

each of these examples, the power that the means of Grace might otherwise convey would be nullified by my absentmindedness or hardness of heart. With no inward sense of intention, God's grace will never reach me. For grace to really have an impact on us, we must be open to it. And for the means of Grace God has provided to act as channels for that Grace, we have to have a desire to meet God in those means. That is Wesley's point by saying that we can use all of the instituted and prudential means in a way that makes them useless."

Alexander C. Thompson, The Means of Grace

# emember Who You Are:

Soul-care admits that God made you from dust. Your body and your abilities are finite. The lists you create for your days are often beyond the abilities of your human body. Here's the issue with self-care: You are not God.

Maggie Combs

### emember Whose You Are:

God the Father created you; Jesus redeemed you; the Holy Spirit sanctifies you. Self-care is about taking ownership and control of your physical needs. Soulcare entrusts your needs to the God who created you, sustains you, and saves you.

Maggie Combs

# ive Your Mind True Oxygen:

To be good soul-care, your method for rest must allow you to learn more about God and draw nearer to Him. Self-care aims to give physical and psychological renewal, but soul-care accesses the true spiritual oxygen your soul craves.

Maggie Combs



I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect.

worship – The gathering of God's people to remember who God is and who we are. We offer praise and thanksgiving as we hear God's Word proclaimed through Scripture and music, and we respond to God's Word in prayers, sacraments, financial gifts, and service as we are sent from worship back into the world.

#### salm 95:1-7

O come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods. In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it, and the dry land, which his hands have formed.



O come, let us worship and bow down, let us kneel before the Lord, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand. O that today you would listen to his voice!

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

raise Isaiah 6:1-4 In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew.



And one called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory." The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke.

# Isaiah 6:5–7

And I said: "Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!" Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: "Now that this has touched your lips, your guilt has departed and your sin is blotted out."



Proclamation and Response Isaiah 6:8

Then I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" And I said, "Here am I; send me!"





## **Examination of Conscience**

- 1. Recall you are in the presence of God
- 2. Look at your day with gratitude
- 3. Ask help from the Holy Spirit
- 4. Review your day
- 5. Reconcile and Resolve





Mark 1:35
In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.



"God does nothing except in response to believing prayer."

John Wesley A Plain Account of Christian Perfection their need to pray always and not to lose heart.

Acts 1:14 All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

Colossians 4:2 Devote yourselves to prayer, keeping alert in it with thanksgiving.

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

1 Timothy 2:1 First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for everyone.

atthew 6:5-8

"And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.



When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him."









ontemplation – quieting the mind and sitting in the presence of God (via negativa)

Psalm 46:10
"Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth."

ur steps of centering prayer (Thomas Keating):

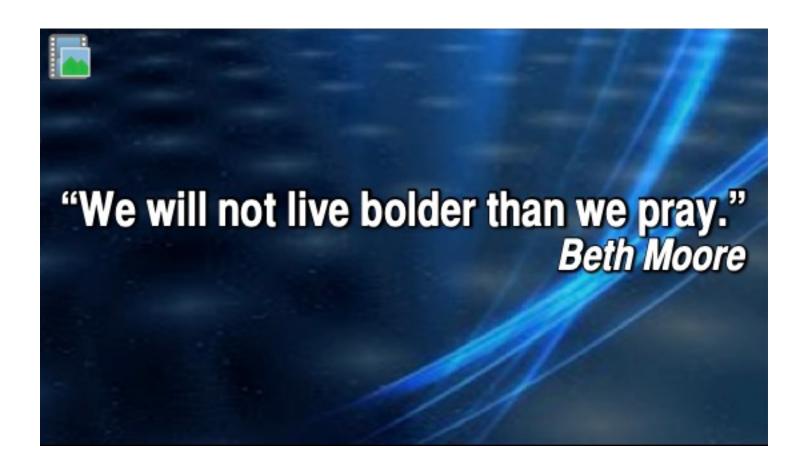
- Choose a sacred word as the symbol of your openness and invitation to God's presence and action within you.
- Sit comfortably, upright, with your eyes closed. After taking a moment to settle yourself, focus on your sacred word.
- Whenever you become aware of thoughts, return to your sacred word. Recite it, if needed, to clear your mind of distractions.
- 4. At the end of your prayer time, remain still with your eyes closed for a few moments. Slowly allow yourself to re-engage with your surroundings.

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.



"We tend to use prayer as a last resort, but God wants it to be our first line of defense. We pray when there's nothing else we can do, but God wants us to pray before we do anything at all."

Oswald Chambers









Wednesday Evening Prayer Circle in Prayer Garden Prayer and Anointing anytime between 5–6pm through the series

Zoom Prayer Room, Sundays, 10:30-11am

