

the three pauses ...

February 15-28, 2020

● intimacy

God I want to know you.

Will you reveal yourself more deeply to me?

Pause to start your day. Listen to God and invite Him to pick out your “clothing” for the day:

So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it. Colossians 3:12-14 (MSG)

● ● 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 notice how God is shining through you today.

Do everything without grumbling or arguing, so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky as you hold firmly to the word of life. Philippians 2:14-16 (NIV)

Communion is available at Salem Alliance in the Worship Center each weekday between 11:00-1:00.

● ● ● intercession

Jesus, I have personal longings and concerns.

Will you hear my heart and respond to my requests?

Toward the end of your day, take a short pause to notice God's love and light in you and with you throughout the entire day.

Think about the clothing that He picked out for you (see intimacy pause). How did it feel to wear the garment of love everywhere you went? Remember someone you encountered today who needed this kind of love. Pray a blessing over them.

Think about how you shone like a star today with the light of Jesus. Remember someone you encountered today who needed the light of Jesus. Pray a blessing over them.