

Ten Days of Prayer

From the day of Jesus' Ascension in Acts 1 to the day of Pentecost in Acts 2, the disciples were told to wait. To wait for the Holy Spirit, but they didn't know what that would look like. So they prayed as they waited. As we join them in our own time of waiting, let us join together in a practice of contemplative prayer. As we are in solitude, as we are more still, as we have more opportunities for silence, let's take advantage of this time together and join in the ancient practices of contemplative prayer, as we remember these ten days of waiting and praying that the disciples engaged in. Each day we will be invited into a prayer focus and posture.

Thursday, May 21. Read Acts 1:1-11, Psalm 47, Ephesians 1:15-23, and Luke 24:44-53 again. Find time and space alone and free from distractions to be still. Pray for the courage to enter into such a time of waiting.

Friday, May 22. Read Luke 11:1-4. Rest and take time to simply be. To be still. To acknowledge the frustrations and imperfections, but entrust them to God rather than fixing them ourselves. Forgive yourself for your as you have been forgiven, and forgive others for disagreements.

Saturday, May 23. Read Psalm 37:1-7. Consent to the vulnerability of waiting. Busyness can be a barrier to our feelings of vulnerability, but we are invited into the presence of God, just as we are.

Sunday, May 24. Read John 17:1-11 again. Engage in active listening to God. Acknowledge the other voices that are easier to hear, and actively listen for God speaking in your life.

Monday, May 25. Read 1 Corinthians 1:18-25. Consent to a God who cannot be figured out. Accept that God's love is bigger than we can comprehend, and accept that love anyway.

Tuesday, May 26. Read Philippians 2:1-11. Rest from the need to fill time. As Christ emptied himself, what do we find when we empty ourselves?

Wednesday, May 27. Read Romans 8:37-39. Consent to the God who loves us despite all our unworthiness. Pray for yourself and your own needs, trusting the God who loves you for you, not for what you do. Trust that God is the one who defines our worth.

Thursday, May 28. Read Psalm 139:1-18. Rest from the impossible comparisons we make; rest from comparing yourself to others. We all fall short of the glory of God, but that is not enough to separate us from God's incomparable love.

Friday, May 29. Read Romans 12:1-8. Engage the vulnerability that comes from letting go of the roles and masks we wear. The vulnerability that comes from trusting that God alone defines us and gives us our identity.

Saturday, May 30. Read Philippians 4:1-7. Engage the stillness of waiting. Claim the identity that God has given: beloved child of God. Engage that "peace that passes all understanding," even in the midst of an undefined time of waiting.