



January 2016 – Pray

Week One Verse: James 5:13-16 (NIV)

“Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” James 5:13-16 (NIV)

Something to think about this week:

We must count on others for support and prayers. Remember, you were not created to do it on your own. Here is an additional good verse about Prayer: “Be prepared. You’re up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued, so that when it’s all over but the shouting you’ll still be on your feet. Truth, righteousness, peace, faith, and salvation are more than words. Learn how to apply them. You’ll need them throughout your life. God’s Word is an indispensable weapon. In the same way, prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other’s spirits up so that no one falls behind or drops out.” Ephesians 6:18 (MSG)

Consider writing the following encouragements and reminders in your planner/journal or print this out and add it in.



It is easy to get caught up in our own daily lives that we neglect times of solitude, individual worship and prayer. It is important to remember the following things:

- Seek the Lord BEFORE our lives take over our own thoughts.
- Withdraw from noise so that you can focus.
- Pray on a regular basis not only in the time of need or crisis.
- Make sure that important decisions are grounded in prayer.

Start each day with surrender and the following:

“Regardless of how we are feeling or what we are going through, our immediate response should be to turn to the Lord. Whether we are prospering or suffering, happy or sad, healthy or sick, BEFORE we do anything else, acknowledge God’s presence and ask Him to walk with you through the day, directing us in all of our responses and to provide resources for our situations.