

Wednesday 29th April 2020

Good morning!

A few prayer focuses for today, using **parts of our body** as prompts:

1) Bowing the **knee** to Jesus.

From Paul's letter to the Philippians (basis for our 'Lessons from Lockdown' sermon series), chapter 2, verse 9:

"Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth....."

Take a little time to 'bow the knee' to Jesus yourself, literally and figuratively.

Pray for someone you know - perhaps an older person nearing the end of their life - who will one day have to bow the knee to Jesus but is currently resistant.

2) Let every **tongue** confess that Jesus Christ is Lord.

".....and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father." (Phil 2:11)

Take time to repeat aloud one of the most ancient, powerful and beautiful of prayer declarations: "Jesus Christ is Lord!"

Make the declaration in faith that every person, problem, pestilence and power must ultimately yield to the mighty name of Jesus:

Declare '**Jesus is Lord....**' aloud over some specific people, problems, pestilences and powers that come to your mind.

3) Pray for strong **shoulders**.

"To us a son is given, and the government will be upon his shoulders" (Isaiah 9:6)

Government rests on the shoulders of sons (& daughters!).

Touch your shoulders and pray for God to strengthen the shoulders of all who carry significant leadership responsibilities at this time.

4) Pray for beautiful **feet**!

"How beautiful are the feet of those who bring good news!" (Romans 10:15)

Ask the Lord to show you one way you could bring (or be) good news to someone today.

(We trust that God is at work, even when we don't see obvious evidence but....

....are there any signs of answers? Encouragements you could pass on?

Anything you could send for wider sharing and blessing via

goodnews@trinitycheltenham.com? Thanks!

We will be sharing some of these testimonies, anonymously, in the coming days)