

Prayer meditation

For this prayer meditation I want you to dwell on scripture. This sheet is going to guide you through this process step by step, like a liturgy. So, I suggest you find a comfortable sitting position. Take a few deep breaths. Now read aloud to yourself.

Dear heavenly father, I pray that you guide me through this prayer and that you shape my thoughts within this. Amen

Isaiah 58 verses 2-3a read:

“For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them. ‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ “

How have you searched for God in your recent life?

Have you actively lived your faith in christ with things like fasting or worship?

Dwell on these questions and invite God to guide your answers.

Now with the answers to these questions in mind read that scripture again. If you like you can read the scripture multiple times.

Take a couple of seconds before you continue.

Dear heavenly father, I pray that you take the faith I am living and challenge it. Amen

Isaiah 58 verses 3b-4 read:

“Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.”

Do you feel called out by this verse?

Where have you hidden your wicked fists behind fasting or similar?

Dwell on these questions and invite God to guide your answers.

Now with the answers to these questions in mind read that scripture again. If you like you can read the scripture multiple times.

Take a couple of seconds before you continue.

Dear heavenly father, I pray that you forgive me for my wrongdoings and install a living hope in me. Amen

Isaiah 58 verses 6-8 read:

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.”

How does this scripture motivate you to live out your hope?

In what areas can you pray for God to renew your hope?

Dwell on these questions and invite God to guide your answers.

Now with the answers to these questions in mind read that scripture again. If you like you can read the scripture multiple times.

Take a couple of seconds to ponder before finishing in prayer.

Dear heavenly father, thank you for sending your only begotten son who died to renew our hearts. I pray that you write a new hope onto our hearts. In Jesus name I pray. Amen