

## 21 Days of Prayer

### Day 1 September 3

**Psalm 56:3-4** When I am afraid Oh Lord Almighty, I put my trust in You. I trust in God and am not afraid; I praise Him for what He has promised.

**1 Peter 5:6** Humble yourself, then, under God's mighty so that He will lift you up in His own good time. Leave all your worries to Him, because He cares for you.

Stress is the number one ailment in the US. A 2017 Perkins study in the Harvard Business review stated that at least 60%, and as high as 90%, of all doctor visits are due to stress related ailments. They named it the Disease of Civilization. Stress affects our heart rate, blood sugar levels, ability to sleep, weight, digestion, concentration, breathing, eyes, skins, and joints. We spend billions of dollars every year on trying to control our anxiety. The word anxiety comes from the Latin, meaning to choke or squeeze. It chokes and squeezes our energy and harms our overall wellbeing. As followers of Christ, we are not given a pass on stress. Life often gives us twists or hard times. Where we cannot escape the presence of stress, worry, or anxiety, we can escape its prison. We are called to see and rest in the sovereignty of God. We are called to praise the one who sees and knows everything and has it all under control.

#### Prayer

Father help us today to feel Your sovereignty. We know that you sit on Your throne. Nothing catches You by surprise. Help us to rest assured in your love for us and that You will lift us up. When I am feeling anxious help me to feel your strength in all situations.

#### Prayer for RLC

Please pray today for wisdom as Pastor Donnie as he leads RLC. Pray that he will use his time in a balanced manner; that he would find the time to rest when he needs it. Pray for his ability to hear and be obedient to God as he leads. Pray for Renee as she supports and leads with Donnie in this church body. Help them to find friends that they can share this journey with. Pray for the health and well being of the entire Hatcher Family.

## 21 Days of Prayer

### Day 2 September 4

**Philippians 1:23-25** I am pulled in two directions. I want very much to be with Christ, which is a far better thing; but for your sakes, it is much more important that I remain alive. I am sure of this and know that I will stay on with you to add to your progress and joy in your faith.

There are all days when we come to the place where we are tired of our problems, and the cares of this world seem too much, and we just want it to end. Heaven is such a wonderful promise, why stay here one more minute. Paul felt that tug of war. We have work here on earth to do for the glory of God and His Kingdom. It is our witness that may draw someone closer to God. Instead of giving up, we need to share our trials with others. Our journey through the day may give someone else the hope they need to carry on. We need to share the victory we have over stress and anxiety with those around so that they can know the goodness of our loving Father.

#### Prayer

Father have I given up? Do I need to restart the race that You have laid out before me? I want to finish well Lord. I have too much living to do to dwell on self-defeating thoughts. I want to press forward. Renew my energy. I am needed by my friends, family and those I meet to share my life story and Your goodness in my life. Help me know joy.

#### Prayer for RLC

Today pray for the Worship team. Pray for Eric Hansen and Steve Martz and all of those on the team as they lead us in worship. Pray that their work with Pastor Donnie and the tech team will create a worship environment that leads everyone into the throne room of God. Pray for creativity. Pray for renewed energy and purpose.

## 21 Days of Prayer

### Day 3 September 5

**Habakkuk 3:17-19** Even though the fig tree has no fruit and no grapes grow on the vine, even though the olive crop fails and the fields produce no corn, even though the sheep all die and the cattle stalls are empty, I will still be joyful and glad, because the Lord God is my Savior. The Sovereign Lord gives me strength.

What name does Habakkuk give God? How would the ability to perceive God as sovereign in all trials big and small as in control of everything affect the way you perceive them? Anxiety not only happens when we are in the midst of a trial but also happens when we “What if” a situation. It’s the threat of a storm that may or may not ever come. “What if” this new boss lays me off? “What if” my child hangs out with the wrong crowd? “What if” my car breaks down? “What if” I am late to work? Habakkuk knew the answer to the “what ifs” in life. He proclaimed God’s sovereignty. He knew the Lord would give him strength.

#### Prayer

Father, I ask that today You overwhelm the anxious thoughts within me. Take away the “what if’s” and let me focus on what is real today and the fact that You have power over all things. My strength comes from You God. I will be glad and rejoice in You.

#### Prayer for RLC

Please Pray today for our ministry partners Don and Billie Dixon who lead Trek X ministry in Dallas. Pray for in roads to be made in the immigrant community that they serve in Dallas. Pray that friendship and trust build between them and those they meet. Pray for their ability to hear, discern and follow God’s will for this ministry. Pray for their wellbeing and health.

## 21 Days of Prayer

### Day 4 September 6

**Isaiah 45:9-12** Does a clay pot dare to argue with its maker, a pot that is like all others? Does the clay ask the potter what He is doing? Does the pot complain that its maker has no skill? Does anyone dare to say to his Parent, “why did you make me like this?” The Lord, the Holy God of Israel, the one who shapes the future, says: “You have no right to question me about my children, or give Me orders of what I ought to do!” It is I who made the Heaven and the earth and created mankind on it. My own hands stretched out the heavens; I control the sun, the moon, and the stars.

Can you remember a time, when you were little, and you got lost in a store? You were near your mom and you wandered just a little way off. You could see her and then, all of a sudden, you looked again, and she was gone. You hadn't gone that far but you didn't see her anywhere. Do you remember the panic you felt as you called out for her? The relief you felt, when she called back and said, “I am over here.” We lose sight of God when our focus is on those things we are anxious about. We believe we are alone in a situation when God is with us all the time. We start to question whether He really has things in control. When trust in Him and the power He has we can rest in the knowledge that He is seeing and walking through it all with us.

#### Prayer

Father help me to trust deeply in Your sovereignty. Help me rest in the knowledge that nothing gets by you. I want to rejoice in that knowledge no matter what the circumstance is. I want to declare this truth all the days of my life.

#### Prayer for RLC

Please pray for our ministry partners James and Hanna Sharp. Pray for their ministry *Willing to Go* in Nicaragua. Pray for their ability to meet and build relationships with those they serve while on mission. Pray for their wisdom as they lead others. Pray for their health and wellbeing.

## Day 5 September 7

**Philippians 4:4-8** May you always be joyful in your union with the Lord. I say again rejoice! Show a gentle attitude towards everyone. The Lord is coming soon. Don't worry about anything, but in all your prayers ask God for what you need, always asking Him with a thankful heart. And God's peace, which is far above human understanding, will keep your hearts and minds safe in union with Christ. In conclusion, my brothers and sisters, fill your mind with those things that are good and that deserve praise: things that are true noble, right, pure, lovely, and honorable.

From Paul's words in these passages Max Lucado in his book, Be Anxious for Nothing, has put together an acrostic: CALM

- **C** Celebrate God's goodness. Rejoice and praise Him for His goodness.
- **A** Ask God for help. Ask Him not only to understand the situation but to see the lesson He is teaching you and to transform your heart.
- **L** Leave your concerns with God. Not only leave your worries with God, but pick up the appropriate weaponry so that when they threaten to return you can battle against them.
- **M** Meditate on good things. Replace your worries with thoughts on the truth of God's Word.

God didn't just tell us not to worry and leave it at that. Through Paul, he gave us a way to counter our worries. The time we spend in this exercise of CALM is time we draw near to God and begin guarding ourselves against drowning in worries.

### Prayer

Father help me today to remain calm. Help me to remember the times You have been so good to me. Help me understand the journey You have placed me on today and understand the lesson you are teaching me. Please Father take the things that are making me anxious today and show me how to battle against these thoughts and worries. Help me to meditate on the good things in my life.

### Prayer for RLC

Pray today for the mission of MPact Churches. Pray for this ministry as it seeks out pastors to work with as they plant churches in new communities. Pray for their finances as they help launch new church bodies. Grant them God's wisdom and favor.

## Day 6 September 8

**Psalm 145:8-20** The Lord is gracious and compassionate, slow to anger and rich in love. The Lord is good to all: He has compassion on all He has made. All Your works praise You, Lord; Your faithful people extol You. They tell of the glory of Your Kingdom and speak of Your might, so that all people may know of Your mighty acts and the glorious splendor of Your kingdom. Your kingdom is an everlasting kingdom, and Your dominion endures through all the ages. The Lord is trustworthy in all His promises and faithful in all He does. The Lord upholds all who fall and lifts up all who are bowed down. The eyes of all look to You and You give them their food at the proper time. You open Your hand and satisfy the desires of every living thing. The Lord is righteous in all His ways and faithful in all He does. The Lord is near to all who call on Him in truth. He fulfills the desires of those who fear Him; He hears the cry and saves them. The Lord watches over all who love Him, but all the wicked He will destroy.

Do you ever feel like a fraud? I do. I have said that I believe in God, that I know that He is in control, yet when the rubber meets the road and worries come, stress builds up. I have no control, it seems, in the tightness that builds across my shoulders, the ache in my stomach or the sleepless nights. I have told others and meant it, "God's got this.", yet when it happens to me, I feel alone. There is no reason for it and I do believe all the things I have said to others. Sometimes I, we, just need to remember just how good God really is. We need to know how much he truly loves us. Read the Psalm passage again. How many attributes of God can you find in this passage? What characteristic really speaks to you when you are having a difficult time trusting Him? Which one brings you the most comfort? We are not alone. He is there. Waiting. Wanting us to look up and put our thoughts on Him.

### Prayer

Father, thank You that You are good. Thank you that we never, no matter how we feel, walk through this life alone. Help me remember that You are not one dimensional. You are not just a story in a book that I read and say I believe in. You are a living breathing caring righteous God who loves me. I need You to help me trust in You today.

### Prayer for RLC

Pray for our elders: Bill Glossner, Lysle Rice, Doug Dixon, and Brian Miller. Thank God for our team of Elders and for the time and effort that they put into the leading of our church family. Ask for continued wisdom as they partner with Pastor Donnie in the direction and work that God will do through RLC. Give them the ability, honesty, and compassion to deal with any situation that arises. Ask God to protect them and their families from negative influence.

**Day 7 September 9**

**Philippians 3:13-14** Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God is calling.

There is a reason that the windshield of a car is bigger than the rearview mirror. Yes, sometimes it is important to see what has or is happening behind us; but it is far more important to be looking ahead. Your present and future matters so much more than your past. God is greater than anything that you have done or has happened in your past. He is ready to help you write the new chapter in your life. What prevents you from releasing the past and rejoicing in the Lord always? God can and will use your life, past, present and future to further His glory if you will let Him. Don't rehearse the chaos or worries of your past instead look to Him and ask Him to use it to His glory.

**Prayer**

Father remind me today I have a choice: I can wear my hurt and worries on my sleeve or I can wear Your hope in my heart. I can outfit myself in my misfortune or clothe myself in Your provision. Help me to lean into Your perfect plan. I can believe Your promise that says, *in all things God works for the good of those who love Him and have been called according to His purpose.*

**Prayer for RLC**

Please thank God for our trustees: David Branch, Doyle Kitchin and Steve Lowe. Pray for their continued wisdom as they partner with Pastor Donnie in leading RLC. Pray that they and their families would continue to be strong witnesses in the community and in the RLC family. Pray for their protection and wellbeing.

**Day 8 September 10**

**Philippians 4:5** Let your gentleness be known to everyone. The Lord is at hand.

**2 Thessalonians 2:2** I beg you my brothers and sisters, not to be so easily confused in your thinking or upset by the claim that the Day of the Lord has come.

Have you ever known someone who is contagiously calm? They can be both maddening and a great source of encouragement in times of stress or chaos. Maddening because they never lose it. They know God has got this. Encouraging because they know God has got this. A contagiously calm person is one who reminds others, in all their actions as well as words, that God is in control. One who, no matter what the problem, looks in the face of the Father and never reacts in impatience or condemnation only in gentleness. A gentle person is one who is level headed, steady and fair. They are seasoned and mature. They rest in the promise that God is near. We all have a choice in how we not only perceive a problem but how we react to it. A gentle person clutches God with both hands and knows without a doubt that He is there.

**Prayer**

Father help me grow into a gentle person, just as Peter walked on the water with You. Help me to become that person who knows that you are there. If I falter and start to sink, help me to look into Your eyes and know You are holding onto me as I hold onto You. Help me to react to the troubles in this world with fairness and a steady heart. Lord, I am sorry for the times when I have been faced with a crisis and I reacted out of fear or frustration. Help me to be level headed and wise. Bring other believers into my life who are contagiously calm, so I can learn from them. Lead me to share what I have learned with others so that my life glorifies You.

**Prayer for RLC**

Today please pray for the Children's Ministry and its many leaders. Pray for wisdom when dealing with hurting families or families in crisis. Pray for wisdom to know how to partner with parents as they raise their children in knowing Christ. Pray for wisdom in how to love and nurture all of the children that God sends our way. Pray for the health, strength and stamina of the leaders and in consistency with staffing the ministry.

## 21 Days of Prayer

### Day 9 September 11

**James 5:13-16** Is there any one among you who is in trouble? Let them pray. Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven, therefore confess your sins to one another and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Corrie Ten Boom famously asked the question, “is prayer the steering wheel or your spare tire?” In The Hiding Place, the story of her life in a concentration camp during the second World War, she writes a story about the barracks in Ravensbruck. The smelly dirty flea infested straw pallets that they were forced to sleep on were horrid. One day, while she was complaining, her sister Betsie drew out her bible and read, ‘Rejoice evermore. Pray without ceasing, in everything give thanks: for this is the will of God in Christ Jesus concerning you. 1 Thessalonians 5:16-18’ Corrie went on to say that when they did indeed thank God for being together and for the fleas they began see how God was working. Because of the fleas, the guards never came into their barracks, which allowed them to read aloud from the bible twice a day for any woman who wanted to hear. More and more women found the light of Christ in that dark flea infested place. Is there a reason to be thankful to God in every circumstance? Corrie would give you a resounding yes.

#### Prayer

Father help bring to mind the things in my life that I should be grateful for. Help me lighten my load by giving You praise in all circumstances. Show me where the work of Your kingdom is flourishing. Lord help me be specific when I talk to You. Forgive me the times that I have fallen into routine and forgotten how much you want to walk and talk with me though out my day.

#### Prayer for RLC

Pray today for our Life groups. Ask for new leaders to come forward so that everyone might find a place to belong. Help make us welcoming and draw people to them that are not already spiritually connected. Pray that leaders would lead their groups in learning, fellowship, sharing and prayer. Move our groups to a place where everyone is authentic and willing to share their lives so that we will become closer to Christ.

## 21 Days of Prayer

### Day 10 September 12

**Philippians 2:6-8** Who, being in the form of God, did not consider equality with God something to be used to His own advantage; rather, He made Himself nothing by taking on the very nature of a servant, being made in human likeness. And being found in appearance as a man, humbled himself by becoming obedient to death- even death on a cross!

God exists in glory that no one, no mind can comprehend. Jesus left that glory in heaven to become one of us. He changed His outward appearance and deprived Himself of that glory willingly and deliberately. Not only did He become a man, He came as a servant. His love for us was so great He chose to come in a form we could all understand and relate to; that is why He became such a great priest and intercessor for us. He knows intimately who we are and what we are faced with daily. He lived it all.

#### Prayer

God, thank You for loving me so much that You left Your throne and glory in heaven to become one of us. Jesus, there is nothing I cannot talk to You about because You know all the feelings I know. You know every part of me. You made me, and You came to earth to save me. Thank You for Your sacrifice and Your great love.

#### Prayer for RLC

Pray that RLC would find new ways to become involved in the Waugh Chapel Town center and surrounding communities to foster good relationship with the people of the local community.

## 21 Days of Prayer

### Day 11 September 13

**Psalm 136:1-9** Give thanks to the Lord for He is good, His steadfast love endures forever. Give thanks to the God of gods, for His steadfast love endures forever. Give thanks to the Lord of lords, for His steadfast love endures forever: to Him alone who does great wonder, for His steadfast love endures forever; to Him who by understanding made the heavens, for His steadfast love endures forever; to Him who spread out the earth above the waters, for His steadfast love endures forever; to Him who made great lights, for His steadfast love endures forever; the sun to rule by day, for His steadfast love endures forever; the moon and stars to rule over the night, for His steadfast love endures forever.

We believe that what God has done for us through the life, death and resurrection of His Son is greater than anything that can come against us; that includes any bad boss, any wayward child, any illness, any challenge, God is greater! Give thanks to God for He is good and His love endures forever! Gratitude is an emotion. It has been linked to a multitude of positive effects. People who are grateful are more compassionate and forgiving. They are less materialistic and self-centered. Gratitude is linked to better sleep and longevity. God's anxiety therapy includes a heaping spoonful of gratitude. Rejoice! And again, I say rejoice.

#### **Prayer**

Father, I am sorry that I have doubted your great love for me. I am sorry that I have doubted your love for my children, or my parents, or my spouse. I know you love them more than I ever could that You hold us all in Your hands. My life and theirs are Yours. Help me today to specifically count my blessings, make my heart content in my circumstance.

#### **Prayer for RLC**

Pray today for our Youth. Pray that God would raise them up to be bold workers in the kingdom. Give them a love for each other and for all His people. Protect them from evil that wants to tear them down. Pray for them to have a heart after God's own heart. Pray for Richard and all the leaders that work alongside all their parents helping to create healthy relationships between the youth and the adults of RLC. Help them to begin their own leadership roles within our church family. Help with finances and planning so that the youth can continue to attend mission serve in the future.

## 21 Days of Prayer

### Day 12 September 14

**Philippians 4:12-13** I know what it is to be in need and what it is to have more than enough. I have learned this secret, so that anywhere, at any time, I am content, whether I am full or hungry, whether I have too much or too little. I have the strength to face all conditions by the power that Christ gives me.

What we have in Christ is greater than anything we don't have in life. We have a God who is crazy in love with us. We have the power of heaven at our back. We have the living presence of the Holy Spirit within us. In Christ, we have life everlasting. We have grace and joy abundant that can never expire or be taken away. We live beside a fountain of hope that will never run dry. And yet, we live with a list of: "If Only..." "If only" I made more money, "If only" I had a better job. "If only" I had scholarship money. Instead of "If onlys," we need to take time and make our list of "I already" and let that list change our attitude toward life.

#### Prayer

Father forgive me the times I live with ingratitude. Help me to delete my "if only" list and to live grateful for what I already have. Help me to remember that it is all yours. Everything I have comes from you and you have made me its steward. Show me how to use what I have for Your glory. I want to change my perspective of life and to become a grateful person.

#### Prayer for RLC

Pray today for our transportation and set up teams. Pray for renewed energy and strength. Draw people to the ministry as they hear and become excited about the vision and purpose of being a portable church body. Pray for wisdom when it comes to provisioning RLC with new equipment. Pray for the safety of the drivers, the team and the equipment as it is transported every week.

## 21 Days of Prayer

### Day 13 September 15

**John 14:27** Peace is what I leave with you; it is my own peace I give you. I do not give as the world does. Do not be worried or upset; do not be afraid.

**Philippians 4:7** And the peace of God which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

God gives us a constant invitation to live in peace. As we travel through different doors of our daily tasks, different opportunities and relationships, we are given the chance to do so in peace. How many times do we stop and accept it? We are not alone. We belong to God and are in His service, yet sometimes we search for a peace or comfort the world offers. We seek food, retail therapy, alcohol or a plethora of cheap knock off comforts that leave us empty instead of the life giving, excellent, all surpassing, transcendent peace that God willing gives. This peace is so great that Paul tells us it passes our understanding. In other words, we have no vocabulary that can explain it. It is there to guard, monitor and protect us from the worries, anxieties, fears and stressors this world throws at us. And, it is all there for the asking.

#### Prayer

Father, thank you for the promise of peace. Thank you that you have promised to send us you angels, that you promise strength. You promise to put a wall of your protection around us. You have given us you Holy Spirit to live within us and guide us. Lord I am sorry for the times that my faith in you has fallen faint and that I have turned to empty comforts or fallen into despair. Help me to fill my life with your promises so I can withstand any storm.

#### Prayer for RLC

Pray today for the tech team. Pray for renewed excitement for the ministry they provide every week. Pray for the health of the equipment and for increase knowledge in how best to use it. Pray for minimal technical difficulties as they reach people beyond RLC. Pray for renewed creativity in how we use the equipment God has given us.

## 21 Days of Prayer

### Day 14 September 16

1 Samuel 17:4-7 A champion named Goliath, who was from Gath came out of the Philistine camp to challenge the Israelites. He was nearly three meters tall and wore bronze armor that weighed about 125 pounds and a bronze helmet. His legs were also protected by armor and he carried a carried a bronze javelin slung over his shoulder. His spear was as thick as the bar on a weaver's loom and its head of iron weighed about 15 pounds. A soldier walked in front of him carrying his shield.

Somedays our worries, fears, and trials seem to us as large as the giant Goliath. He was huge. Did you catch the weight of his spear head alone? 15 pounds. Not to mention the armor he walked around in all day. It seemed he was unbeatable, just like our insurmountable problem whatever it may be. But then a teenager who knew God came on the scene. He wouldn't allow this oaf to talk about God the way he did. David knew that God would do the fighting for him and that this giant was going down. We can rest assured that our God is still in the business of taking down Giants.

#### Prayer

Father let me remember today that You are still the God who defeats giants. There is nothing so big, terrifying or disastrous that You can't handle. Thank you for fighting for me.

#### Prayer for RLC

Pray today for the future of RLC: that God would continue to provide a clear vision and to meet our financial needs. Wisdom for the next steps we should take as God continues to increase our numbers.

## 21 Days of Prayer

### Day 15 September 17

**John 10:14** I am the Good Shepherd; I know my sheep and my sheep know me.

**Isaiah 43:2** When you pass through the waters I will be with you.

Max Lucado, in his book, *Anxious for Nothing*, recounts the following:

*When you leave your request with God you are essentially handing over the enemy to the commander. Alexander MacLaren, an English minister in the 1800's called Philippians 4:7 a "Warrior's peace". He wrote, "This divine peace takes upon itself warlike functions and garrisons the heart and mind... however profound and real that Divine peace is, it is to be enjoyed in the midst of warfare." Though oxymoronic, "Warrior Peace" could not be a better title for what God offers us. The worries of this world will not stop attacking us, but we have a God who fights for us- who fights for the peace of our hearts. Let's do our part by handing over our worries to the Commander, entrusting our care into His hands.*

#### Prayer

Father You are my rock and my fortress. You are my deliverer in whom I take refuge. You are my shield and my strong fortress. I thank You that I can run to You. I thank You for setting up walls of protection to keep the worries and cares of this world from setting up camp in my mind.

#### Prayer for RLC

Thank God for the heart of service that He has given those who are part of this church body. Ask for continued guidance and wisdom in how we live out what that looks like on serve day and beyond. Thank Him for the hearts of our youth as they continue to serve together in Baltimore and Washington DC. Pray for leadership and growth as we live out Gods mission to reach our community, our county, our state and our world.

## 21 Days of Prayer

### Day 16 September 18

**Ephesians 4:26** If you become angry do not let your anger lead you into sin, and do not stay angry all day.

**Psalm 37:8** Don't give into worry or anger; it only leads to trouble.

There is a growing anger epidemic in the world today. Aggressive driving is on the upswing. 1 in 5 people say that they have ended a relationship because of anger. Anger causes the adrenal gland in our brain to release the stress hormones of adrenaline and cortisol. The brain takes blood away from our gut and shunts it to our muscles causing ulcers and acid reflux. The heart rate increases and body temperature rises. The long-term results are headaches, increased anxiety and high blood pressure. God knows this that is why He took so many opportunities in the scriptures to warn us against holding onto anger. It can be a long-term resident Giant in our life if we don't allow God to help us kill it.

#### Prayer

Father I know that I cause my own stress when I hang on to anger. Help me to let it go to release the situation or the person into your capable hands. Help me to become more loving. Help me to know when I am in the wrong and need to seek forgiveness. And most importantly Father let me forgive as You have forgiven me.

#### Prayer for RLC

Pray for Michael Fletcher of Manna Church in Fayetteville North Carolina. Pray for Chris Halleran of Grace Church in Newport News and Lew Schrumm of MACC in Crofton Md. as they lead their respective churches and serve on the Board of overseers of RLC church.

## 21 Days of Prayer

### Day 17 September 19

Luke 10: 38-42 As Jesus and His disciples were on their way, He came to a village where a woman called Martha opened her home to Him. She had a sister called Mary, who sat at the Lord's feet listening to what He said. But Martha was distracted by all the sister has left me to do all the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few are needed-or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Satan loves to fill our minds with comparisons. He wants to fill our heads with a swarm of anxious thought. The good news is that while there are many things in life over which we have no control, we get to choose what we think about. We get to choose our own thought patterns. We can focus on the worries of the world or we can focus our attention on God and His truth. The enemy is constantly invading our mind with thoughts that we are not good enough, we are not loved or that everyone is against us. We need to let Christ control our thoughts instead and fill us with the truth about who we are in Him.

#### Prayer

Father help me cling to you when the enemy invades my thoughts. Help me not allow him to encamp in my mind. I want You to control my thoughts and feelings to overcome the anxiousness and worries. Help me to be clear on who I am and who You made me to be.

#### Prayer for RLC

Father give us generous hearts. Thank you for all that you have given us. Help us to realize that we are only stewards of what You have placed in our lives. You have been so generous to, us let us be generous in return to You and to those around us.

## 21 Days of Prayer

### Day 18 September 20

**Philippians 4:8** Finally brothers, whatever is true, whatever is honorable, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

**James 3:17** But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.

There was a children's song that begins: "Be careful little eyes what you see, there's a Father up above and He's looking down with love, So be careful little eyes what you see." It goes on to admonish the little ears on what they hear, the hands on what they do, the feet on where they go, and the mouth on what it says. But it doesn't say anything about the little brain being careful about what it thinks. Yet, God admonishes that very thing several places in scripture. The thoughts we dwell on are very powerful. They can isolate us, they can lead us to become bitter, and poison us with fear. They can lead us to poor health and even into a heart attack or suicide. Our number one weapon against stress, fear and anxiety is knowing and leaning on God's Word and the promises we find there.

#### Prayer

Father thank You for Your Living Word. Thank you for the promises that it holds and the hope it gives. Help me thirst for it God so that in times of trouble I have it to lean on. Let me think on the love that You have given me and the joy that You have filled my life with.

#### RLC Prayer

Pray for renewed excitement for the Greeting and Hospitality team. Help their joy in meeting others to be contagious. Help them show those they meet that they are loved and welcome.

## 21 Days of Prayer

### Day 19 September 21

**Ephesians 6:13-18** So put on the full armor now! Then when the evil day comes, you will be able to resist the enemy's attacks; and after fighting to the end, you will still hold your ground. So stand ready, with truth as a belt tight around your waist, with righteousness as your breast plate, and as your shoes the readiness to announce the Good News of peace. At all times carry faith as a shield; for with it you will be able to put out all the burning arrows shot by the evil one. And accept salvation as a helmet, and the Word of God as the sword which the Spirit gives you. Do all this in prayer asking for God's help.

When an army gets ready to fight it puts on its battle gear before engaging the enemy. It often sleeps in its gear if the enemy is prone to sneak attacks. Why then do we wait to don ours? We will lay our bible aside for long periods or maybe we've done our part if we get the You Version verse of the day. We may choose to pray at dinnertime or say a quick "Good night Lord" prior to sleep and think we have done our part in talking with God. And then we wonder when we are stressed to the max and cannot find the peace God has promised. Paul paints a very vivid picture of being ready for battle at **all** times, so we will be ready when the enemy attacks. Our effectiveness in being able to battle against worries and anxiety is not going to rise from us, but in being able to rely on God to give us the peace and the promise of hope in every battle we face.

#### Prayer

Father give me a hunger for Your word. Help be to know what it takes to don the armor we need to face our daily battles. Retrain my mind so when anxious thoughts come I will instead focus on Your goodness, loveliness and righteousness. Forgive me the times I have laid our relationship down to follow things of this world. Help me to see what distractions need to be placed under control or gotten rid of all together.

#### Prayer for RLC

Thank Him for the use of Regal theater. Thank Him for the management and all the workers. Help us to be good witnesses to them and to show them love. Give us wisdom and creativity in using this meeting place. Make us attractive to those who come in for the movies and see us there.

## 21 Days of Prayer

### Day 20 September 22

**Psalm 23** The Lord is my shepherd I have everything that I need. He lets me rest in fields of green grass and leads me to quiet pools of water. He gives me strength. He guides me in the right paths, as He has promised. Even if I go through the deepest darkness, I will not be afraid, Lord, for You are there with me. Your shepherds rod and staff protect me. You prepare a banquet table for me in the midst of my enemies where all can see. You welcome me as an honored guest and fill by cup to the brim. I know that goodness and love follow me all the days of my life; and your house will be my home as long as I live.

God never promised us a life without worries, stress, anxiety, fear, or troubles, but He did promise that He would be there as we walk through them. He never said we would have a life without enemies, but He does set us a table in the middle of them where all can see He is not only takes care of us but lavishes love on us with a carefully prepared banquet. If you have time, read the psalm again and rest assured He is there.

#### **Prayer**

Father thank You for thinking of everything we need. Thank you for giving us love and peace in the midst of the battle. Help me to rest in You.

#### **Prayer for RLC**

Pray today for God to open doors in the community to get the Gospel message to the unreached, unengaged people groups.

## 21 Days of Prayer

### Day 21 September 23

**Philippians 2:9-11** For this reason God raised Him to the highest place above and gave Him the name that is greater than any other name. And so, in honor of the name of Jesus all beings in Heaven, on earth and in the world below will fall on their knees, and will all openly proclaim that Jesus Christ is Lord, to the glory of God the Father.

There will come a day when there will be no more trials, no more fear, no more stress or worry. That day everyone, no matter where they are, will bow low to the God who is our strong fortress and proclaim in a loud voice *Jesus is Lord!* There will be no more giants to slay. He will forever reign in love. Rest assured, we can have that peace and joy today if we choose to think on Him and His great love and sovereignty.

#### Prayer

Father help me to share Your great love so that others will benefit from all that you so freely offer. Give me boldness as I share my life story with others. Let me always give You thanks and praise for the battles that You have won for me.

#### Prayer for RLC

Pray that we would continue to hold to our core values. That we would first and foremost love God in all we do, that we would grow in faith, and find new ways to express that love to each other and to the community at large. Pray that we would live connected, sharing our lives authentically with each other. And pray that we would influence change in ourselves and in the community boldly living out our faith and advancing the Kingdom.

## 21 Days of Prayer

Thank you for participating in the RLC 21 Days of Prayer. The inspiration for this was taken from the book of Philippians, Max Lucado's study guide, Anxious for Nothing. Louie Giglio's book, Goliath Must Fall and, Rick Renner's book, Sparkling Gems Volume 1.

Do You feel weighed down by worry? Does chaos and uncertainty keep you up at night? Does anger create stress that is starting to affect your health? Are there giants in your life that threaten to take you down? Could you use some peace and calm?

In this 21 Days of Prayer we will rest in the book of Philippians and see God's therapy to counteract the worries of life. Starting September 3<sup>rd</sup>, you will be able to find the daily prayer on our Facebook page and the full 21 Days of Prayer on our website.