

## Daily Readings Week 7

10/13/2024	Sunday	1 Samuel 1:9-11, 19-20; 2:1-10	Hannah and Samuel
10/14/2024	Monday	1 Samuel 3:1-18	Samuel's Call
10/15/2024	Tuesday	1 Samuel 8:1-22	Israel Demands a King
10/16/2024	Wednesday	1 Samuel 9:27; 10:1-9	Samuel Anoints Saul
10/17/2024	Thursday	1 Samuel 13:2-14	Saul's Unlawful Sacrifice
10/18/2024	Friday	1 Samuel 16:1-13	David Anointed As King
10/19/2024	Saturday	1 Samuel 24:4-12, 16-20	David Spares Saul's Life

This week's Bible passages move from the great promises to Israel as the people of God. These are larger themes that have overarching applications, but now we move to God's promises to individuals. These individuals find themselves involved in life being confronted with God's will for their lives. The themes are now more personal and deals with the lives of women and men struggling with where is God.

## Prayer Journal Week 7



*Twinsburg Congregational Church*

**October 13-19, 2024**

## Praying without Words

*For author and Episcopal priest Barbara Cawthorne Crafton, it's during times when words fail us that turning to wordless prayer can help sustain our faith.*

God is not a figure outside of our experience and in need of information about it. We don't really need to pray *about* anything; we're not in charge of much of what happens in the world. We can content ourselves with prayer from within it all.

So if prayer's efficacy is not measured by whether or not we get what we ask for, it's probably safe to stop asking for things, especially if doing so seems to feed the desperation and despair that take root in the soul of a depressed person—if prayer has become little more than worry with an “Amen” tacked on at the end. Here is a suggestion:

Maybe we could try not using words at all.

Never is this permission to be wordless more important than when depression strangles even the everyday words of human interaction. At such a time, a spiritual practice may be needed that will *allow* your emptiness, rather than fight to fill it. The ancient practice of centering prayer is one, like other meditative techniques from other religions and cultures: the quiet, gentle abdication of all one's illusions of personal power and control. It is not measured by the quality or quantity of emotion it produces. Prayer doesn't have to be measured by anything.

The spiritual discipline of Bible journaling offers a profound and creative way to keep God's teachings close to our hearts and at the forefront of our minds. In short, Bible journaling is the process of spending time with God and logging the sacred insights you receive from Him in your journal or Bible's margins.

There are a variety of methods to help you in your journaling. One simple one is the S.O.A.P. method: Scripture, Observation, Application, and Prayer. Write down a scripture verse, observe what it means to you, apply it to your life, and then pray about it.

### *Daily Journal Exercise*

**Scripture:** Write the reference on the page.

**Observation:** What words or phrases stand out? Any words repeated? Who is talking? What is the main point? If I was in this Bible passage, how would I respond?

**Application:** How does this apply to my life today? How can I live out this truth?

**Prayer:** Respond to God with this passage. Ask God how to mediate and apply this Scripture to my life. What praises or needs does this passage bring to my thoughts?