



Asking God for the gift of refreshment
through prayer and recreation

Prayer Guide

Identity in Christ – New Creation

July 4 – 20

OVERVIEW

in reference to your former way of life, you are to rid yourselves of the old self, which is being corrupted in accordance with the lusts of deceit, and that you are to be renewed in the spirit of your minds, and to put on the new self, which [s]in the likeness of God has been created in righteousness and holiness of the truth

- Ephesians 3:22-24

As we consider our identity in Christ, this week we explore our identity as a new creation. The Bible speaks of This Age and the Age To Come. This Age (the one we currently live in) is characterized by evil, sin and death. The Age to Come will be characterized by justice, love, life and blessing. The Age To Come is spoken of by the prophets as a new work of creation by God. However, in Christ, the Age To Come is breaking through into This Age. As Christians, we live in This Age, but we live according to the values and reality of the Age To Come.

PRACTICE REVIEW

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

Gratitude. See page 2

Pray for our church family. Please pray through Ephesians 3:14-21 for our church family.

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

GRATITUDE

Begin and end your day with gratitude

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God for you in Christ Jesus. - 1 Thessalonians 5:16-18

Obviously, there is no formula for giving thanks to God. Be creative and use your imagination. Here are a couple of ideas:

- Start your prayer time by giving thanks to God for three gifts He has given you.
- At dinner, let each person at the table share something they are grateful for.
- There are many little and often unnoticed gifts throughout the day. Take little moments throughout the day to notice and acknowledge these gifts.
- At the end of the day, take a few minutes to quickly review your day and give thanks to God for any gifts you received that day.

Reflect

Take a moment to reflect on your experience. How did practicing gratitude impact you?
