

THE LORD SUSTAINS ME

Today reflect on a characteristic of God; something that he does consistently all the time. This is a way to think about him, celebrate him and praise him. This is important because it reminds us of who it is that we are talking to. We don't ever want to squander the time that we have with the Lord or take for granted the relationship that we have with him through Jesus Christ or the access we have to him.

PRAISE HIM

Psalm 3:5 I lie down and sleep, I wake again, because the Lord *sustains* me.

What the psalmist is saying is that just like you and me, he had a life that was full of stressful things, difficult things, things that would have kept him up at night. Maybe there were things in his day that he wasn't looking forward to, things that were going to be hard or difficult to deal with or stressful. But he says that even though all those things are true, and these things might keep him up at night, he laid down and he went to sleep. And even though there may be things he was not looking forward to, things that he really didn't want to do or things that are going to be stressful tomorrow, he went to sleep and he woke up ready to face the day and he could sleep well at night because God *sustains* him.

So, like the psalmist, lift a prayer of praise to God and thank him for *sustaining* you. Thank him for being the one who keeps you and holds you and for being the one you can trust your day and your life to.

Lord, thank you for sustaining me. Thank you for holding me in place. Thank you for keeping me in your hands. It means so much. I can wake up today and face the good and the bad because you are my sustainer. You alone have this great power and I will serve you in confidence today knowing that you've got me.

CONFESS & REPENT

Once we have reminded ourselves through scripture of who God is, pretty quickly we can evaluate ourselves and come to the conclusion that we don't measure up, that we have fallen short and that we have some areas where we haven't pleased God. So take a few minutes to reflect on your day yesterday, your time and your attitudes and your actions, and repent and let God find anything in you that is not becoming or anything that isn't pleasing to him, and ask him to point it out to you so that you can repent of it and serve him better.

Romans 7:15 I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.

This scripture in Romans was written by Paul. We can all relate to this. Most of the time we have all of the right intentions and want to honor and please God and then we fail. So, this is an opportunity to go before God and state those things to him and agree with him that his way would have been better; that he is righteous, and we have fallen short. Sometimes when we come to a place of repentance like this, God will point out some very specific things in us. Maybe he'll point to a specific area of your life or a specific time when there was an action that you took or an inaction that you didn't take that didn't measure up; that displeased him, that was sinful. So, he'll point out those things specifically.

There are other times when we come to a time of repentance where we allow the scripture to read us. In reflecting on scripture, we see things that are more attitudes that we carry with us all the time. For example, if we go back to the scripture in Psalms 3:5 it says, "I lie down and sleep, I wake again, because the Lord *sustains* me." In a time of repentance, maybe we would reflect that we don't always live like we trust that God *sustains* us. Maybe, we don't act like we believe that or treat others as if that were true. We try to do it all and believe that the day's outcome is based solely on our own abilities. This leads us to taking on too much pressure or it leads us to taking too much credit. And if we're not careful, we can forget completely about God; completely forget to give him the glory or thanks and forget to point others to him because we enjoy the accolades or get lost in the stress. So, we should want to repent of that; "I don't want that to be true of me."

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Right now, if you reflect on yesterday, ask God to point out some specific actions or inactions or point out an insight from scripture that you have read through recently and take a moment and repent and pray that God would align your life with his will, because that's what repentance is all about.

Lord, forgive me for when I _____ . I repent of my sin and I ask you to forgive me because I know that you will forgive me, because I know that you love me and that you love to forgive me.

God loves to forgive you. He wants good things for you, and he desires that you live in his will. But when we do fall short, when we fail, he wants us to come and repent. He wants us to come and be made right.

When you come to a time of repentance, take your time. God may point out a couple things and you may need to take a few minutes to deal honestly with them.

REQUESTS

God wants his people to rely on *HIM*. He wants to *hear* your needs and he wants to *meet* your needs. He wants you to pray for others, but he also wants you to pray for your own needs, too.

This is a tricky place. There is a temptation when we come to a place where we are asking of God where we get really, really good at asking God for things for other people but we don't always pause and consider what we need. This is a chance to do that, for us to go to God as his children and to ask him not just for the things we know others need, but for the things we need.

John 15:7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.

We should pray for others. That's obvious. But today, take a few minutes to pray for things that *you* need. Maybe today you need something physical; maybe you need something tangible that you can touch. Maybe you need for him to show up and do something amazing in a relationship. Maybe you just need his Holy Spirit to comfort you and to let you know that he is near you.

Father, because I know you want to hear my request, I am asking you today to _____ .

Take as much time as you need and offer as many requests as you need to, but before you request things of God for others, ask him to do a few things for you.

YIELD

Today we have reflected on who God is and that today he is our *sustainer*. He holds us up and he keeps it all together for us. And we have been reminded that only he can do that; that he is this great and wonderful God. Then that led us to place of repentance where we asked God to forgive us of sins; where we asked him to point out to us the things that are not holy in us and are not in alignment with him. And he's done that, and we've repented. And then we made some requests, and we've asked for some things for others but before that we asked for some things for ourselves, as a child would ask of their father.

Now is the time in your prayer to go to the God that loves you and has heard all of those prayers so far and surrender your day to him. We talk about surrendering our whole life and giving our all to Jesus and that is a practice that takes place every day of our lives. So, before you leave your time of prayer, go to God and yield to him today. Just stop and slow down; even take some time to just listen for him. Just get quiet and let God to speak to you. Ask God to continue to speak to you and let him have his way completely with you today.

Psalm 3:5 I lie down and sleep, I wake again, because the Lord *sustains* me.

No matter what you have to do today, no matter what plans you have for your time and your energy today, that all gets put into second place behind what God wants today. He's the one who *sustains* you and so he's the one that gave you the ability and the energy to wake up today. He's the one who gave you the peace to sleep soundly last night and rest. So, he gets to call the shots today.

Lord, because I can't make it today without you, I give this day totally to you.

Take a few minutes with God and tell God about the day you have planned and allow him to change your plans if he needs to.

*No matter what I have to do today, Lord, no matter what plans I have for my time and energy, today is yours to do what you want. You are the one who **sustains** me so that I can wake up and face today, so you get to call all the shots.*

GOD IS ATTENTIVE TO ME!

Start your day and praise him and tell God how grateful you are for his character and his nature and for those things that he always shows up and does in your life.

PRAISE HIM

Psalm 8: 3-4 When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him!

The question is, God you are so powerful, you're so big and so mighty, you've made everything, and you hold it all together, why in the world would you care about *me*? Why would you give me any thought at all? I am small and unimportant and insignificant; why would you pay any attention to me at all?

It is often difficult for us to focus our time and attention on more than one thing at a time. But that is not true of God. God is able to give you and your specific life *attention*. And, he is able to do the same thing for everyone. At the same time, he can give all of our lives specific *attention*. He can think about all of us, he can pay *attention* to all of us at the same time. And all the while that he is doing that, the stars and the planets don't fall out of the sky. We need to give God praise for that; because of his mighty power and his amazing ability and his interest in us to give us his *attention*.

*Lord, you are powerful beyond my understanding. You hold all things together and you are still taking the time to listen to me and to care for me. Thank you so much for the **attention** you give to me.*

CONFESS & REPENT

There are times in repentance when we are going to need to repent of some very specific actions and attitudes and some things that we have said or done. But repentance is a gift. Sometimes the repentance that we do comes to us from an insight from scripture; things that we are learning that if we'll change and do it God's way, that we will have a richer, better relationship with him.

1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Let the Holy Spirit speak to you and move inside of you and tell you if there is anything in your heart, anything that you are feeling or believing that isn't true. Are there things that you have done, or that you're engaged in that you shouldn't be because they are sinful? Allow the Holy Spirit to point those things out and then repent of them. To repent is to turn away from, to change your mind about, to walk away from; to say to God that this was a lie and I'm choosing truth, or this was wrong and I'm choosing right. Allow the Holy Spirit to do that in you today and take some time to repent.

As you continue to read Psalm 8: 3-4 (above), do you need to repent to the lack of focus or *attention* you give to God; who are we that He should be mindful of us? The writer is talking about God being so big and so powerful - that he would take the time and have any interest at all in us is just beyond amazing! But then here we are, the creatures, the ones he created, *not* the ones that are big, *not* the ones that are important, and sometimes we get focused on all the wrong things and just don't think about God the way

that we should or give him the attention we should or don't pay enough attention to him in prayer or in his word. When this happens, it's really easy to not give thanks for God's gifts or to not praise him for his blessings or to not find contentment in his provision. When that happens, we can get self-centered, self-absorbed and discontent and entitlement begins to creep in, and we complain, and we gripe, and we neglect giving God thanks. All of these are behaviors and attitudes that should be foreign to the followers and the children of God. So, we want to repent today.

*Lord, you give me an unbelievable amount of **attention**. And you are worthy of all of mine. Forgive me when I set my focus on other things, I repent of entitlement and discontentment. I know you forgive me. You are kind and gracious toward me. You have chosen to only ever be good to me. Thank you for your forgiveness and the gift of repentance.*

REQUESTS

1 John 5:14 This is the confidence we have in approaching God that if we ask anything according to his will, he hears us.

God hears our requests and he hears our needs, and he *wants* to. In what areas of your life do you feel the most pressure or are feeling the most stressed or are feeling a lot of anxiety? Identify them and then ask God to give you his peace and discernment in those areas specifically.

God, I feel a lot of stress and pressure about _____ . I am asking you for your peace and your wisdom in these areas of my life today.

You may have other requests you want to lift to God right now. Spend as much time as you need to make these additional requests to God during your prayer time.

YIELD

Psalm 8: 3-4 When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?

We should let God know that today is his. That no matter what we have planned, that he can change it. When we look back at the scripture in Psalm 8, and he's talking about who is man that you would be mindful of him, who am I that you care for me, we can't help thinking that if God is giving us that kind of *attention* and he's giving us that kind of time and has that much interest in us, then obviously he has a purpose and a plan for today. We should want nothing more than to fulfill his plan for today, and to walk in his purpose for today. We should tell him that and remind ourselves of that; that we want him to have today.

This is important because a couple of things happen when we pray these prayers of yielding and surrender. First, if we make a daily habit of giving him every day, and it's more than just saying it, but it's trying to live in that; and we give him day after day after day after day, eventually we end up giving him all of the days. And once we have given him all of the days, we give him our whole life. That is a recipe for living a faithful life: to give God all of our days.

The second thing that happens and is a true blessing through the practice of yielding and surrendering is that there will be days that we know that we will have to make some life-changing, life-altering decisions; and that we are going to have some big moments in that day when we will really need his wisdom and when we really want whatever he wants. We don't want to make those decisions on our own, or figure it out on our own; we want whatever he wants for us. And if he doesn't want it for us, we didn't want it. Going into those days it can be a challenge to yield and surrender those types of decisions and turn those days over to him, but if we're in the practice of regularly yielding every day and in the practice of surrendering every day to him, then it becomes habit and it becomes routine and that trust builds and it becomes much more normal. That should be our prayer, that it would become natural for us to trust God with every day.

This can be your prayer for today:

*Father, this is the day that you have made, you have paid me enough **attention** to have given this day and to give this day a plan and a purpose. I want to live in that purpose and fulfill that plan. Take today as yours, take tomorrow as yours, take my whole life. I trust you.*

Feel free now to take as much time as you need with God as you continue your conversation with him this morning.

GOD IS WORTHY OF OUR PRAISE!

There is some incredible news for you today: The God of the universe wants to meet with you this morning!

As you prepare to jump into a time of reconnecting with God this morning in prayer, take a deep breath and say “good morning” to God!

God, good morning. Thank you for this day. Thank you that you are with me. It is good to be with you this morning. In your name I pray, Amen.

As you prepare to continue a conversation with God today, how are you doing today? Where is your heart today? Where is your desire this morning? Are you excited about spending some time reconnecting with God and being with him today? Or are you kind of here but your heart might be somewhere else? And maybe, you’re completely distracted this morning and you’re off somewhere else today in your heart and your mind. And you need some help to get focused and to turn your attention fully to God today.

That’s just the reality of how we show up sometimes in the morning. So just be real with God and ask him to help us today to pray...

Heavenly Father, I need your help to pray and to reconnect with you again today. So, Lord, I ask that you would use these fifteen minutes today to help me to have my heart turned towards you. To have my mind turned towards you. To stir my affections for you today. Thank you, Lord, for this time. Use it for your sake and your glory. In your name I pray Jesus. Amen.

PRAISE HIM

Psalm 150:1 (ESV) Praise the LORD! Praise God in his sanctuary; praise him in his mighty heavens!

The psalmist writes, Praise God! We are *called* to praise God. We are *made* to praise God. God *wants* us to do what we were made to do! We *need* to do it!

He is writing this psalm for people gathered to worship – those gathered in his sanctuary – you all praise him. And then he says, and all the planets and stars, everything in the mighty heavens, everything in creation, let’s praise God! Why? Because he is so *worthy of our praise*. He made all of it and it all needs to praise him.

All his creation is called to praise him... he says specifically in the last verse of the psalm...

Psalm 150:6 (ESV) Let **everything** that has **breath** praise the LORD! Praise the LORD!

There’s a worship tune that has this line in it: “It’s your breath in my lungs so I pour out my praise...”

It is *his* breath in your lungs! In the lungs he gave you! He gave you the breath in your lungs, so use that breath, as you breathe it in and exhale it, filled with praise for your God!

Praise him this morning according to what it tells us in verse 2.

Psalm 150:2 (ESV) ...praise him according to his excellent greatness!

God, I praise you this morning that you are great. Not just pretty good, but great. Greater than anything or anyone else!

Praise Him that no matter what you face today that he is greater.

GIVE THANKS

Our God is great, and he has done mighty deeds. The other part of verse 2 says this:

Psalm 150:2 (ESV) Praise him for his mighty deeds...

It is so easy to think about what hasn't happened, and what needs to happen, and what's lacking in your life. But all too often we focus on those things and miss the reality of what God has already done in our lives; the way that God has already been blessing our lives!

Think of 2 blessings God gave you yesterday... what are they?

Tell him thank you for two blessings from yesterday.

And now, thank God for some things that sometimes get pushed to the back of your mind, but need to come back to the forefront of your mind this morning...

Thank him for loving you and for sending Jesus, not to *condemn* you, but to *save* you!

Thank him that you have a future inheritance *in his presence in heaven* that is kept for you!

What else do you need to say thank you for this morning? _____

REQUESTS

Philippians 2:3-4 (ESV) Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.

Let's look to the interests of others even in this moment. What specifically do you know of in someone else's life that they need? Bring that before the Lord in prayer right now. Who's the first person that God brings to your mind right now, someone that you know that you know of their need?

Who's the first person? 1. _____

Philippians 4:19 (ESV) And my God will supply every need of yours according to his riches in glory in Christ Jesus.

So, ask God to supply their need... and bring good into their situation...

Who's the second person? 2. _____

Who is the second person that God would bring to your mind to pray for today? What's their name? What's their need? Do you believe God can do something about their need today? Do you believe he can supply their need? Then take a moment right now and ask him to do just that!

Let's do one more... think of one other person that you can pray for - and that person is **you**.

3. _____
YOU

What do you know is coming your way today? What situations, decisions, activities, encounters, appointments... take the first one that comes to mind right now... what is it? You could head into whatever it is that you are going to face today and just hope for the best, or you could bring it before the Lord right now and ask Him to prepare you and get you ready for it. You can ask him to prepare the circumstances and get them ready for what he wants to do even in that moment today. Take a moment and ask God to prepare you for what's coming today.

*God, you know what I am going to face today. I want to bring specifically to you this situation that I am going to face today. _____.
Please prepare me for this situation today. Would you bring good out of this situation, something that would advance your kingdom? Thank you, Jesus.*

YIELD

Psalm 118:24 (ESV) This is the day that the LORD has made; let us rejoice and be glad in it.

This moment was brought to you by God! This day was brought to you by Almighty God! This is *his* day. *He made it*. It's not ours – it's *his*. And since it is his, let's stop trying to be in control of it today. Let's let *him* be in control of it. And let's rejoice because *he is* in control of it. That no matter what happens today, he's still in charge of today.

He bought our lives with the precious blood of his son, Jesus Christ. And because he did, we belong to him. He made us and he saved us. *We are his!* So today, let him be in charge of today and let him be in charge of your life today. Let God know that this is your heart today.

God, this is the day you have made. This isn't our day – we acknowledge that and praise you and rejoice in your day right now. And God you made us and saved us – so today, we don't belong to ourselves. Our lives are yours. So today, help us to live like we belong to you; looking to you, listening to you, following your ways today. Send us out now to be your servants to the people around us. Thank you, Lord! Amen.

Before you leave this moment or get up to do something else, just sit and stay here for a minute. Just be still and be with him. Enjoy his presence right now. Remember this: He loves you, he made you, he saved you, and he is so enjoying this moment with you right now. Enjoy it with him.

Psalm 46:10 Be still and know that I am God.

JESUS IS COMPASSIONATE!

Ever had a problem that was weighing you down and you weren't sure if you were going to be able to handle it? The situation was bigger than you, beyond you? Well, Jesus never felt that way.

PRAISE HIM

Have you ever felt a little worn out? Maybe frayed around the edges? Maybe just completely exhausted? That is how the disciples were feeling and Jesus knew it. He decided to take them away for some needed rejuvenation time.

Mark 6:30-32 (ESV) The apostles returned to Jesus and told him all that they had done and taught. And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a desolate place by themselves.

Jesus wanted the disciples to get away with him so they could recharge. And he knows that you and I need the same thing. In fact, that is what you are doing right now. The first fifteen is a mini-retreat every morning with Jesus; reconnecting and recharging. He knows you need this every day.

So how are you feeling this morning? How would you sum it up? Tell him how you are feeling and why you need a get away with him this morning...

Jesus and his disciples get to their retreat spot and when they get there, they find there are already people were waiting for them!

Mark 6:33-34 (ESV) Now many saw them going and recognized them, and they ran there on foot from all the towns and got there ahead of them. When he went ashore he saw a great crowd, and he had compassion on them, because they were like sheep without a shepherd. And he began to teach them many things.

Jesus sees this great crowd gathered and instead of being frustrated that there are people there where he was trying to get away with his disciples, he sees their need and he has *compassion* on them!

When you envision Jesus and his attitude toward you, do you envision him having an attitude of frustration with you or an attitude of *compassion* toward you? Jesus is *compassionate*. How wonderful is it that Jesus sees our brokenness, our neediness, and he cares and wants to make a difference in it!

Praise him that he is *compassionate*.

*Jesus, I praise you that you are **compassionate**. Thank you for seeing my need and caring enough to do something about it!*

CONFESS AND REPENT

When we see just how great his *compassion* on us really is, it puts into perspective just how small our *compassion* really is. It reveals to us how we don't love the people around us as we should. And the reality is that we need his help if we are going to have a *compassion* like his. Let's confess our lack of *compassion* and ask him for help to be *compassionate* like Jesus today.

Lord, we are not as compassionate as we ought to be. You are our example and we don't measure up. Please forgive our selfishness. Fill our hearts with love for our neighbors as we receive love from your endless supply today. Help us to act with compassion when others are in need around us today. Thank you, Lord. Amen.

REQUESTS

The account continues....

Mark 6:35-41 (ESV) And when it grew late, his disciples came to him and said, "This is a desolate place, and the hour is now late. Send them away to go into the surrounding countryside and villages and buy themselves something to eat." But he answered them, "You give them something to eat." And they said to him, "Shall we go and buy two hundred denarii worth of bread and give it to them to eat?" And he said to them, "How many loaves do you have? Go and see." And when they had found out, they said, "Five, and two fish." Then he commanded them all to sit down in groups on the green grass. So they sat down in groups, by hundreds and by fifties. And taking the five loaves and the two fish he looked up to heaven and said a blessing and broke the loaves and gave them to the disciples to set before the people. And he divided the two fish among them all.

Jesus asked his disciples to do something that was beyond their ability. And I have to wonder, maybe he just asked them to do that because he wanted them to see that when there is something that is beyond their ability, that it's not beyond his.

What are you facing that is beyond your ability today? Maybe there's a financial burden that you are carrying that is beyond you. Maybe there is a relationship that needs help and it's beyond you to fix. Maybe it is a habit that you just can't break, and it seems like it won't go away and it's beyond you. And maybe you have just resigned yourself to living with things the way they are. But you are talking with Jesus, who is *compassionate* towards your need and can do the impossible. Today take those things to Jesus, who can do more than we can do. When it's beyond us, it's not beyond him.

So where do you need him to provide today?

List 3 changes that would make God smile but they are beyond you today. For each one of those, ask Jesus to do what only he can do and change those things for his glory.

1. _____
2. _____
3. _____

GIVE THANKS

Mark 6:42-44 (ESV) And they all ate and were satisfied. And they took up twelve baskets full of broken pieces and of the fish. And those who ate the loaves were five thousand men.

They ate and they had enough! That's what Jesus does. He provides enough for us and he so often provides *more* than enough. These people that ate, it doesn't say that they just ate enough that their hunger pains went away, it says that they ate and they were *satisfied*. Jesus provides what we need *and* so often way beyond what we need.

How did God provide for you yesterday? List 3 blessings Jesus brought into your life yesterday, and then say, "Thank you."

1. _____
2. _____
3. _____

YIELD

Jesus was able to do what the disciples couldn't do. And today we are called to love Him, and to serve him, and to give ourselves completely to him, to make much of him, and to glorify him. But if we are honest, it's beyond us to do all of that on our own and to do it well. We need his help to do that. So, let's declare our desire and ask for his help to do that today.

Lord, today I want to live my life for you. I want to follow you, Jesus, in every way, but I acknowledge I am not capable on my own. Empower me, guide me, use me for your purposes today, Lord. Please bring yourself glory through my life today. Amen!

Stay close to Jesus today. When you leave this moment, don't leave your conversation with Jesus. Continue throughout the day praising him for things that come to your mind, thanking him for things that happen today as they are happening, asking to meet the needs that arise today, and enjoy him throughout your day as he is enjoying you.

HIS MERCIES BEGIN AFRESH EACH MORNING

Andy Stanley, a preacher from Atlanta, once asked that when the story one of your biggest life challenges is over and it's just a story, what will your story be? As we go through those situations, many of us will face things that we've never faced before, and out of it will come a story. Unfortunately, as much as our hearts want our stories to be great ones, the sin us sometimes keeps that from happening. In those tough moments we're reminded that we need to press into the Father more than ever.

The writer of Lamentations reminds us of that.

Lamentations 3:22-23 The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.

Isn't that incredible to know that regardless of what happened yesterday, today can be different? As we enter into our time with God this morning, let's pray through that.

God, we are so thankful for your faithful love. Today we seek your mercy over us. Your mercy that is promised fresh each day. During this time, we declare that you have our attention. Speak to us, Lord. In your name, Amen.

Thinking about new mercies, our hearts can be drawn towards David and the prayer he speaks in Psalm 51. This moment happens right after David's sin with Bathsheba. That moment can be found in 2 Samuel 11. In one of his lowest moments, David steps down a path that is uncharacteristic of who he is.

We may not have experienced the things as David did, but if we're being honest, we've all had some tough moments. We've said things, thought things, and acted in ways that are very uncharacteristic of who we want to be. It is helpful to look to David's prayer as we seek God's fresh mercy over our lives.

PRAISE HIM

Start by entering into a time of praise.

Psalm 51:1 Have mercy on me, O God because of your unfailing love. Because of your great compassion, blot out the stain of my sins.

When David was confronted with his sin, he could have continued to deny it, or worse, he could have continued to live in it. Instead David recognized his need for God's unfailing love to forgive.

Whatever struggles you may be going through during this season of your life, the only way *out* is *up*. We have to lift our hearts toward the Father who loves us with great compassion and mercy.

Take a moment and reflect on God's unfailing love for us.

God, I praise you for your love. That despite how many times I fail, you never do. I am thankful that your compassion is great and because of your mercy I can be made clean from the stain of sin.

CONFESS AND REPENT

Now enter into a time of repentance.

David would go on to say...

Psalm 51:7-8 Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; you have broken me— now let me rejoice.

When you study the idea of repentance, you will discover that it means to “turn away” so that you can “turn to”; it’s the act of turning *from* our sin so that we can turn *towards* God. In this moment David repents of his sin and asks that God not only purify him but make him new. David acknowledges his brokenness. Not that he is broken because of his sin, but that he is broken because of God and in that he rejoices.

Take a moment and lay your sin at the feet of Jesus.

What is something that you need confront and confess today? _____

God, I seek your forgiveness today. I ask that you would wash me clean and make me new. I don't want to be a better version of myself today, but rather a reflection of who you are. Today help me to find my joy in you.

REQUESTS

Now enter into a time of asking.

David didn't want what happened to him to be wasted away in the categories of bad decisions. David wanted to help others to learn from his mistakes, because David understood what we should hope to discover. God doesn't waste a moment and he works all things for good. That's why David says these words:

Psalm 51:12-13 Restore to me the joy of your salvation and make me willing to obey you. Then I will teach your ways to rebels, and they will return to you.

Today take a moment and ask God to work your difficult situation for his good.

God, I am so thankful that you work all things for good. As you restore me in this moment, please use me to help others. Let my life be a light to bring people to a better understanding of you.

YIELD

Finally, enter into a time of yielding.

As David begins to close his prayer, he acknowledges the power of sacrifice. If we're not careful, we can get lost in thinking that what we do is who we are. But to have a relationship with Jesus is not about doing but it is about being.

David's closing words are these:

Psalm 51:16-17 You do not desire a sacrifice, or I would offer one. You do not want a burnt offering. The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.

Today, we want to be broken before God. Today we want to be reminded that who we are is who Jesus is, and his victory over sin and death is also our victory.

Take a moment and let the things that you are trying to do be broken at the feet of Jesus.

What things have been holding you back from true brokenness? _____

God, in this moment I ask that you would break me from those things that I think give me value and those things I think I have to get right to be right with you. Today, I ask that you would break my spirit. Help me to know that when I am weak you are strong in me.

Thank for taking the time to pray this morning. It is our hope that these First Fifteen Minutes are helping to stir your heart and affection for Jesus. Spend some time to praying for other important areas in your life.

Take a moment and ask God to intercede in these areas:

- Family
- Neighbors
- Shut-Ins
- Front Line Workers
- Local/National Government
- Students at North