

This past year has presented challenges like no other. Some of us have been waiting for change, praying for results we haven't yet seen. Scripture encourages us to pray without ceasing. We encourage you to commit the month of May to go deep in prayer, finding that quiet time to communicate your physical, financial and spiritual needs before the God who has no limits. Join us here at TLN as we ***Pray Thru May*** together.

PRAY THRU MAY

It is our desire at TLN that you live a healthy spirit-filled life centered in Christ, powered by faith, believing that God is MORE than able to meet your needs. He is limitless! We challenge you to build the kind of faith that dares your soul to go beyond what your eyes can see. An enriched spiritually healthy life involves direct communication with Christ our Healer, Comforter, Savior, and Lord.

One definition of prayer is: "a solemn request for help or expression of thanks addressed to God or an object of worship." For an effective, life-changing connection to God we need to be certain that there is NO OTHER "object of worship." Often, where we spend most of our time CAN become an object of worship. However, God calls us to full devotion to Him backed by the uniquely contagious, overwhelming love He has for us.

During this month of May, seek to center your affection on God the Father, God the Son and God the Holy Spirit. Pray daily, or as often as you can, to connect more completely. Then at the end of these 31 days our hope is that you have established a prayer life that you can sustain, grow, and adapt as part of your regular routine.

Hide His words in your heart and see God move in your life. Become consumed with an unbridled expectancy for the move of our LIMITLESS GOD!

No guilt, just success: Whether you start at the beginning of May or the end, read through these scriptures and suggested prayers whenever you can. Add your own words, too. Find a quiet place to share your thoughts with Jesus.

Some people use a "prayer closet," (a small room or actual closet where they frequently gather and keep on-hand notes and journals for thoughtful scripture-searches or to capture inspirations for later reference). Others use drive time or office breaks to reflect and pray. The important part is establishing – or re-establishing – a prayerful relationship with Christ. This creates a firm foundation in our "Solid Rock."

**He will hold you steadfastly in place during the chaotic moments of life's shifting sands.
When Christ is for us who OR WHAT can be against us?**

We've also included two other elements to strengthen this month's emphasis. Use the Thought for the Day as a springboard to your own reactions to each scripture and prayer.

Then, whether you journal or not, linger one more moment to consider the question(s) raised under the Journal Entry section. A total life centered in Christ is TOTAL LIVING!

Know that TLN's CareForce team would love to walk with you through this series or pray with you at any time. [Click here https://tln.com/prayer](https://tln.com/prayer) to find out more about TLN's CareForce prayer ministry and to leave prayer requests. You will find a phone number to call for confidential prayer. If you need to leave a message, we WILL call you back. That is a TLN Commitment! We love to hear from you.

TLN's Pray Thru May Beginning Focus Passage. Consider making David's Psalm 139 your initial prayer each and every day this month before moving into individual scripture and prayer references below. Dive in ...

O LORD, you have searched me and known me!
²You know when I sit down and when I rise up;
you discern my thoughts from afar.
³You search out my path and my lying down
and are acquainted with all my ways.
⁴Even before a word is on my tongue,
behold, O LORD, you know it altogether.
⁵You hem me in, behind and before,
and lay your hand upon me.
⁶Such knowledge is too wonderful for me;
it is high; I cannot attain it.

⁷Where shall I go from your Spirit?
Or where shall I flee from your presence?
⁸If I ascend to heaven, you are there!
If I make my bed in Sheol, you are there!
⁹If I take the wings of the morning
and dwell in the uttermost parts of the sea,
¹⁰even there your hand shall lead me,
and your right hand shall hold me.
¹¹If I say, "Surely the darkness shall cover me,
and the light about me be night,"
¹²even the darkness is not dark to you;
the night is bright as the day,
for darkness is as light with you.

¹³For you formed my inward parts;
you knitted me together in my mother's womb.
¹⁴I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
my soul knows it very well.
¹⁵My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
¹⁶Your eyes saw my unformed substance;
in your book were written, every one of them,
the days that were formed for me,
when as yet there was none of them.

¹⁷How precious to me are your thoughts, O God!
How vast is the sum of them!
¹⁸If I would count them, they are more than the sand.
I awake, and I am still with you.

19 Oh that you would slay the wicked, O God!
O men of blood, depart from me!
20 They speak against you with malicious intent;
your enemies take your name in vain.
21 Do I not hate those who hate you, O LORD?
And do I not loathe those who rise up against you?
22 I hate them with complete hatred;
I count them my enemies.
23 Search me, O God, and know my heart!
Try me and know my thoughts!
24 And see if there be any grievous way in me,
and lead me in the way everlasting!

HERE WE GO!

May 1:

A Verse for Today: Jeremiah 29:12 “Then you will call on Me and come and pray to Me, and I will listen to you.”

A Prayer for Today: Dear Lord, thank you for your promise to listen. I call upon you in this moment. I place all that I am and all that I can be into your potter’s hands. Mold me, forgive me, and change me. Thank you for your gift of salvation. Thank You for the grace You extend. Thank You that You truly care about the things I care about and all the things I feel. Thank You that You love me just as I am, and that You delight in me. Remove all traces of fear, anxiety, depression, and sin. Help me identify those areas that separate me from an impactful relationship with You. Fill me with Your presence, Your Spirit, and the desire to fulfill Your purpose even should Your desires for me contrast with my own human nature. Jesus, You are my protector and my redeemer. I seek to move in the fullness of Your grace, placing Your will and Your plans in front of my own. Amen.

A Thought for the Day: My Savior listens to me when I call on Him. Anytime. Anywhere. Priceless.

Journal Entry: Write adjectives to describe how this promise makes you feel. Create your list of what you plan to share as He listens. Add to the list as you move through this week.

May 2:

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

A Prayer for Today, is David’s Psalm 145 edited as a personal reflection of praise: I will extol You, my God, O King; And I will bless Your name forever and ever. Every day I will bless You, and I will praise Your name forever and ever. Great are You Lord and greatly to be praised; and Your greatness is unsearchable. One generation shall praise Your works to another and shall declare Your mighty acts. I WILL meditate on the glorious splendor of Your majesty, and on Your wondrous works. Men shall speak of the might of Your awesome acts, And I WILL declare Your greatness. They shall utter the memory of Your great goodness and shall sing of Your righteousness. You, Lord, are gracious and full of compassion, slow to anger and great in mercy. Lord, you are good to all, and Your tender mercies are over all Your works. All Your works shall praise You, O Lord, and Your saints shall bless You. They shall speak of the glory of Your kingdom, and talk of Your power, to make known to the sons of men Your mighty acts, and the glorious majesty of Your kingdom. Your kingdom is an everlasting kingdom, and Your dominion endures throughout all generations. You Lord uphold all who fall and raise up all who are bowed down. The eyes of all look expectantly to You, and You give them their food in due season. You open Your hand

and satisfy the desire of every living thing. Lord you are righteous in all Your ways, gracious in all Your works. Lord you are near to all who call upon You; to all who call upon You in truth. You will fulfill the desire of those who fear You; You also will hear their cry and save them. You Lord preserve all who love You, but all the wicked You will destroy. My mouth shall speak the praise of You Lord, and all flesh shall bless Your holy name. Forever and ever.

A Thought for the Day: This amazing, powerful Lord God, delights in me. He rules the universe yet cares about every detail of my next 24 hours and beyond. What are my thoughts about the plans God has for the next 24 hours and am I committed to the greater purpose beyond my own needs?

Journal Entry: Write out practical ways you can schedule time for prayer on a regular basis. Begin to create a list of things you are thankful for and add to the list all month long.

May 3:

A Verse for Today: Matthew 17:20-21 "I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting."

A Prayer for Today: Christ give me the strength to withstand the problems that I face. Help me stand firm in my faith and trust in the knowledge that You will give me the tools to tackle whatever challenges come my way. I trust that You have a reliable roadmap in place in those overwhelming areas that seem impossible. My prayer today is for Your provision in the areas of my livelihood and finances so that my needs (and that of my family) are met. Teach me then to give back to others through acts of love, sacrifice, and finance as You lead and bless me. As I call upon Your name, You are here. No question. I ask for a blessing for my family, extended family, friends and loved ones who need a special touch at this moment. I ask all these things in Your name, Amen.

A Thought for the Day: When I reach the end of my personal effectiveness in my own life or in the lives of those I love – God is just beginning to move! Therefore, I place my faith in Him, the One with absolutely no limits except those I place on Him through my finite understanding. Can I, or WILL I trust Him today? Will I trust that nothing is impossible for God and that His plans are perfect? If so, then I am best positioned to watch the mountains move.

Journal Entry: Establish a prayer goal for this one-month exercise. When will you pray, how much time will you spend in this life-changing experience each day? Are you able to fast at some point during each week for those mountains you would like to see moved? At the end of the journey, return to this section for reflection. Feel free to contact TLN's CareForce to find out more about fasting. [[click here](https://tln.com/prayer) <https://tln.com/prayer>]

May 4:

A Verse for Today: 2 Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

A Prayer for Today: As I call upon Your name dear Lord today, I rest in the knowledge that I can live in the shadow of You, the Almighty. You are my refuge and my fortress. You are my God. Realizing that it IS a choice, I choose to trust You. Remove fear from my existence. It is not from You. Replace it with a huge portion of faith in the knowledge that You will never leave me. I pray Psalm 23 over my life right now. You Lord are my shepherd; I shall not want. You make me to lie down in green pastures; You lead me beside the still waters. You restore my soul. You lead me in the paths of righteousness for Your name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness and mercy shall follow me all

the days of my life; and I will dwell in Your house, dear Lord, forever. Your love, dear Jesus, casts out ALL fear. Thank You for that love and for Your sacrifice.

A Thought for the Day: Fear takes time to water, feed, and nurture for what purpose? Fear restricts. I can use that time today to water, feed and nurture joy, purpose, and fulfillment in the areas that are productive and fruitful. Through scripture and prayer, I have already made a difference in the area of my spiritual focus. I can use this time to eat healthier, love better, and build strength emotionally and physically. One day at a time. A move forward is a move forward.

Journal Entry: List three things that cause you fear. For each one, add one brief sentence about what faith can do to combat that fear and actions you can take to move forward in strength.

May 5:

A Verse for Today: 1 Chronicles 16:9-12 Sing to Him, sing praise to Him; tell of all His wonderful acts. Glory in His holy name; let the hearts of those who seek the Lord rejoice. Look to the Lord and His strength; seek His face always. Remember the wonders He has done, His miracles, and the judgments He pronounced.

A Prayer for Today: Father, hear my prayer. As I think on the world You created. I see Your very handiwork in the creation of man, and the air that we breathe. I realize once again the vastness and limitless nature of Your miracle-working power. When You can speak a universe into being and bring an endless array of living creatures into existence, what is there that You cannot do? Your wonders never cease. You, our judge, and Savior, will settle all things in Your time. You who conquered death, bring dry bones to life, and heal our hearts stand ready, willing, and MORE than able to meet my needs today. I praise You in this very moment. The moment will pass but this moment of praise will last and strengthen me beyond. Thank You for who You are: The God of promise, the God of our tomorrows and the one who sees deep inside my heart to the core of my existence. Create in me a new heart. Teach me to rejoice today in all situations whether stressful or light-hearted and everything in between. You who have begun a good work in me, move me a multitude of steps forward. Amen.

A Thought for the Day: I praise Him this day and look for those opportunities to share His wonderful kindness with others. When I take a moment to truly reflect on the greatness of God the Creator and the graciousness of God our Forgiver, who better would I choose as my judge? He forgives then chooses to forget. Taking that thought forward and realizing that I am not perfect, should I not at least try to forgive according to the same standard? Is there someone I need to forgive today?

Journal Entry: Write the words to a favorite worship song or chorus. Then, sing it out loud or in your heart. Write down the name of anyone you need to forgive. Pray about how to make that happen and trust God to work out the details. Invite the presence of the Lord into your space through worship as you end today's session.

May 6:

A Verse for Today: 1 John 5:14 This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us.

A Prayer for Today: Dear God, this is an amazing promise. Who else shows their love this deeply? I seek Your will. I pray that my desires will align with Yours. Nudge me towards Your direction when I need it. Here are the things I ask in Your name. (Take a moment to jot down those areas in which you are awaiting an answer. Write down areas where you need direction and help. Share your heart. Keep your list in your Bible or somewhere nearby to review. Bring it to your place of prayer this month and reference it at each setting. Then, trust and wait with expectancy for the move of our limitless God!) Thank You Father that You care for me so completely that You desire to move in my life in ways I may not even imagine. I trust You and will wait upon You.

A Thought for the Day: There is this great sense of ease in approaching God especially as it becomes a regular occurrence. I ask; He listens. When I ask considering His will in my ask, sparks fly because we are in agreement for a specific direction. The synergy in such a pattern of agreement and connectivity of purpose is unstoppable. Why would I sacrifice such collaboration to spend today seeking out my own desires alone - especially those where I am keenly aware do not point towards growth in Christ?

Journal Entry: List at least one thing you desire and would like to ask God for in this moment. Now revise it, if necessary, so that you feel confident that it also aligns with God's will for your life.

May 7:

A Verse for Today: Psalm 100 Make a joyful shout to the Lord, all you lands! Serve the Lord with gladness; come before His presence with singing. Know that the Lord, He is God; it is He who has made us, and not ourselves; we are His people and the sheep of His pasture.

A Prayer for Today: I am forever grateful that You do not require beautiful, synchronized harmony or a catchy tune or phrase when I approach You. A shout, a joyful sound, just saying Your name with respect and reverence is more than enough. I do serve You today Lord, with tremendous gratitude, admiration, and devotion. I appreciate Your loving, shepherd-like ways with me. A shepherd does not leave his sheep. A shepherd searches for that one lost lamb to return him to the fold as if he never left. Lead me today dear Shepherd keeping me close to You and away from the briars and entanglements designed to separate me from the path toward greener pastures. Should I stumble, pick me up. Heal deep wounds. Lead, guide and direct me today to the glory of God and for the purpose of fulfilling Your purpose for me. Thank You for Your never-ending mercy and truth that has remained the same throughout generations.

A Thought for the Day: As I go about my schedule today what prevents me from offering a simple phrase of thanks? Such a thing takes less than 5 seconds but connects me with my gracious God. It also shows my gratitude and admiration. The sidebar is that I then may be filled with joy and peace through that one touchpoint. I could also be in a state of readiness to shine that light of Christ to someone else who desperately needs what I have experienced. Could there be someone today needing the help of a good shepherd? Is there someone I'll see today waiting for a small nudge in the right direction to clear a few briars or large entanglements, too?

Journal Entry: Close your journal today and sing praises to the Lord your Shepherd for who He is and His penchant for not giving up on His sheep until He finds us all.

May 8:

A Verse for Today: Isaiah 40:31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

A Prayer for Today: Thank You for Your promises which are new and fresh every morning. I arise to see Your glory and rest in Your arms as I sleep because You never slumber. You are always with me. ALWAYS. Today I wait upon You Lord to renew my strength. I bask in Your goodness and mercies. I take this moment in Your presence to breathe in deeply, knowing that You created the atmosphere for that very purpose. I think about the strength found in the wings of eagles and the steady, graceful movements as those wings confidently extend. Dear Lord, it is my desire to run not walk toward You today. Do help me to stay strong and focused. Provide both spiritual and physical stamina to withstand weariness or a faintness in purpose. Protect me from anxiety that can so devastate when left unattended. May I be a testimony of Your greatness so that others are encouraged towards their own eagles' flight.

A Thought for the Day: There is a measure of faith associated with taking a breath. We trust when we do so that there will be oxygen to sustain that breath. This analogy plays out all day long. We trust our feet to walk, and gravity to perform our usual functions. The Creator of all of this, as well as the

universe, sustains. If these actions become second nature without thought of faith, could regularity in prayer become second nature? Could an expectancy of answered prayer become natural? Could faith itself become as effortless as a breath? As I take moments to breathe in God's goodness, I can draw my strength from Him.

Journal Entry: Write down what it means to you to "wait" on the Lord. Also, make notes on where you need to develop strength to resist the enemy of your soul. TLN's CareForce can pray with you for those strengths. [[click here https://tln.com/prayer](https://tln.com/prayer)]

May 9:

A Verse for Today: Romans 8:28 And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

A Prayer for Today: Dearest most cherished God, I know that You are always at work in this world. I want to establish and grow Your work WITHIN and THROUGH me. You sent Your Son, the Lord Jesus Christ, to the earth to do that very thing. I acknowledge that through His suffering and deliverance, I am free. I am changed. I am whole and I am called to Your purpose. As You move to recreate humanity, recreate me. Transform me in Christ. Renew me and engage me as a member of Your cherished ambassadors to transform the church and those who do not yet believe. Thank You for moving in the background for my greater good as I am called to a desire to serve You.

A Thought for the Day: Motives, thoughts, and actions align for the good of those who align with God's purpose. As I exist in this "me" oriented society my focus could naturally lean that direction where my desires are at the center of my universe rather than God's. We are seeing this in our world today. Things are off kilter. How can I detach, realign, or move away from the focus on me into a focus on God's greater purpose?

Journal Entry: Write down at least two things you want to see changed in your life that could lean you into God's greater purpose. Also, linger a moment longer to think of someone else. Who could you help this week in your neighborhood or at work? Is there someone who needs a touch from God, too? Believe for them as often as you believe for yourself this week.

May 10:

A Verse for Today: Luke 1:37 For with God nothing shall be impossible.

A Prayer for Today: Father God, I stand in for my family with open hands turned toward You in an attitude of faith-filled prayer. I pray for the health of our children, grandchildren, nieces & nephews. I pray for their spiritual, mental, and physical well-being. God protect our loved ones as they navigate isolation, changes in their learning experiences, and all else facing young minds. Nothing is impossible with You, God. I pray right now for future generations that they will come to faith and know You. Allow me to be a living example of Your grace and joy. Use me to lead them to You.

A Thought for the Day: If I am an example to my family and friends of Christ's love, what am I communicating today through my actions and prayer life? Can I be more impactful, and can I demonstrate a healthy prayer life and relationship with Christ that lingers way beyond Sunday services?

Journal Entry: Take a moment to list the names of family members and friends and commit to pray for them from time to time this month. Pray for the impossible in their lives. Pray for protection and direction as they move through these unusual times into a mature relationship with Christ.

May 11:

A Verse for Today: Psalm 4:1 Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer.

A Prayer for Today: Dear God my Father, You are wholly aware of all that goes on in this world as well as the details that circle around me. Nothing escapes Your gaze. You are cognizant of the principalities of darkness wandering like a hungry lion. Regardless, You are the Conqueror, our Lion of Judah. You did not create in us the spirit of fear. When fear or distress comes my way, I recognize that it is how I handle these feelings that garner my victory. I call out to You now as I stand on Your promises and ask for complete deliverance from distress, fear, anxiety, and/or the depression that often follows. Align my thoughts and actions with Your purpose. Even uttering the very name of Jesus speaks power and deliverance. Jesus, Jesus, hear my prayer and move in ways I cannot even imagine today. Fill me with Your presence and Spirit as I take in the mercies of your abundant portions of grace.

A Thought for the Day: Distress is real. Pandemic anxiety is real. God's power is more than sufficient to bring peace and purpose. Should these feelings begin to take root, I will reject them at the onset with the knowledge that God is still in the miracle-working business. He does not sleep, and He will see me through. The more I face head-on, the stronger I become. The stronger I become, the more I can be used of God to fulfill my goals and in order to help others.

Journal Entry: Reflect on moments where you have been in distress and God has rescued you. Think on those times when you feared something that never happened, or you allowed anxiety to take over in circumstances that never came to fruition. Distress distracts. List areas that currently create stress or anxiety. Pray for God's deliverance and begin to think about the source of these emotions and what you humanly can do to eradicate them.

May 12:

A Verse for Today: 2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold all things have become new.

A Prayer for Today: Dear Lord, make me a new creation. Create in me a new heart. Refresh and renew my mind. Fill me up with thoughts of You. Forgive me of my sins – those I am aware of and those that may be hidden. Thank You that You choose to forget and instead cheer me upward and onward to a greater purpose. Restore me and make me new in You. Old things, old ways that point away from You are now gone. Behold all things become new. Thank You Lord, that Your forgiveness is endless.

A Thought for the Day: When Christ forgives, He chooses to forget. Scripture indicates that our sins are washed as white as snow. We may allow the memory of our past to haunt us and hold us back. As we forgive ourselves and move forward in the "new," there is joy, a new sense of purpose, and a restoration. Breathe in a breath of fresh air and find peace in this moment of restoration. Now move beyond yourself and reach out to share this message of hope to others.

Journal Entry: Write some adjectives to describe how you feel knowing that you are freshly renewed and restored through a relationship with Christ. How do you feel knowing that He holds no grudges? How do you plan to move forward differently to support a positive fulfilling relationship with Christ?

May 13:

A Verse for Today: 1 Peter 5:8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

A Prayer for Today: (Based on Ephesians 6:19-18): Today I put on the whole armor of God, that I may be able to stand against the wiles of the devil. For I do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age. Father God, I take up Your entire armor that I may withstand the enemy. And having done all, I will stand firmly in Your shadow. I gird my waist with truth and with the breastplate of righteousness. I cover my feet with the gospel of peace, take up the shield of faith to quench all the fiery darts, and finally I wardrobe myself with the helmet of salvation and the sword of the Spirit which is Your Word. No weapon formed against me will prosper. In the precious name of Jesus. Amen.

A Thought for the Day: Taking on the armor of God is about protection and preparation FOR battle should it come. Prepared in knowledge and strength, I can go about my activities with confidence and purpose and move forward knowing that I am not alone. Since I am prepared for all that might come my way, I am positioned to be there for others, too. Should I stumble on difficult circumstances at work (or when looking for a job for so many who have lost theirs during the pandemic) I can deal with adversarial conditions with confidence outfitted in the armor of God.

Journal Entry: Think for a moment on a huge problem or task in front of you that is causing stress or grief. Think about tackling it in your own strength. Now write down some thoughts about taking it on in the armor of God while standing on His promises. Pray for strength to tackle those areas of concerns from this heightened perspective.

May 14:

A Verse for Today: Psalm 34:17 When the righteous cry for help, the Lord hears and delivers them out of all their troubles.

A Prayer for Today: As I walk in strength of purpose today, help me be mindful of the pitfalls and traps set before me by the enemy of my soul. It is not my intention to dwell on them, or linger in anxiety that I should face them, but to walk boldly and confidently in You my Lord, my firm foundation, and my defender. You hear my cry this moment. Deliver me when necessary and place my feet on solid rock.

A Thought for the Day: When I am aligned with Christ and have a sense of purpose, I am in a better place to help others. Helping others is a key focus for Christ followers. The very act of God sending His son for us, and Jesus' experience at the cross for us is a clear indication that the sacrifice is in setting aside our own desires for the greater purpose of serving others. And the greatest act of service is directing others to Christ.

Journal Entry: Enter in your journal at least two times when the Lord delivered you from difficult circumstances. Give Him thanks. Now list at least two friends who need help in their own difficult lives. Make a point to pray for them this week and perhaps lead them to Christ. Knowing what He's done for you, would He not do the same for others?

May 15:

A Verse for Today: Revelation 21:4 (ESV) He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.

A Prayer for Today: The Hope of Glory spears me on in the knowledge, dear God, that there will be a day when tears and even death will no longer exist. Mourning and pain will be replaced with unspeakable joy. I ask that You wipe away my tears just now. I ask that You give me strength to face each day with vigor and a sense of purpose. Your promise of tomorrow fills my spirit. I praise Your name. Blessings, dear King; and honor and glory and power. May Your spirit spring up in me like a new well filled to the brim and running over. May Your light shine so brightly in me that it becomes contagious.

A Thought for the Day: God's promises for a day with no pain or suffering is something to celebrate. It is a major component of our Christian faith and the promise for our tomorrow's. Nothing can separate us from the love of God. To find out more or to pray confidentially with someone who cares, you can contact our CareForce. [[click herehttps://tln.com/prayer](https://tln.com/prayer)]

Journal Entry: Reflect on what this scripture means to you from your personal perspective of loss, tears, and pain. Reflect now on those things which have brought you tremendous joy and this promise for a future where pain and suffering are no more.

May 16:

A Verse for Today: Romans 12:12 Be joyful in hope, patient in affliction, faithful in prayer.

A Prayer for Today: Dear Lord, thank You for hearing my prayer. Fill me with Your Spirit and Your presence that I might be filled to the brim. Thank You that there is hope for each tomorrow through Your provision. Help me to develop patience to withstand every circumstance, trial, and affliction. Prayer changes things and often that change is in me. I will be faithful in opportunities to communicate with You. Use my testimony - of sorrow or joy - for Your greater purpose. I depend on You, God my Father. And I trust You will respond in Your perfect timing out of Your perfect will. I pray for total healing in the following areas for my family, friends and/or me: (fill in the blank). I pray that as we individually and collectively grow in You and are faithful in prayer, that You will do a great work in us. It is my goal to attain a total life centered in You: spirit, mind and body.

A Thought for the Day: Sing praises of thanksgiving today as you reflect on all the things God has done for you from the smallest accounts to the largest victories. Likewise, pray amid anxiousness and suffering. We know that fear does not come from God. He gives us power, love, and a sound mind.

Journal Entry: Write down up to 7 things in each of these areas: 1) what you are hopeful for; 2) where you need patience; 3) areas where you want or need to be faithful in prayer. Review the list regularly throughout his month to see where you are and how far you have come.

May 17:

A Verse for Today: James 5:13: Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.

A Prayer for Today, using Psalm 100:4-5 as a guide: I enter Your presence thankful and filled with appreciation for Your faithfulness and unconditional love. I praise Your name and focus on You completely in this moment. You, Lord, are good. Your mercies never cease, and Your truth has endured throughout generations. You will continue to withstand the test of time. I stand on Your truths and trust them. I trust You. I trust You in my suffering and in those moments of joy. Move in every aspect of my existence and take me deeper in my knowledge of You so that I might be a living example of Your life-changing power as well as stand ready and willing to reach out and help others.

A Thought for the Day: The very fact that scripture specifically talks about suffering and cheer within the same passage underlines the truth that I am NOT the only one who experiences both and in various measures. I am not alone in my suffering or joy. God did not single me out for hardship, and He doesn't leave me there alone. When we suffer, we are encouraged to pray. And as we've seen in earlier verses in this study, when we pray God listens. Therefore, He stands ready to bear our burdens and He also encourages us to bear one another's burdens. We have in our possession the ability to grow stronger together, create life together, and live out results together.

Journal Entry: Write down one area where you are hurting, one area where you are thankful, and one area that you are currently celebrating. Now do the same for at least one other individual you know. Consider reaching out to that individual and invite them to pray with you for a few moments for several consecutive days on these specific areas. Speak prayer into their circumstances.

May 18:

A Verse for Today: Romans 8:26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us.

A Prayer for Today: Thank You first for Your Spirit that supports and aides me when I am otherwise fragile or vulnerable. Thank You for Your Spirit that comes alive as I praise and worship You my Creator and Savior. I wait here in Your presence taking in your goodness and allowing the Spirit of the Living God to "fall fresh on me" as the song says. I rely just now on the Spirit to intercede, advocate, and intervene on my behalf. Beautiful Lord, be blessed in these moments and bring answers in those areas where it is needed most.

A Thought for the Day: Such an opportunity exists to pray in and through the Spirit of God. I am never alone. In fact, in those weak moments of fear, feelings of isolation, distress or any other area of weakness, the Spirit is here to support me. I am victorious through Christ who gives me strength.

Journal Entry: In many areas we face, there are not always clear-cut ways to proceed. At times it is unclear as to how to pray. Write down a couple of those qualifying areas in your life (or that of a loved one), then count on the Spirit of our Living God to intercede on your behalf. Be specific in your ask of our mountain-moving God.

May 19:

A Verse for Today: James 5:16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

A Prayer for Today: Place in my path today someone who needs a touch from You. Allow my testimony and experiences to be a lighthouse pointing them to You. May someone find faith through interaction with me today and may I be bold to share of my own experiences to uplift someone who desperately needs You. Help me to step out of my comfort zone to reach out and pray for such a person. And, in areas of my life that I hide, those sins I keep close to the chest especially during these days where many of us have great periods of aloneness, may I be willing to confess those areas to someone else to be held accountable so that I may grow in You and move beyond these areas that can consume and control me.

A Thought for the Day: Sin becomes strongholds and harder to eradicate the further involved we become in the darkness. It becomes more difficult to see or even accept light when we have remained in darkness too long. In areas where the roots are now deep, find a pastor, Christian counselor, or grounded Christian friend to hold you accountable and likewise. Allow God's healing power to flow.

Journal Entry: Identify the new sprigs of activity that are harmful. Discard them before they lodge deeply. Work to remove longer term transgressions from your life. Then check them off as discarded. The more ground you gain, the stronger becomes the desire to see it through to completion.

May 20:

A Verse for Today: Isaiah 43:19 "For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland."

A Prayer for Today: While wandering around in my own wilderness and with heaps of circumstances surrounding me like fallen leaves, I lose sight of all the times You have made a way. You are constantly moving on my behalf in the background even when I may not see it through human eyes. Yes, dear God, I do see through the eyes of faith and grow even stronger in that faith when I consider all the times You were there for Your people throughout the ages. I ask You to do something new! Weave my pathway through the wilderness anyway You choose to complete the work in me You have already begun. Create rivers of blessing in the dry wasteland. How can I doubt the God who turned sea into dry land? Move in our country, move in our world, move within me. In fact, let the change - the "something new" you speak of in the scripture - begin in me. I yearn to be part of the pathway you are creating.

A Thought for the Day: Picturing the rush of water that often fills our streams in the spring after a very dry winter projects images of freshness, new life, and new growth. Dry, cracked dirt beds reform as the water penetrates. Plant and river life returns. Parched creatures gravitate. Oh, that I might be a river, a conduit of God's spirit and grace.

Journal Entry: Write down areas in your life you might consider a wasteland or where you feel you are wandering in the wilderness. Take this a step further and consider the same for our world today. What are your thoughts on where God is in all of this and what do you think it will take to see change?

May 21:

A Verse for Today: Matthew 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

A Prayer for Today, sections from David’s Psalm 55 edited from The Message as a personal reflection of praise: Come close and whisper your answer. I really need you. I shudder at the mean voice quail before the evil eye, as they pile on the guilt, stockpile angry slander. My insides are turned inside out; specters of death have me down. I shake with fear, I shudder from head to foot. I want some peace and quiet. I want a walk in the country. I want a cabin in the woods. I’m desperate for a change from rage and stormy weather. I’m appalled how they’ve split the city into rival gangs. This isn’t the neighborhood bully mocking me – I could take that. At dusk, dawn, and noon I sigh deep sighs – You hear, You rescue. My life is well and whole, secure in the middle of danger. Even while thousands are lined up against me. You God hear it all, and from Your judge’s bench, put them in their place. I pile my troubles on Your shoulders. You will carry my load. You will help me. You never let good people topple into ruin. And I trust in You.

A Thought for the Day: When considering Jesus’ gentle and humble heart, think on how He allowed the soldiers to remove Him from the Garden of Gethsemane, bind Him, ridicule Him, beat Him, and put Him through the worst of deaths. As a very old song portrays, “He could have called ten thousand angels to destroy the world and set Him free. But He died alone, for you and me.” He knew what was to come, but His attention was not on His own circumstances, but on mankind.

Journal Entry: Read again this verse from the perspective of Jesus’ invitation to come to Him in light of what He knew was ahead on the cross. His invitation was to ALL, even those He knew would persecute Him. How deep do you feel his love is for you? For a confidential conversation with someone who cares, contact our CareForce. [[click herehttps://tln.com/prayer](https://tln.com/prayer)]