

5 Minute Meditations

Monday

Scripture Reading: *James 5:13-16*

Things to Ponder: We all know someone who is going through rough times in their life. Pick someone you know who is experiencing a hardship and commit to pray daily for that person for two weeks. Ask God to show you how to share His love and concern with this individual. After the two weeks, answer these questions: How has God's love manifested in the life of the person I'm praying for? How has God used me to share His love with others?

Tuesday

Scripture Reading: *Luke 6:27-28*

Things to Ponder: One of the hardest things Jesus calls us to do is pray for our enemies. It isn't easy giving up our human desire for revenge. But when we honestly pray for our enemies, and ask for God's blessings to reign in their lives, we are building God's Kingdom here on earth. Before you go asleep tonight think of someone who has hurt you and pray that God's love may be present in their life.

Wednesday

Scripture Reading: *Psalm 22:1-2*

Things to Ponder: Each one of us will experience a time when we feel abandoned by God. Perhaps you have already experienced this for yourself during a particularly bad time in your life? The important thing to remember is that while it may seem that God has abandoned us, the reality of the situation is much different. Very often the time when God seems furthest away is when He is actually helping us the most. If you feel spiritually alone right now, ask yourself this question: Is it possible that God is helping me in ways I haven't thought about? As you go through your day look for instances of God helping you in unexpected ways. You might just be surprised where you find Him!

Thursday

Scripture Reading: *Mark 1:35-39*

Things to Ponder: We live our lives surrounded by noise and activity. It isn't uncommon for people to routinely do more than one thing at a time (the fashionable term for this is "multi-tasking"). Through all of the commotion it can be difficult to hear the quiet voice of God. Prayer is as much about listening as it is talking. It is important for us to set some time aside each day for quiet reflection and prayer. It is important that we approach God daily with an open heart and mind ready to discern and do His will.

Friday

Scripture Reading: *Colossians 4:2*

Things to Ponder: Being in a relationship with someone takes work. Be it a romantic relationship or a friendship, building a bond between two people takes time, energy, and a desire to get to know the other person better. What is true for our human relationships is also valid for our relationship with God. To grow in our relationship with God requires us to spend time with Him in prayer, to learn more about Him through his Word, and to do those things which please him. Are you ready to be devoted to God?

My Prayer List:

This week, I commit to pray daily for the following people or situations:
