

# Daily Spiritual exercise



## What do we do in times of uncertainty?

We all face uncertain times. We do not know what lies ahead and when the threat of Covid-19 will end. In all of this we can easily feel isolated and lonely. But God is assuring us through Psalm 25 that we can trust in HIM. He is always available; He is just a prayer away.

In this Psalm David confesses his dependence upon God, and a desire to serve Him. He concluded that it is good to hope, and quietly to wait for the salvation of the Lord.

We cannot lose hope. Just like David we too must put all our trust in God to bring an end to the threat of Covid-19!

Amen

**Monday 23 March  
2020**

**Psalm 25:1**  
**"In you, Lord my  
God, I put my  
trust."**

Lord, God, In the shards of dusty morning light that pierce though the curtains of life, let us be awake to you, O God. Let us put our trust in you, now and always. Be with each one that is ill and suffering from the Corona virus.

Amen



**Listen to and read the  
words of the hymn:**  
**"When we walk with  
the Lord."**

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## What makes you happy?

We often think that material things can make us happy, forgetting that it distracts us from who we really are in Christ. We are Kingdom people. Our joy and happiness do not depend on the things of this earth but on Jesus Christ who saved us from sin, death and hell.

Jesus gave us a new Kingdom to look forward to. He gave us His Holy Spirit to guide, lead, help and accompany us through life. We have the certainty in the “uncertain” times that we belong to Jesus Christ. No hair shall fall from our heads, unless He wills it! Let us not be afraid of the challenges we face but hold on to God. He is our only Salvation.  
Amen

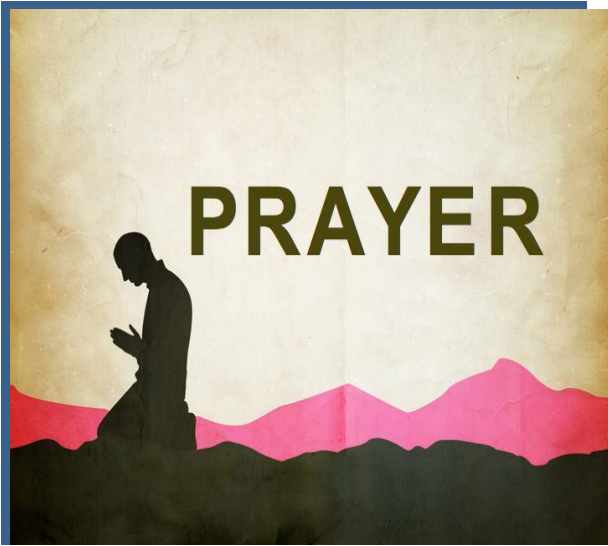
Tuesday 24 March 2020

**Colossians 3:1-2**  
“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above...”

Our Father, you know our desires, joys and fears. You know that we find ourselves in challenging times. Help us not to lose hope, but to focus on your Holy presence among us. Be with us, and everyone that needs your presence today,  
we pray.  
Amen

**Listen to and read the words of the hymn:**  
“Mine eyes have seen the glory of the coming of the Lord”.

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## How do we speak to God?

Nehemiah provides an excellent model of prayer for us living in the post-modern world. Amid daily pressures and crisis, he demonstrates a life of deep dependence on God combined with well-planned action. During the long exile Nehemiah served as a cupbearer to the Persian King Artaxerxes I. The whole city of Jerusalem was in ruins and the broken wall around the city was symbolic of their broken relationship with God. Nehemiah was called to rebuild the wall of Jerusalem and in the task of rebuilding, provide the people who have returned from exile with safety and security.

Jesus provided us in Matthew 6:9-13 with a powerful and personal prayer when we do not have any words. Whenever we feel alone or in need of the presence of God, we can speak to HIM.

Prayer does not have to be complicated. Just speak to God when and wherever you can!

Amen

**Wednesday 25 March  
2020**

Nehemiah 1:1-2:10

“Lord, the God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and keep his commandments...”

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done, on  
earth as it is in heaven.  
Give us today our daily  
bread.**

**And forgive us our debts,  
as we also have forgiven  
our debtors.**

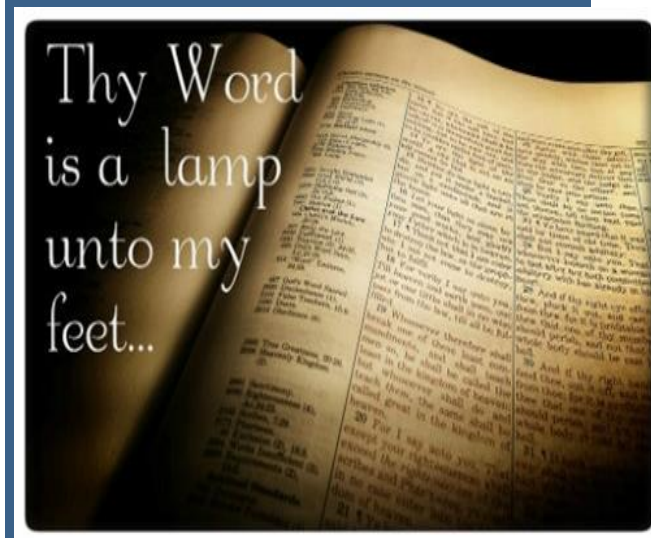
**And lead us not into  
temptation,  
but deliver us from the  
evil one.**

**Amen**



**Listen to and read the  
words of the hymn:  
“Abide with me.”**

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**Thursday 26 March  
2020**

John 1

“In the beginning was the Word, and the Word was with God, and the Word was God.”

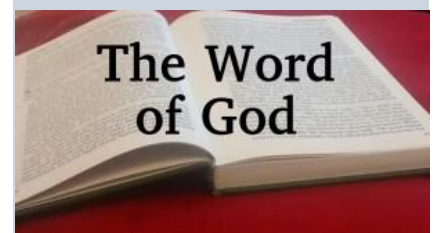
Our Father, thank you for your Holy Word the Bible. Help us through your Holy Spirit to read it and be transformed to go out in the world and do your Will. Bless all our times when we read our Bibles and help those who do not have the same privilege. Amen

## How do we listen to God?

The Greek text says: In the beginning – referring to the same wording in Genesis where creation started, there was the “Logos” – or as it is translated the Word and the “Logos” was with God and the “logos” was God. Logos can be translated as Word, reason or wisdom. John is referring to Jesus Christ since He is the TRUE revelation of God.

God speaks through His Word and His Holy Spirit to and through us. In and through Jesus Christ He showed us the way, the truth and the life. We listen to God when we obey His commandment to love unconditionally. We listen to HIM when we model our behavior according to what we read in His Word.

We have a choice when we read the Bible. We can read it as if we are reading any other book and continue with our lives as though nothing has happened in us, or we can read it and continue with our lives as people who have been changed/renewed and transformed. Amen



**Listen to and read the words of the hymn:  
“Seek ye first.”**

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## How do you worship God?

To truly worship God, we must be able to know who He is and realise what He has done for us on our behalf. In Rev 4 & 5 John enters the heavenly realms and observes the response of those who are seeing God face to face.

The Christians were heavily persecuted under the Roman emperor Domitian (AD 81 - 96). The message of John to those who are persecuted, is that God is in charge and He alone controls everything. He focusses in our reading on the Glory of God reminding everybody that the emperor is not in control.

It is difficult for us to accept and admit in our current circumstances that we have no control over the Covid-19 virus who keeps on spreading. Maybe the time has come for us all to pray to God and admit that we have no control over our lives or our future. Our lives are in the Hands of God. To Him be the Glory forever!

Amen

**Friday 27 March 2020**

Revelations 4-5

“You are worthy, our Lord and God, to receive glory and honour and power, for You created all things, and by your will they were created and have their being.”

Lord, we call upon  
You for Your  
blessing, even when  
all feels remote and  
strange – unknown  
and unknowable.

Be with us and  
never let us be  
alone. May Your  
glory, mercy and  
power transform us  
to be better  
people, to you and  
to the world.

Amen



**Glory to God in the highest,  
And on earth peace,  
goodwill toward men!**

**Listen to and read the  
words of the hymn:  
“Thine be the Glory.”**