

## Week 224 - w/c 21/2/21

**Monday: Acts 4:23-37.** We can learn a great deal about prayer from the way the Early Church prayed. What principles can you see that speak to you? Notice what they prayed for in v29 – great boldness – and what they didn't pray for – a change of circumstances.

**Tuesday: Job 5:1-27.** Telling people what you would do if you were them, isn't always helpful. They are not you! But this is what Eliphaz says to Job in v8. What is a better approach if people are struggling and suffering and you want to support and comfort them?

**Wednesday: 2 Chronicles 34:1-33.** Josiah was dutiful and tried to live for God, yet when the book of the Law was discovered he realised how far the nation had slipped from God's original purpose. What stands out to you about the way he acted when he realised their failure? What can you learn from his response?

**Thursday: Psalm 148:1-14.** This is not so much telling us why we should praise God or what he is to be praised for, as much as it is an attempt to encourage the whole of creation to praise him! That includes you. List 10 things to praise God for today and tell him!

**Friday: Jonah 4:1-11.** Jonah was honest before God about his mental health and his depression is obvious in v3. But the root cause of it was anger, which God pinpoints in v4. Often people who are depressed have unresolved anger in their life, towards themselves, their circumstances or sometimes against other people or even God. Dealing with anger by acknowledging it and asking for God's help and forgiveness can help us stay emotionally and mentally balanced.

**Weekend: 2 Peter 3:8-18.** V12 is a great encouragement from God that he will hear and answer prayer. Peter quotes Psalm 34. God is looking at you and me today and is listening for our prayers and needs to be brought before him. It blesses the heart of God when we ask him to meet our needs rather than being proud and independent. It is humility to ask for God's help and pride that assumes we can manage alone.