they did because of its meaning or because of another reason. Maybe you share a name with a family member, or maybe your parents just liked the sound of your name. Whatever the reason, your name has come to mean something very specific. When someone who knows you hears your name, they immediately associate your name with the person you have come to be. Your name tells people who you are. Your name has meaning that has been established by the life you have lived.

It is no different with God's name. Interacting with God through the names He is given in the Bible is a powerful way to draw closer to God and to rediscover our passion for Him.

Today we're going to start with one of my favorite ways of interacting with Scripture to engage with God. This activity has helped me personally, and I've used it over the years to help others find meaning in it as well. We're going to focus our time of Bible reading by interacting with some of the different names of God

Did you know that God has different names? It's true. One of the beautiful things about the Hebrew culture we see in the Old Testament is its remarkable use of names for God. The Hebrew authors used different names for God to describe the many different roles He played in their lives. For instance, in Judges 6:23-24, God came to Gideon in peace. And so, Gideon built an altar to God and named it "The LORD Is Peace," or in Hebrew, "Jehovah Shalom." The cool thing is that God's nature is unchanging, and so He still plays these roles in our lives today.

As we try to rediscover our passion for seeking out God through engaging with the Bible, really thinking about the names of God is a powerful practice.

In a moment, you'll encounter several names for God used by His people in the Old Testament. This grouping of names builds off the Hebrew word YAH-WEH, the name God gave Moses when God met Moses in the burning bush. These names combine God's name with some of His attributes. The English translation of YAHWEH is "Jehovah." And so you'll see God's name, Jehovah, paired with one of His attributes.



## HERE'S YOUR CHALLENGE FOR TODAY

FIRST, set aside a time to pray over this list. We pray so that we can get our mind and spirit in a reflective, peaceful state, free from distractions.

THEN, read through the list a couple of times.

NEXT, choose one of the names of God from the list below that makes an impact on you. This could be a role God has fulfilled in your life in the past, or it could be a role He is playing now. Then, read the Bible verses where that name is mentioned and reflect on that aspect of who God is.

Here's a list of a few of the names of God:

**Jehovah-Jireh:** "The LORD will provide." This was the name used in conjunction with God providing a ram for Abraham to sacrifice in place of Isaac. This name is a testimony to God's deliverance.

- · Read Psalm 73:21-26.
- Think about this: How has God provided for you in times of trial? How is He providing for you now?

**Jehovah-Nissi:** "The LORD is my banner." Moses ascribed this name to God after a victory over the Amalekites. The name of God was considered a banner under which Israel could rally for victory. The Lord's name was the battle cry.

- · Read Proverbs 2:1-8.
- Think about this: How has God provided you victory in some area of your life? Where do you need that victory today?

**Jehovah-Shalom:** "The LORD is peace." This was the name of the altar that Gideon built at Ophrah signifying that God brings well-being, not death, to His people.

- · Read Psalm 4:1-8.
- Think about this When has God been your peace in the past? Do you need His peace today in some way?

**Jehovah-Rohi:** "The LORD is my shepherd." God is the One who provides loving care for His people.

- · Read Psalm 23:1-6.
- Think about this: What provision has God given you that you are most especially thankful for?

**Jehovah-Rapha:** "Jehovah Who Heals." Jehovah is the Great Physician who heals the physical and emotional needs of His people.

- · Read Psalm 103:1-5.
- Think about this: How has God healed you in the past? What do you need healing from today?

**Yahweh-Mekaddesh:** "The LORD sanctifies." Holiness is the central revelation of God's character. God calls for a people who are set apart from the world to be used for His purposes.

- · Read Psalm 40:1-3.
- Think about this: Give thanks to God that you've been set apart by God, cleansed of your sin, and made to be His child.

**Yahweh-Sabaoth:** "The LORD of Hosts." This can also be translated "the LORD Almighty." It represents God's power over the nations. The title sees God as King and Ruler of Israel, its armies, its temple, and of the entire universe.

- · Read Psalm 66:1-7.
- Think about this: How do you see God's power displayed in the world around you? In your life?

FINALLY, pray to God using that specific name. (It's OK if you don't pronounce it correctly! God knows what you mean.) Thank God for realizing this role for you. Or, ask Him to help you see Him in this role.

The most important thing is keeping this concept in front of you throughout the day. As you can, reflect on this name. Consider writing it on your hand or a notecard. Do whatever you can think of to remember to focus on this name and how God relates to you in this way.

23



WHAT IS DEVOTIONAL READING?

I could barely hear my phone ringing. My beloved Auburn Tigers had just finished knocking off the second #1 ranked football team in as many weeks. What made this victory more special was that this was the Iron Bowl. We had just beaten our biggest rival, Alabama, in a game that was never really in doubt. The clock was winding down. Soon the fans would rush the field. My wife and I were screaming and cheering along with nearly 90,000 other Auburn fans. I felt my phone vibrating, and I saw that my mom was calling me.

I answered the phone knowing that I couldn't hear a word she was saying, and as I suspected, I couldn't. But I knew she would be screaming as loud as I was, and so I yelled back and let her hear the roar of the Jordan-Hare crowd for a moment. I hung up the phone and laughed. I could barely hear my wife next to me, much less my mom on the phone. There was too much noise.

Sometimes the distance we feel between God and us is caused by the noisiness of our lives. We have so much going on that even when we try to connect with God, we can't always hear Him over the "noise" we surround ourselves with. The goal of this devotion is to help teach us how to pursue God by quieting the noise in our lives.

Today's time of encountering God in the Bible embraces one of my favorite mays of engaging with Scripture. It's an ancient practice that comes from a time when most people in the Church were illiterate and relied on hearing the Word. I have found that as much as any one way of interacting with the Bible, this method speaks to my heart. Furthermore, I seem to be able to latch on to truths learned using this method. The echo of God's words stays with me longer if I can make the time to practice this approach.

The Latin phrase for this way of reading the Bible is "Lectio Divina." (Try to

25

work the phrase into a random conversation today to impress your friends.) That's a fancy way of saying, "devotional reading." Devotional reading is an experiential, heart-driven way of meeting God in the Word.

When we read the Bible in this way, we're not trying to do anything really scholarly. We're not taking a critical look at a passage. The sole point of devotional reading is to come to a relational, intimate interaction with God through the words you read. It asks the question, "What does God want to show me in these verses?"

If you've never read the Bible in this manner, if you think it sounds too emotional or mushy for you, I'd ask that you give it one chance. If you pour yourself into it, I promise you will be moved by what you get out of it.



## HERE'S YOUR CHALLENGE FOR TODAY

FIRST, find somewhere quiet. Quiet your mind. Prepare your heart. Slow down. Get yourself ready to meet God in His Word. Start with a prayer to God, asking Him to show you what He has for you in this passage.

THEN, read the passage. You can use the one I have included below or choose your own. Read it slowly, almost word by word. The idea is to read as if God is going to stop you and show you something at any moment. As you come across words or phrases that seem to speak to you, pause and focus on them. Think about what it is about them that speaks to you. But most of all, listen to what the Spirit is trying to show you.

NEXT, think about the passage even deeper by reading it one more time, but this time, read it out loud. (This might feel strange at first, but it's an essential part of processing the passage in a way that allows you to pick up on different cues rather than merely reading it to yourself.) This time, really soak in the words and ideas you're encountering. If God wants you to think on certain things, do so. Allow the words to guide your interaction with God.

THEN, you need to think about your response. This is your chance to engage in a conversation with God. Pray to Him, asking Him what He wants to show you. Express to Him how the truths He led you to reflect on made you feel.

FINALLY, summarize to yourself what you have learned. Some people like to jot these thoughts down in a journal. Some can do this mentally. But the idea is to spend some time – however much you spend is up to you – just thinking about what God has shown you and how it changes who you are. Try to hone in on specific concepts that you can take away.

I want to challenge you to give this method an honest try, even if it feels new or a little unusual. The passage I've chosen for you to read today is Romans 8:31-39. Go ahead and jump into this time of devotional reading.

"[31] What shall we say about such wonderful things as these? If God is for us, who can ever be against us? [32] Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? [33] Who dares accuse us whom God has chosen for his own? No one—for God himself has given us right standing with himself. [34] Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God's right hand, pleading for us.

[35] Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? [36] (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.") [37] No, despite all these things, over whelming victory is ours through Christ, who loved us.

[38] And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. [39] No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. – Romans 8:31-39 (NLT)



# A DIFFERENT TAKE ON PRAYER

Prayer is the language of our relationship with God, but for many of us, our prayer lives are often lacking passion or feeling. Does this describe you sometimes? We pray to God, and maybe we thank Him for the blessings He has given us. Perhaps we remember to pray for other people. But if we're honest, many of us are too quick to pray for our own needs and the things that concern us most. None of this is wrong in itself. But too often, we don't pray to God with the kind of worship and passion that He desires us to bring to Him.

Have you ever felt like your prayers bounce off the ceiling? Like they don't even make it to God? If you do, you're not alone. I believe many people find prayer to be something they struggle to know how to fully engage in. And yet, meaningful prayer to God is often linked to reading the Bible. When we can see God clearly in the Bible, we should be moved to speak to Him in ways that communicate the awe and wonder of who He is. This exercise will help you begin to do just that.

This day's exercise will blend the two main ways God has given us to come to know Him: prayer and Scripture reading. Today you're going to use the Psalms as a way of reaching out to God in prayer.

Praying through the Psalms is a powerful way to seek God using the words of Scripture. There are so many powerful thoughts and emotions in the Psalms. When we pray to God using the words of the Psalms as our own, it helps us connect with God in a way that maybe we haven't before. So today you're going to pray through a specific psalm, personalizing it as a way of speaking to God in the language of His Word.

This approach can be applied with any passage of Scripture, but I'll provide one for you for this time of prayer. After engaging in the practice, try it out on another passage or two.

26

29



# HERE'S YOUR CHALLENGE FOR TODAY

FIRST, start by praying to God to help you clear your mind and heart.

THEN, begin reading the psalm below as it appears in your Bible.

NEXT, pray through the psalm as if it were your own words, slowly and authentically expressing the thoughts as your own. Think about what you're saying to God. Take your time. (If you want, pray it all over again!)

What does this look like? Let's use Psalm 100 as an example. Start by reading Psalm 100 slowly. Then, pray through it, personalizing it as you go. This is an example of what I mean by personalizing it. It might go something like this:

"God, I shout for joy to you. I join all the earth in praising you.

I worship you with gladness; I come before you with joyful songs.

I know that you, LORD, are God. It is you who made me, and I am yours; I am the sheep of your pasture.

God, I enter your gates with thanksgiving and your courts with praise; I give thanks to you and praise your name.

For you, LORD, are good and your love endures forever; your faithfulness continues through all generations."

THEN, listen. As much as time will allow, just sit and reflect in silence, focusing on being in God's presence.

FINALLY, close your prayer as you see fit.

Try this with Psalm 100 or try it with another one of the psalms. (You may find that Psalm 29 and Psalm 46 are particularly meaningful for this exercise.) When you're finished, grab a journal and record your thoughts.

Did this prayer experience feel different?

Did you feel like your prayers were more meaningful?

What was positive about it?

What about it did you not feel comfortable with?

The Lord longs to communicate with us. Prayer is how we do this. As you go throughout your day, be sure to make time to meet with God in prayer.