

# Asking God for the gift of refreshment through prayer and recreation

# **Prayer Guide**

Identity in Christ – Put on Christ July 28 – August 3

#### **OVERVIEW**

For you are all sons of God through faith in Christ Jesus. For all of you who were baptized into Christ have clothed yourselves with Christ.

- Galatians 3:26-27

This week we consider Paul's metaphor to change our clothing as a way to speak of the manner in which we should accept our new humanity in Christ as a gift. Becoming the person God made you to be is not a self initiated improvement program. Rather, your identity in Christ is a gift that you receive and put on. Paul actually says that it is Christ Himself that you are putting on. And to put Him on, you must take off your old clothing, which represents your former way of being human. Notice that Paul does not just tell us to stop doing certain things. Rather he tells us to replace those things with new practices that imitate the heart and behavior of Jesus.

### PRACTICE REVIEW

Quiet. Take a few minutes to quiet yourself in God's presence. Rest in His love for you.

Review of Solitude Week 2. See next page.

Pray for our church family. Ask God how to pray for our church family this week.

**Simple Prayer.** Close your time with a simple prayer of gratitude to God for his presence, love, and goodness in your life.

## **FACING YOURSELF**

#### Rest in God's love

• Once you feel "quieted," spend a few minutes just resting in God's love for you.

# Let yourself feel

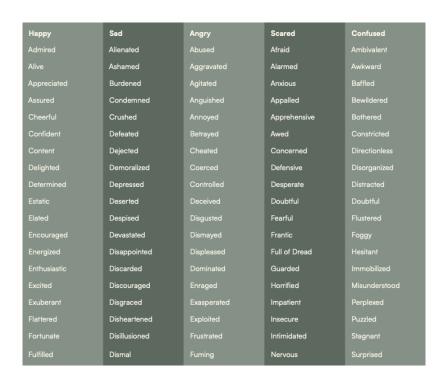
- Pay attention to how you are feeling. Not just on the surface, but deep down.
- Do not run from them. Turn and face them and allow them to roll over you.
- Try to put a name to what you are feeling. Use the list of emotions below if that helps. Choose a few words that help you express how you are feeling

# Pray the prayer of surrender

- Give God your *emotions* by expressing how you feel with honesty and no filters
- Give God your desires by telling Him what you want
- Give God your *trust* by surrendering your heart and circumstances to Him. Pray Jesus' prayer "not my will, but Your will be done."
- Receive grace and love from God

### Stretch Exercise

• Ask God to reveal an attitude or behavior that you do that is part of your old humanity. What attitude or behavior from Jesus should you replace it with?





Reflect
Take a moment to reflect on your experience. How did you encounter God this week

