

LORD



How to Use This Daily Reflection:

Each day we will very simply pray (P.R.A.Y.) ‘P’: PAUSING to be still. ‘R’: REJOICING with a Psalm and REFLECTING on a Scripture. ‘A’: ASKING God to help us. ‘Y’: YEILDING to His will in our lives, come what may. Allow this rhythm to deepen your awareness of God’s presence and guide you to live out His mission in your daily life.

Pause

Rejoice/Reflect

Ask

Yeild

Week 10: Call on the Lord by the Spirit

Monday: Help in My Weakness (Romans 8:26-27)

Pause: I take a deep breath and bring my thoughts to God.

Rejoice: Today I choose to rejoice in the Spirit who intercedes for me:



"Rejoice always in the Lord; again I will say, rejoice!" – Philippians 4:4

Reflect: Romans 8 begins by teaching me that prayer is never something I must perfect before I begin. When I feel weak, unsure, distracted, or overwhelmed, the Spirit steps toward me, not away from me. He intercedes for me “with groanings too deep for words,” meaning that even when I don’t know how to pray, God prays within me. The Spirit knows both my heart and the Father’s will — and He brings the two together.



“In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words; and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God.” — Romans 8:26, 27

Ask for me: Lord, help me lean on Your Spirit when I don’t know what to pray.

Ask for my community: Spirit, intercede for our church and those I love, bringing Your guidance and strength.

Reflect: As I rest in the truth that the Spirit meets me in my weakness, I begin to see that prayer is not something I must force or perfect. It is something God Himself sustains within me. The Spirit does not wait for me to become strong; He steps into the very places where I feel confused, tired, or unsure. And because He intercedes according to God’s will, my imperfect prayers are always being shaped into something holy. **With this in mind, I return to the passage once more, listening for what the Spirit is gently bringing to the surface as I read again.**



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Yield: I surrender my prayers and desires to Your will, trusting the Spirit to lead.

Tuesday: God Works for Good (Romans 8:28-30)

Pause: I quiet my heart to focus on God’s sovereign care.

Rejoice: Today I choose to rejoice in God’s perfect plan:



“The Lord is my strength and my shield; my heart trusts in him, and he helps me.” — Psalm 28:7

Reflect: This promise is one of the most comforting in Scripture — but it is not a generic optimism. It is the Spirit’s work. The Spirit intercedes (v. 26), God searches the heart (v. 27), and therefore God works all things together for good (v. 28). My life is not random, and God is not distant. He is actively weaving the broken, confusing, joyful, and ordinary pieces of my story toward His goodness.



“And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. ” — Romans 8:28

Ask for me: Help me trust You in every circumstance, Lord, knowing You are working all things for my good.

Ask for my community: Teach us together to walk in confidence, trusting Your purpose for our church and neighborhoods.

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Yield: I submit my understanding of life and its outcomes to Your divine plan.

Wednesday: The Spirit Forms Me in God's Purpose (Romans 8:29-30)

Pause: I pause to reflect on God's ultimate defense and love.

Rejoice: Today I choose to rejoice in God's unwavering advocacy:



“The Lord is my light and my salvation; Whom shall I fear? The Lord is the defense of my life; Whom shall I dread?” — Psalm 27:1

Reflect: These verses show that my life in God is not accidental. Those whom God calls, He justifies; those He justifies, He glorifies. The Spirit's intercession is part of this ongoing work — shaping me into Christ's image, strengthening me to walk in God's purpose, and assuring me that the God who began His work in me will bring it to completion.



“For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren; and these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.” — Romans 8:29-30

Ask for me: Lord, help me live free from fear, knowing You are my advocate.

Ask for my community: May our church grow in courage, boldly sharing the gospel because of Your steadfast support.

Reflect: As I sit with the wonder that those whom God calls He also justifies and glorifies, my view of prayer begins to shift. I am not trying to earn God’s attention or persuade Him to care; I am praying as someone already woven into His eternal plan. The Spirit’s help is not momentary but continual — the steady work of God forming Christ in me. And so, as I read the passage again, I pay attention to where God’s love and calling speak most clearly into this moment.



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Yield: I surrender my defenses and accusations to You, trusting Your righteousness.

Thursday: God Is for Me (Romans 8:31-37)

Pause: I settle into God’s presence, acknowledging His power over every trial.

Rejoice: Today I choose to rejoice in God’s sustaining love:



“The steadfast love of the Lord never ceases; his mercies never come to an end.” — Lamentations 3:22

Reflect: Paul’s question — “If God is for us, who can be against us?” — is grounded in the Spirit’s witness. The Spirit helps me pray, helps me trust, and helps me stand firm in the truth that God is on my side. He is not neutral. He is not distant. The One who gave His Son holds nothing back from me.



“What then shall we say to these things? If God is for us, who is against us? He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things? Who will bring a charge against God’s elect? God is the one who justifies; who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us. Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? 36 Just as it is written, “For Your sake we are being put to death all day long; We were considered as sheep to be slaughtered.” But in all these things we overwhelmingly conquer through Him who loved us.” —Romans 8:31-37

Ask for me: Teach me to embrace trials with confidence in Your love.

Ask for my community: May our families, church, and city experience unshakeable hope in Christ’s love.

Reflect: Reflecting on the truth that God is for me, I begin to understand why Paul writes with such boldness: if the God who did not spare His own Son is on my side, then every fear, accusation, or uncertainty loses its grip. The Spirit doesn't just help me pray; He helps me stand in the assurance of God's unwavering love. As I re-read the Scripture, I listen for the word or phrase that anchors me most deeply in the truth that God is for me.

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Yield: I yield my fears and struggles, trusting Christ's love as my armor.

Friday: Nothing Can Separate Me (Romans 8:38-39)

Pause: I stop and turn my attention fully to God's eternal love.

Rejoice: Today I choose to rejoice in the unending presence of God:

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“The Lord is near to all who call on him, to all who call on him in truth.” — Psalm 145:18

Reflect: These verses bring the entire week to its climax. The Spirit intercedes... God works for my good... Christ holds me secure... and now Paul declares that nothing in all creation — nothing past, present, earthly, or spiritual — can separate me from the love of God in Christ. The Spirit's work leads me here: to the unshakeable assurance of God's love.

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“For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.” — Romans 8:38-39

Ask for me: May I live in the freedom and assurance of Your unshakeable love.

Ask for my community: Let our church and families rest in and reflect this love to the world.

Reflect: As I close this week remembering that nothing can separate me from the love of God in Christ, I recognize that this is the foundation of my entire life of prayer. The Spirit intercedes for me, God works for my good, Christ holds me securely, and love surrounds every breath I offer. When words fail, love remains; when weakness rises, the Spirit helps; when uncertainty comes, God's purpose holds firm. So as I read the passage once more, I let the Spirit highlight the promise that assures me most of God's unshakeable love.



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Romans 8:38-39

Yield: I place my life fully in Your hands, knowing nothing can separate me from Your love.