

SPEAK LORD

A photograph of a beach scene. In the foreground, a large, brown, fallen leaf lies on the sand. The sand is light-colored and textured. In the background, the ocean waves are breaking, creating white foam. The sky is a clear, pale blue.

MEDITATIVE PRAYER
FOR BUSY WOMEN

GUARD YOUR STEPS WHEN YOU GO TO THE HOUSE
OF GOD. TO DRAW NEAR TO LISTEN IS BETTER
THAN TO OFFER THE SACRIFICE OF FOOLS, FOR
THEY DO NOT KNOW THAT THEY ARE DOING EVIL.
(ECCL. 5:1)



- ASK GOD TO HELP YOU QUIET YOUR MIND TO COME INTO HIS PRESENCE. ASK HIM TO HELP YOU FOCUS ON HIM INSTEAD OF ON YOURSELF.
- ASK GOD TO HELP YOU LISTEN. PLEAD WITH HIM TO SHOW YOU VERSES FROM HIS WORD THAT YOU NEED TO HEAR. ASK HIM TO PREPARE YOUR HEART TO HEAR FROM HIS WORD.
- ASK GOD TO CLEAN YOUR HEART OF IMPURE MOTIVES AND HINDRANCES TO WORSHIP.
- WHAT SACRIFICES ARE YOU BRINGING TO GOD? ARE YOU TRUSTING IN YOUR OWN WORKS? ASK THE LORD TO SHOW YOU HOW TO HAVE THE SACRIFICES THAT HE DESIRES: “FOR YOU WILL NOT DELIGHT IN SACRIFICE, OR I WOULD GIVE IT; YOU WILL NOT BE PLEASED WITH A BURNT OFFERING. THE SACRIFICES OF GOD ARE A BROKEN SPIRIT; A BROKEN AND CONTRITE HEART, O GOD, YOU WILL NOT DESPISE.” (PSALM 51:16-17)
- ASK GOD TO HELP YOU KNOW HIM AND HIS VOICE. “LET US KNOW; LET US PRESS ON TO KNOW THE LORD... ‘FOR I DESIRE STEADFAST LOVE AND NOT SACRIFICE, THE KNOWLEDGE OF GOD RATHER THAN BURNT OFFERINGS.’” (HOSEA 6:3,6)
- ASK GOD TO HELP YOU LOVE HIM WITH ALL YOUR HEART, SOUL, MIND, & STRENGTH.

AND THE LORD CAME AND STOOD, CALLING AS AT
OTHER TIMES, “SAMUEL! SAMUEL!” AND SAMUEL
SAID, “SPEAK, LORD. FOR YOUR SERVANT IS
LISTENING.” (1 SAMUEL 3:10)



- PRAISE GOD FOR INVITING YOU TO HAVE A RELATIONSHIP WITH HIM.
- PRAISE GOD FOR CALLING YOU TO FOLLOW HIM. ASK HIM TO HELP YOU OBEY HIM AND COME TO KNOW HIM BETTER AS A RESULT OF FOLLOWING HIM.
- SAMUEL WAS A LITTLE CHILD WHEN GOD SPOKE TO HIM, AND HE LEARNED TO LISTEN FOR GOD’S VOICE. ASK GOD TO GIVE YOU THE FAITH OF A LITTLE CHILD AND TO HELP YOU TO LEARN TO KNOW HIS VOICE.
- JESUS SAID, “MY SHEEP HEAR MY VOICE, AND I KNOW THEM, AND THEY FOLLOW ME. I GIVE THEM ETERNAL LIFE, AND THEY WILL NEVER PERISH, AND NO ONE WILL SNATCH THEM OUT OF MY HAND.” IF YOU HAVE NOT YET ASKED JESUS TO BE YOUR GOOD SHEPHERD, ASK HIM TO FORGIVE YOUR SIN AND MAKE YOU HIS. IF YOU HAVE FOLLOWED JESUS, ASK HIM TO HELP YOU LISTEN FOR HIS VOICE LIKE A SHEEP WHO MUST STAY WITH ITS SHEPHERD. THANK THE LORD THAT NOTHING CAN SEPARATE YOU FROM HIM.
- ASK GOD TO GIVE YOU A SERVANT’S HEART FOR LISTENING TO HIM AS YOUR MASTER. ASK HIM TO HELP YOU LOVE HIM BY LISTENING.

“THIS IS MY BELOVED SON, WITH WHOM I AM WELL PLEASED. LISTEN TO HIM!” WHEN THE DISCIPLES HEARD THIS, THEY FELL ON THEIR FACES AND WERE TERRIFIED. BUT JESUS CAME AND TOUCHED THEM, SAYING, “RISE, AND HAVE NO FEAR.” (MATT. 17:5-7)



- GOD HAS COMMANDED US TO LISTEN TO HIS SON, JESUS. JESUS OFTEN BEGAN HIS PARABLES SAYING, “LISTEN! BEHOLD!” ASK GOD TO HELP YOU LISTEN TO ALL THAT JESUS HAS TO SAY.
- ASK GOD TO SHOW YOU WHEN IS THE BEST TIME DURING EACH DAY TO LISTEN TO THE WORDS OF JESUS. PRAISE HIM THAT HE HAS SPOKEN TO YOU! ASK HIM TO HELP YOU PAY ATTENTION TO HIS WORDS.
- HAVE YOU EVER BEEN TERRIFIED BY THE WORDS OF JESUS? EVEN HIS COMMAND, “FOLLOW ME,” IS FRIGHTENING WHEN YOU THINK OF SOME OF THE PLACES HE HAS GONE (TO THE GADARENE DEMONIAK, TO THE CROSS, TO THE GRAVE). ASK GOD TO GIVE YOU BOLDNESS WHEN YOU HEAR THE WORD OF THE LORD. ASK HIM TO HELP YOU FEAR ONLY HIM.
- PLEAD WITH JESUS TO TOUCH YOU, TO SAY TO YOU, ‘RISE AND HAVE NO FEAR.’ HE INVITES US TO CARRY OUR CROSS LIKE HE DID, BUT HE ALSO INVITES US TO BE RESURRECTED AS HE WAS.
- WE KNOW THAT GOD’S WORD ALWAYS ACCOMPLISHES THAT FOR WHICH HE SENDS IT. ASK GOD FOR HIS WORD TO ITS WORK IN YOU, TO ACCOMPLISH THE WORK FOR WHICH HE SENT IT. (ISAIAH 55:11)

AND SHE HAD A SISTER CALLED MARY, WHO SAT AT THE LORD'S FEET AND LISTENED TO HIS TEACHING. BUT MARTHA WAS DISTRACTED WITH MUCH SERVING...BUT THE LORD ANSWERED HER, 'MARTHA, MARTHA, YOU ARE ANXIOUS AND TROUBLED ABOUT MANY THINGS, BUT ONE THING IS NECESSARY. MARY HAS CHOSEN THE GOOD PORTION, WHICH WILL NOT BE TAKEN AWAY FROM HER.'" (LUKE 10:39-42)



- ASK JESUS TO HELP YOU SIT AT HIS FEET, LISTENING TO HIM.
- ARE YOU DISTRACTED FROM JESUS'S WORDS BY YOUR OWN SERVICE TO HIM? ASK GOD TO HELP YOU LISTEN BEFORE YOU SERVE. ASK HIM TO HELP YOU KEEP YOUR PRIORITIES STRAIGHT. ASK HIM TO HELP YOU FIX YOUR EYES ON HIM, SINCE HE IS THE AUTHOR AND PERFECTER OF YOUR FAITH. (HEBREWS 12:1)
- WHAT ARE YOU ANXIOUS AND TROUBLED ABOUT? JESUS INVITES YOU TO BRING IT TO HIM. ASK HIM TO HELP YOU WITH YOUR BURDENS.
- ONLY ONE THING IS NECESSARY: LISTENING TO JESUS. ASK JESUS TO HELP YOU MAKE TIME EACH DAY TO LISTEN TO HIM AND TO FOLLOW HIS INSTRUCTIONS IN THE WAY HE DIRECTS. DON'T VALUE YOUR OWN OBEDIENCE MORE THAN YOU VALUE HIS INSTRUCTION.
- THANK GOD THAT HIS WORDS CANNOT BE TAKEN AWAY FROM YOU. ASK GOD TO HELP YOU KNOW WHICH VERSES HE WOULD LIKE YOU TO COMMIT TO MEMORY THIS WEEK.
- ASK GOD TO HELP YOU LOVE THOSE YOU SERVE ALONGSIDE. ASK HIM TO SHOW YOU HOW TO HELP THEM LISTEN TO HIM AND LOVE HIM.

AND HE SAID TO THEM, “HE WHO HAS EARS TO
HEAR, LET HIM HEAR, AND PAY CLOSE ATTENTION
TO WHAT YOU HEAR.”

(MARK 4:23-24)



- JESUS HEALED MANY PEOPLE WHO WERE DEAF, AND HE STILL HEALS OUR SPIRITUALLY DEAF EARS TODAY. ASK HIM TO HEAL YOU AND MAKE YOU HEAR HIM.
- PRAISE JESUS THAT HE GIVES US HIS HOLY SPIRIT TO HELP US UNDERSTAND HIS WORDS.
- SOMETIMES, WE CANNOT PAY ATTENTION TO JESUS’S WORDS BECAUSE OF UNREPENTANCE, SIN, OR EVEN A PROVOKING RIVAL. ANYTHING THAT TAKES OUR ATTENTION FROM HIM IS A RIVAL THAT PROVOKES US. ASK GOD TO TAKE THESE DISTRACTIONS AWAY FROM YOUR MIND. REPENT OF YOUR SIN AND ALLOW JESUS TO CLEANSE YOU FROM ALL UNRIGHTEOUSNESS.
- WHAT OTHER TEMPTATIONS ARE SO LOUD THAT YOU CANNOT HEAR THE LORD OR PAY ATTENTION TO HIS WORDS? ASK GOD TO GIVE YOU THE BOLDNESS TO CUT THEM OFF.
- JESUS OFTEN USED THIS PHRASE, “HE WHO HAS EARS TO HEAR, LET HIM HEAR,” AFTER HE TAUGHT A PARABLE. MANY OF HIS PARABLES HAD TO DO WITH GROWING THINGS. ASK HIM TO HELP YOU GROW EARS THAT WOULD HEAR, JUST AS HE MAKES THE EARS OF CORN GROW IN THE GARDEN OR FIELD.
- PRAISE JESUS FOR HAVING EARS THAT CAN HEAR OUR PRAYERS!

THEREFORE, AS THE HOLY SPIRIT SAYS, ‘TODAY, IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS AS IN THE REBELLION, ON THE DAY OF TESTING IN THE WILDERNESS...’ (HEBREWS 3:7-8)



- ASK THE LORD TO GIVE YOU A SOFT HEART SO THAT WHAT YOU HEAR CAN TAKE ROOT THERE.
- ASK THE LORD TO MAKE YOU EXTRA SENSITIVE WHEN HE SPEAKS. HEARING HIS VOICE IS OFTEN MORE A MATTER OF THE HEART THAN OF THE EAR.
- REPENT OF THE TIMES YOU REBELLED AGAINST GOD’S WORDS.
- ASK THE LORD TO HELP YOU HEAR HIM AND GROW CLOSER TO HIM AS A RESULT.
- WHEN THE LORD SPOKE TO THE PEOPLE IN THE WILDERNESS, HE WANTED TO GIVE THEM WHAT THEY NEEDED AND REST FROM THEIR AFFLICTIONS. ASK GOD TO HELP YOU TURN TO HIM FOR WHAT YOU NEED. ASK HIM TO SUPPLY YOUR NEEDS PHYSICALLY, EMOTIONALLY, MENTALLY, AND SPIRITUALLY.
- THANK THE LORD THAT HE SPEAKS TO US EVEN IN WILDERNESS TIMES. ARE YOU WALKING THROUGH A DIFFICULT TIME? ASK THE LORD TO SPEAK HIS LIFE, LOVE, AND PRESENCE EVEN IN THE MIDST OF HARDSHIP AND DIFFICULTY.
- PRAY PSALM 23 AS A PRAISE TO JESUS: JESUS IS MY SHEPHERD. I SHALL NOT WANT. HE MAKES ME LIE DOWN IN GREEN PASTURES, HE LEADS ME BESIDE STILL WATERS. HE RESTORES MY SOUL.