

i pray: choose a life mentality



i pray

short podcasts to bring the sacred into your everyday

*Do you only have a few minutes for prayer today? You're in the right place! Try one of our new **i pray podcasts**. A few minutes is all you need to pray God's word into any situation by interceding for friends, family, and yourself.*

This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the Lord Your God, listen to His voice, and hold fast to Him. For the Lord is your life, and He will give you many years in the land He swore to give to your fathers, Abraham, Isaac, and Jacob. Deuteronomy 30:19-20.

Blessings or Curses?

It was a revelation to me when as a young adult I finally realized that I got to choose what I let my mind focus on. Too often I was focusing on depressing thoughts that were dragging me down. I remember thinking, "I am the only one in charge of my thoughts." It was time for me to choose a *life* mentality.

How about you? Are you ready to take charge of your thoughts? Stop blaming your spouse, children, your boss, or the state of politics for your bad attitude. Join me in prayer today as we intercede for each other.

Simply click on the arrow below to listen. You can also subscribe to our podcast on iTunes!



Jane

i pray: cultural war of words



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Show Notes

I don't think social media has improved our manners any. Our virtual, semi-anonymous world seems to bring out the worst in people, enabling them to say whatever nasty thing pops into their head. I've been horrified at comments from all sides. With controversial topics hogging the headlines and dominating social media, it feels that no matter what we say, we're about to step on a landmine.

As I've prayed about how to handle this, this verse from Matthew 10:16 seems especially appropriate:

I am sending you out as sheep among wolves. Therefore be as wise as serpents and as gentle as doves.

To pray with Only By Prayer through this topic, just click on the arrow below. You can also subscribe in iTunes. Feel free to add any helpful suggestions in the comment section too!

Pray on!

Jane

i pray: divine appointments



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Show Notes

Sometimes I go through life oblivious to everyone and everything—except for my own agenda, my own schedule.

When I do that, I may miss the **divine appointments** and opportunities that God has scheduled for me that day. Will I take the time to look the homeless person in the eye and talk to her, or will I listen to the prompting of the Holy Spirit and smile at the person on the bus sitting next to me? I know we live in a dangerous world, but I need to be listening to the direction and guidance of the Spirit. At times He may move me along, but many times He would have me pause. I want to be

alert to the work of the kingdom, not asleep on the job.

Today's Scripture to Pray

But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, 16 keeping a clear conscience, so that those who speak maliciously against your good behaviour in Christ may be ashamed of their slander. 1 Peter 3:15,16

Just click on the arrow below to pray along with us today.

You may also subscribe on iTunes.

Thanks for praying and in the comment section below, feel free to tell us about a divine appointment you kept.

Pray on!

A stylized, cursive signature in a light blue color that reads "Jane".

i pray, take a step



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Show Notes

At times in life, God lays on our hearts a new thing He wants us to do. It might be a calling, a passion, a new job, a business to start—something big and out of the ordinary.

So we pray, and pray, and pray some more. Two years pass by and we've still *done* nothing about it.

It's time to take a step.

Click on the sideways arrow below to pray with us through James 2:17:

In the same way, faith by itself, if it is not accompanied by

action, is dead.

Let's pray.

And, yes, I'd love it if you'd take a minute to write down what your next step is in the comment section.

Pray on!

*Special thanks to Mary's son, my nephew Scott Kane, for recording the guitar riff for us!

Jane

i pray: security



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Show Notes

Someone today has had their very foundation shaken. It is as if a giant earthquake has uprooted all that is safe and secure and familiar in your life. You are left quaking and wondering how you will make it through this time.

The answer to that is that we know the One who gives us His strong shoulders to lean on:

"Let the beloved of the Lord rest secure in Him, for He shields him all day long, and the one the Lord loves rests between His shoulders." Deuteronomy 33:12

We have all been shaken at some point in our lives. Let us

pray together through this time. Click on the arrow below to pray.

Jane

i pray: new life



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Show Notes

Today we are praying about **new life**. Jesus is the only one, the only Savior who beat death and rose again. He is the difference. When we accept His sacrifice on the cross, taking the penalty of our sins upon Himself, then we also get to experience eternal life! When we die, we have the assurance that we will be with Him in heaven.

Abundant Life Today

But this promise is also for abundant life right now. God wants to do something new in us and through us. Today let's pray through Isaiah 43:18-19 for this new thing to spring up within us. Feel free to add your prayers or ask for prayer in the comment section.

Pray on!

Jane

Click on the arrow to listen below: