

## Thursday 23rd April 2020

Good morning!

Two suggestions for today:

1) How are your **prayer habits** going? Here's another (family friendly) one to develop?

In the room(s) where you spend most time, do you have ways to prompt or remind you to pray for particular people and situations? For example, names, photos, drawings, objects, fridge letters...etc

**Proverbs 18:21** says: *"Death and life are in the power of the tongue"*

There is great power in speaking simple 'blessing' over people and situations, in Jesus' name.

How about setting a phone alarm to ping at various times in the day and simply pray a short blessing over someone, prompted by one of the things you see in your room.

2) Praying for deliverance from what threatens us. Another prayer from the Bible to use as a basis for praying today:

In 2 Kings 19, King Hezekiah receives bad news of a threat to his nation - and immediately goes to 'spread it out before the Lord'. As you read his response below, **turn it into your own prayer** for this nation, your cry for God's world and anything that threatens his Kingdom purposes being worked out at this time. What threats are you most aware of?

*Hezekiah received the letter from the messengers and read it. Then he went up to the temple of the Lord and spread it out before the Lord. And Hezekiah prayed to the Lord: 'Lord, the God of Israel, enthroned between the cherubim, you alone are God over all the kingdoms of the earth. You have made heaven and earth. Give ear, Lord, and hear; open your eyes, Lord, and see; listen to the words Sennacherib has sent [the 'threat'] to ridicule the living God.....Now, Lord our God, deliver us from his hand, so that all the kingdoms of the earth may know that you alone, Lord, are God.'*