

ACTIVE SILENCE

FUNERAL

Have a funeral for your past. If your past needs to be confessed in the presence of the Lord, do it. Then put it to rest by writing what you have confessed in His presence on a sheet of paper. Maybe you want to bury it; maybe you want to cremate it; maybe you want to drown it. Whatever you do, put the past where God has put it, in the grave. Meditate on the following passages: **Ps. 32:1-5; Ps. 103:10-14; Ps. 130:4; Is. 43:25; Is. 42:1-3; Micah 7:19; Heb. 10:10-12, 19-23**

MEMORIAL

One of the ways in which we cultivate a heart of discontent is to concentrate on all the things we don't have. One of Satan's strategies with Eve was to get her to focus on the one thing she did not have so that she forgot all that she did have. One of the ways to live content in Christ is to thank Him for all He has done and given. God commanded Israel to remember the good He had done at the Jordan by erecting a memorial of stones. This was a tremendous faith-builder. Why not spend some times journaling on all the Lord has done and given. Get a stone to remember all those things as a reminder to you.

BRIDGE

The quality of our relationship with God is measured in the quality of our relationships with man. Perhaps there is someone you need to forgive or someone who needs to forgive you. If so, take the initiative today and don't let this go on any longer. Write a letter or make a phone call to ask for forgiveness if needed. Have you ever thanked your parents for all they have done for you up to now? Have you ever expressed your appreciation to a youth leader, pastor or camp counselor by telling them specifically what God has done through them in your life?

DECISION

It is human nature to aim low, take the path of least resistance, put off what you can do now for a later date. We just don't like to make a decision, even when it would be in our own best interest to do so! Is there a decision you have been putting off? Is there something that you thought you left behind, but has followed you here because it is an issue of your heart before the Lord? These things can involve life-style choices, relationships, finances...

REVELATION

It could very well be that the Lord has spoken to you in the past few weeks. Sometimes we have a spiritual "Ah ha! I get it!" experience. What would some of those things be? Sometimes it helps to make things applicable to go through your notes and write out some of those revelations and how they can be translated into your life. It's like taking an inventory of what the Lord has spoken, but then taking ownership of it by thanking Him and most of all, acting on it.

BURDEN

One of the things that can make Bible School such a burden is "The Paralysis of Analysis". Introspection is one of the most effective thieves of joy in the Christian life. Our heavenly Father gladly accepts the responsibility to make us aware of any adjustments we may need to make in our relationship with Christ. **(1Cor. 4:3-5; Phil. 3:14-15; 1 Jn. 2:27; 1Jn. 3:19-21)** In order to come out from that burden, it may help to journal; taking time to get out what's inside. Cast the burden of your growth on Christ and refuse to keep taking your spiritual temperature.

10 PRAYER IDEAS

1. Cast all your cares on Him (and leave them there!).

See 1Pet. 5:6-7; Ps. 55:16-17, 22; Ps. 62:1-8

2. Have a funeral for your past.

See Ps. 139:23-24; Is. 59:1-2; Mic. 7:19; 1Jn. 1:9

3. Listen to God and meditate on His works.

See Eccl. 5:1-2; Ps. 4:4; 27:4-5; 46:8-11; 77:5-6; 143:5-6; 145:3-5; Mat. 6:5-8; James 1:19-20.

4. Commit all your ways (decisions) to Him.

See Ex. 13:21-22; Ex. 14:19-20; Ps. 37:4-5; Ps. 32:7-8

5. Thank God for all that you *do* have.

See Ex. 15:24, 16:2; 1Cor. 10:10; Eph. 5:18-20; 1Thess. 5:16-18

6. Feed your faith by seeing the Unseen.

See Mat. 5:8; Mat. 6:25-34; Rom. 1:18-20; 2Cor. 4:18; Heb. 11:27

7. Pray through the Lord's prayer.

See Mat. 6:8-13; Lk. 11:1-4

8. Collect some memorial stones or write a book of remembrance.

See Josh. 4:1-7, 19-24; Ps. 103:2; Is. 49:15; Mal. 3:16; Jn. 14:26

9. Wrestle with God and complain to Him.

See Gen. 32:22-32; Ex. 32:1-14; Ps. 55; Lk. 11:5-13

10. Pray Paul's Prayers

See Eph. 1:15-23; Eph. 3:14-21; Phil. 1:9-11; Col. 1:9-14; 2Thess. 1:11-12; Philemon 1:4-6

SAVORING SOLITUDE

Pray prayers from scripture out loud.

Pray through the prayers of scripture using the personal pronoun: I, Me, My.

Write a letter to Jesus.

Recount all that God has done for you and tell that to Jesus.

Write Jesus a song or poem.

Draw a picture which best captures your relationship to Christ.

Read your favourite passages of scripture out loud.

Make a list of your most pressing needs and find a promise of God to match it.

Write out what you really want at this point in your life; share that with Jesus.

Focus on one created thing and describe what it teaches you about Jesus.

Pray as far as your faith will take you. "Pray as you can, not as you can't!"

Read the encounters of Jesus and others, asking, "How would I have reacted?"

Pray, "Lord, speak to me." Read scripture, and listen.

Rewrite some of God's promises in your own words.

Tell Jesus what bothers you the most about Him.

Tell Jesus why you left Him out of your life at certain points.

Recount the times you wanted to impress man more than please God.

Be honest with God about what you fear the most and treasure the most.

Choose a Life Verse from the bible for yourself.

Why would you recommend Jesus to others?

Meditate on one verse you have learned this year.

Make a memorial of all the times Jesus has revealed Himself directly to you.

PRAYER HYMN

PRAYER IS THE SOUL'S SINCERE DESIRE

James Montgomery, 1771-1854

1. PRAYER IS THE SOUL'S SINCERE DESIRE,
UNUTTERED OR EXPRESSED,
THE MOTION OF A HIDDEN FIRE
THAT TREMBLES IN THE BREAST.
2. PRAYER IS THE BURDEN OF A SIGH,
THE FALLING OF A TEAR,
THE UPWARD GLANCING OF AN EYE
WHEN NONE BUT GOD IS NEAR.
3. PRAYER IS THE SIMPLEST FORM OF SPEECH
THAT INFANT LIPS CAN TRY;
PRAYER THE SUBLIMEST STAINS
THAT REACH THE MAJESTY ON HIGH.
4. PRAYER IS THE CHRISTIAN'S VITAL BREATH,
THE CHRISTIAN'S NATIVE AIR,
HIS WATCHWORD AT THE GATES OF DEATH;
HE ENTERS HEAVEN WITH PRAYER.
5. O THOU, BY WHOM WE COME TO GOD,
THE LIFE, THE TRUTH, THE WAY,
THE PATH OF PRAYER THYSELF HAST TROD;
LORD, TEACH US HOW TO PRAY. AMEN.