

## Monday 15th June 2020

Good morning!

For our prayers today:

### 1) "**Be still and know that I am God**" Psalm 46:10

I think most people love the *idea* of this verse - starting our day or time of prayer with stillness and an awareness of God - but *in practice* find it incredibly hard! Why? Maybe mainly because our minds are always active, flitting around, searching for something to focus on.

So, give your mind something to focus on....your breathing.

But instead of 'secular mindfulness', let's make it 'Christian mindfulness' - as you breathe in and out, repeat a simple bible truth e.g. "*The Lord is near to those who call in him*" (Ps 145:18) or "*The Lord is gracious and compassionate*" (Ps 145:8) Take your time.

### 2) Use the **names of God** in the Bible to make faith-filled declarations over this current situation in our nation.

God has given Himself no name that He does not intend to live up to. His names reveal aspects of his will.

e.g. "Over this person/that family/my household/Trinity/Cheltenham/people suffering....etc, Lord, you are....."

Jehovah Rapha – the God who heals.

Jehovah Shalom – our peace.

Jehovah Emmanuel – God with us.

Yeshua – our rescuer and deliverer.

Jehovah Jireh - the one who provides.

The Holy Spirit is our advocate, comforter, intercessor.....

Add other names....

### 3) Wondering if you have any encouraging stories or answers to prayer to pass on? Email [goodnews@trinitycheltenham.com](mailto:goodnews@trinitycheltenham.com)