

PRAYERS AT WORK November 24-28, 2008

Monday, November 24, 2008 -- (Meditation: Romans 12:1-2)

God, forgive those who eat too much, who drink too much, who don't exercise enough. They treat their body more like an enemy than the temple of the Holy Spirit. Forgive their gluttonous and undisciplined ways. Help them to offer their body as a living sacrifice, completely acceptable to You. Through Jesus Christ, our Lord. Amen.

Tuesday, November 25, 2008 -- (Meditation: Colossians 3:13-14)

God, when I feel wronged, I get a tight grip on anger and I won't let it go. I seethe and look for ways to get even. But just getting even isn't enough. I replay the wrong done to me, and get mad all over again. I sublimate my anger most of the time so it won't show, but it always comes out -- as a headache, a back ache, a rash, indigestion, or depression. God, teach me again that harboring anger hurts only me, like hot coals burning inside me. Help me to turn my anger over to You, and learn to forgive. Through Jesus Christ, my Lord. Amen.

Wednesday, November 26, 2008 -- (Meditation: Matthew 26:42)

God, why did You tell me to love others, and to treat all men as my brothers? I have tried -- my colleagues, my clients, the needy, the hurting -- I have tried, but I come to You disillusioned. The status quo is so peaceful. "My way of life" is so comfortable. When I try to love those in need, I hurt too much. I don't like to see their pain or hear their problems. It's too much for me to handle. I want to say, "Let this cup pass from me." God, help me also to say, "Nevertheless, Your will, not mine, be done." I will drink the cup. In Jesus' name. Amen.

Thursday, November 27, 2008 -- (Meditation: Psalm 100:4-5)

God, on this Thanksgiving Day, our hearts overflow with gratitude and love for our family, for their love for each other, and for their love for You. We are thankful for our friends who are loyal and steadfast. We are thankful for our work that energizes us, for our home that is our refuge, for our country that stands for freedom and justice, for our church, and for our faith in You. God, our life is a horn of plenty. May every blessing remind us of those who don't have what we enjoy. May this bountiful and beautiful Thanksgiving dinner remind us of those who are hungry. May those sitting around this table remind us that there are those who are alone and lonely. May our work remind us of those who are unemployed. May our freedom remind us of those who sacrifice to keep us free. May our good health remind us of those who are sick or disabled. May our faith remind us

of those who do not know You. Grant, O Lord, that our thanks-giving to You will manifest itself in compassion and love, in sharing the gospel, and in giving and serving. In the name of Jesus Christ, our Lord. Amen.

Friday, November 28, 2008 -- (Meditation: Psalm 30:4-5)

O God, I don't want any tears or hurts. Our quick-fix world had rather take a pill, sue somebody, or drown our sorrows. I am a Christian -- why do I have to hurt? Then, when I look at Jesus, I begin to understand. He loved You perfectly, but He suffered. God, when I suffer, I'm glad that I, too, can pray my tears and pray my hurts to You. Help me to be patient, to be faithful, and to know that ALL prayer, when pursued LONG ENOUGH and FAR ENOUGH, turns into praise. Jesus' words, "Take this cup from me," and "My God, my God, why have You forsaken me?" (Mk. 15:34) turned into the peace of, "Into Your hands I commit my spirit." (Lk. 23:46), and into the joy of resurrection! God, help me to pray long enough and far enough, that my prayers, too, will turn into praise! Through Jesus Christ, my Lord. 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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