

MAY 15

**“PRAYER IS NOT A TASK.
IT’S OKAY TO JUST SIT
AND BE QUIET BEFORE GOD.”**

READ

Psalm 38, Isaiah 40:28-31

Psalm 38 describes how David felt, not how he felt all the time, but how he felt when he was depressed. There is a spirit of discouragement common to the elect. It’s at those times that the devil tries to get us to quit. He wants us to throw in the towel, but the Lord won’t let us. Don’t ever think the Lord has abandoned you. You cannot win this battle with your mind; it can only be dealt with in the Spirit. In a quiet place, the Holy Ghost can give you peace. Sometimes you don’t feel like praying, you may even dread it. Remember, prayer is not a task. It’s okay just to sit and be quiet before God. Let Him pull you up into His lap and sometimes even fall asleep in the rest He gives. Old-timers talk about “praying through.” Well, why would you need to do that? You already have victory. At the point where you struggle with your faith, God manifests Himself before you as never before. He is with you; He is not surprised, overwhelmed, or frustrated with you. We enter prayer thinking God is upset with us, but God has great mercy. God gives strength to the weak.

PRAY

I find my rest in You today, God. In the quietness of this moment, in the protection of Your hand, in the comfort of Your lap. You are my refuge and strength.

From November 18, 2012