

## Gates Elizabeth

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**From:** prayersatwork@googlegroups.com on behalf of Prayers At Work  
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**Sent:** Friday, April 17, 2009 4:27 PM  
**To:** prayersatwork@googlegroups.com  
**Subject:** [PRAYERS AT WORK] April 20-24, 2009

Monday, April 20, 2009 -- (Meditation: Isaiah 41:10) God, when I feel lonely, help me to realize how many other Christians have experienced loneliness, too. At some points in life, all the faithful, in all generations, have felt like they didn't matter. And most of all, my Savior, who was despised and rejected by men, knows about loneliness. God, when I feel lonely, help me to take hold of the Hand of the Good Shepherd, and put my trust in You. Amen.

Tuesday, April 21, 2009 -- (Meditation: Philippians 4:11-13) God, I pray for those facing heart-wrenching decisions during the worldwide recession. Just to keep their business from going under, many have to cut prices and profits, cut expenses to the quick, reduce salaries, lay off associates, and work harder to make ends meet. Help them deal with the sadness, strains, and stresses that go with making difficult decisions. Comfort them in the loneliness that comes with responsibility during troubled times.

Wednesday, April 22, 2009 -- (Meditation: Psalm 8:3-5) God, I see Your hand in the wondrous vastness of the universe . . . in the order of days and nights, and in the flow of changing seasons . . . in the roll of thunder . . . in the petal of a rose . . . in the ocean's wave . . . and in the mountain's splendor. Yet You, O God, who made it all, and Who providentially guides it all, still know my name, and hear my prayers. All praise to You, and glory to Your Holy Name! Amen.

Thursday, April 23, 2009 -- (Meditation: John 6:35) One day at a time. God, that's the way I want to live with You. Like the children of Israel in the wilderness, I want to be fed with daily bread. That is enough. Teach me to live in Your sufficiency, and not to worry about tomorrow. Teach me to look to You as my daily provider, my daily sustainer, my daily strength. Thank You, God, for You are not only an eternal God, but also an ever-present God. In Jesus' name. Amen.

Friday, April 24, 2009 -- (Meditation: Psalm 23) God, the life of Jesus had a sense of balance, a gentle rhythm. He seemed to move at a comfortable pace, never idle, but never overextended. His life was in step with Your providence . . . active, but peaceful . . . working, but not to exhaustion . . . always living within Himself . . . and He took time to go into the desert and pray. God, help me to find balance and rhythm in my days, that my life will be in sync with You. In Jesus' name. Amen.

How to use Prayers At Work:

Read through the prayer for the day.

Let your spirit quietly enter into the prayer and make it your own.

Pray your prayer to God.

Sit in quiet meditation and wait for God's leading.

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