

From: prayersatwork@googlegroups.com on behalf of Prayers At Work
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Sent: Friday, January 29, 2010 12:11 PM
To: prayersatwork@googlegroups.com
Subject: [PRAYERS AT WORK] Feb 1-5, 2010

Monday, February 1, 2010 -- (Meditation: Ephesians 1:1-14) God, be with those who suffer from an identity crisis. Through Your grace grant them faith and a new identity in Christ. Open their eyes to see that they are chosen by You (v.4), that You predestined them to become Your children (v.5), that in Christ they are forgiven and redeemed (v.7), that You give them wisdom and understanding (v.8), that you reveal the mysteries of Your will to them (v.9), and that they are sealed in faith by Your Holy Spirit (v.13). What an identity that is! God, help all of us to find peace in our true identity as Your children, and to live in loving service to You.

Through Jesus Christ, our Lord. Amen.

Tuesday, February 2, 2010 -- (Meditation: Psalm 27:1) God, sometimes I am overwhelmed by all that is happening. Shattering bombs and suicide-murderers turn the evening news into a horror hour. I see victims, writhing in pain, being hauled away on stretchers. The strobe lights and blaring sirens of emergency vans set an eerie tempo. How can human beings be so cruel? How can they hate that much? We are confronted daily with the human capacity for cruelty. We can no longer doubt evil.

God, I'm tired of feeling overwhelmed. I'm tired of feeling helpless. And there I go again -- trying to be God, trying to be in control, trying to have everything my way. God, You are in control of the world. Control also my will. In Jesus' name. Amen.

Wednesday, February 3, 2010 -- (Meditation: I Corinthians 3:18-22) God, self-esteem is a vain search if it looks in the wrong places. When I look to others for approval, it doesn't last. When I listen to self-help CDs, the good feelings evaporate too soon in the shallows of enthusiasm.

And when I look to myself for self-esteem, it's like looking in the dark for light. In the end, I discover that the only lasting Source of self-esteem comes when I realize that I am a child of God. I do not deserve Your forgiveness and love. But through Your grace, I have them! My worth comes only because YOU think I am worthy! God, when I realize this, I am humbled by Your amazing grace and forgiveness! In Jesus' name. Amen.

Thursday, February 4, 2010 -- (Meditation: Matthew 11:28-30) God, I pray for people who are unhappy at work . . . for those who must work with a bitter, negative associate . . . for those whose accomplishments are ignored and unappreciated . . . for those who have unscrupulous competitors . . . for those who get too many demands, and too few thanks . . . for those whose quotas are too high, and whose budgets are too low. God, comfort them, and give them courage to make wise changes. In Jesus' name. Amen.

Friday, February 5, 2010 -- (Meditation: I Peter 5:6-7) God, I live life on a treadmill that speeds up and runs faster every year.

I try to win. I try to please others. The better I do, the better I HAVE to do. I try to put up bigger numbers, so that bigger numbers will come back to me in my paycheck, so I can buy more stuff, so life will be better.

I want contentment, but I end up with wanting even more. God, I'm at the place where I don't have any more energy to keep up with the increasing speed of the treadmill, but I'm afraid of slowing down, and I'm afraid to get off. O God, help me, I pray. In Jesus' name. Amen.

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Thank you. Jim Daughdrill

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