

# the three pauses ●●●

January 18-31, 2020

## ● intimacy

God I want to know you.

Will you reveal yourself more deeply to me?

Pause to start your day. Listen to God as He says:

“Be still and know that I am God.” (Psalm 46:10)

*Lord, grant me the grace to do one thing at a time today, without rushing or hurrying. Help me to savor the sacred in all I do, be it large or small. By the Holy Spirit within me, empower me to pause today as I move from one activity to the next.\**

## ●● incarnational

Jesus, I want others to know you.

Will you shine through me so those around me are drawn to you?

In the middle of your day, take a short pause from your normal activities to be still and know that He is God.

*Jesus, I am so glad that you understand what it is like to feel pressure from the expectations of others. It can feel crushing at times. Lord, help me to love others well, while at the same time remain faithful to you.\**

Communion is available at Salem Alliance in the Worship Center each weekday between 11:00-1:00. Remember His Presence in you and through you by taking communion.

## ●●● intercession

Jesus, I have personal longings and concerns.

Will you hear my heart and respond to my requests?

Towards the end of your day, take a short pause to be still and know that He is God.

*De-clutter my heart, O God, until I am quiet enough to hear you speak out of the silence. Help me in these few moments to stop, to listen, to wait, to be still, to allow your Presence to envelop me.\**

\*Prayers taken from “Daily Office: Remembering God’s Presence Throughout the Day” by Peter Scazzero