

Battling through in Worship – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Write about a time when you felt spiritually dry. Do you know what brought it on? What were the circumstances or things you were doing the few days or weeks preceding it? How did you deal with it? If you had to do it again, what would you do differently?

Day 2

What is the longest time you ever spent in prayer? Did you come to a point where you felt you broke through and experienced a real peace from God? What is the goal of your prayer time? What are some of the problems or challenges you face regarding prayer?

Day 3

Memorize

DEUTERONOMY 4:29 (NIV)

But if from there you seek the LORD your God, you will find him if you look for him with all your heart and with all your soul.

Day 4

Read these stories and write out how each of the men of these stories sought God with all their heart and soul.

NUMBERS 20:2-8 – Moses and Aaron

1 CHRONICLES 21:15-17 - David

2 KINGS 22:11-20 - Josiah

MATTHEW - 26:36-45 – Jesus

Day 5

Write out some ways that you can battle through in prayer and worship to break through apathy and an attitude of laziness that sometimes grips you.