

Prayer Focus

Spirit of Life Ministries

JUNE 2018:

Purposeful Pain

Instructions: Please Meditate and be changed daily using the assigned scripture and thought.

Build your prayer life by using the thought from the previous week(s) as well as the current week.

Everyone has experienced some sort of pain throughout their life. We've experienced loss of loved ones, broken hearts, sickness, lack of funds, loss of jobs, being lied on, feeling rejection and the list goes on. Regardless of the why, who or what, we must strive daily to remember that

EVERYTHING works in a plan for our good according to Romans 8:28.

That includes the pains of life. All pain has purpose ~

Week 1 (June 1st – 9th)

Hebrews 2:18 New Living Translation (NLT)

18 Since he himself has gone through suffering and testing, he is able to help us when we are being tested.

Thought – The best ministry is from your personal experiences. So often we go through because God knows we can handle it but He also knows that down the road, your neighbor may need to be strengthened by hearing your testimony. So like Christ we suffer and experience pain so that others can be encouraged to know that the pain isn't to destroy them but to build them.

Prayer – *Lord help me to not fret hard trials but embrace the pain as it's building spiritual muscle and character within me. Help me to ask how I'm to go through instead of constantly focusing on why I'm going through. Lord help me to rest in your test.*

Week 2 (June 10th – 16th)

2 Corinthians 7: 9-10 New Living Translation (NLT)

9 Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way. 10 For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

Thought – A change in mindset regarding trials and pain is necessary if we are to ever mature. It's not physically and mentally easy but as we train ourselves to walk after the spirit and not the flesh, we'll see that it increases our faith, knowledge and understanding of just who God is. So again it works in the plan of God for our life which is good and not evil. (Jeremiah 29:11)

Prayer – *Lord help to me to learn from our pain. While I'm going through, help me to embrace the true man in the mirror that I may repent of my wrong doings and become more like you. As I die to myself, allow your written words to become life to me. Let your words become the umpire of my soul. (Colossians 3:15)*

Week 3 (June 17th – 23rd)

1 Peter 3:18 New Living Translation (NLT)

18 Christ suffered[d] for our sins once for all time. He never sinned, but he died for sinners to bring you safely home to God. He suffered physical death, but he was raised to life in the Spirit.

Thought – As we continue this journey living like Christ in a sinful world, remember that what we go through is nothing compared to what Jesus suffered just so we could have the opportunity to be redeemed. He did this before we were even born and committed any sin, just so that He could assure that we would have a chance. Our pains of like may be painful and hard, but we haven't experienced any compared to Christ. He was innocent and without sin, we were sinners who did sin.

Prayer – *Lord Jesus thank you for the reminder that even on my worse day, it's nothing in comparison to what you suffered for my sins. Help me to always remember the purpose of your death and how your pain was the pathway for my liberty. Thank you, Jesus,*

Week 4 (June 24th – 30th)

1 Thessalonians 5:18 New Living Translation (NLT)

18 Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

Thought – As this month ends, let's strive to see pain for what it really is for a believer. It's a tool God uses to shape our faith, belief, and trust in Him. Though it often feels like we will never recover, if we would allow God to strengthen us and place His character inside of us by giving Him thanks regardless to what we are going through, we will see that we win. The victory will always be ours. 1 Corinthians 15:57

Prayer – *Father thank you for making us aware that pain has a purpose. Help me to embrace every circumstance that creates pain for me that I may be strengthened and encouraged in the knowledge of who you are. I look forward to becoming more dependent on the truth of your word. Thank you for allowing me to have the victory over all circumstances because you are with me.*

SLM Watchmen on the Wall

“Realizing a Higher Sphere of Christian Living through a contagious lifestyle of Worship & Prayer”

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“An Awakening to a Higher Sphere of Christian Living”