

God's invitation to you today, to be near so He can strengthen you, is found in Matthew 11:28-30:

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

List three items from this scripture that speaks of God's desire to be with you and bless you:

- 1.
- 2.
- 3.

In Isaiah 50:4 it says, "The Sovereign Lord has given me a well-instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being instructed."

Can you pinpoint what action steps you are currently doing to develop these three areas in your life? Is there an area that you can see you need to pay more attention to?

- well instructed tongue
- know the word
- waken my ear to listen like one being taught

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." Psalm 91:1-2

Looking at this scripture and thinking about 'rest', we find the key is to dwell and trust. How are you doing in those two areas?

What else happens in the presence of God? I have thought of just a few.....

In His presence:

- Grace abounds
- There is fullness of joy
- I am redeemed
- The blind see and the lame walk

What are some things that you want to add to this list....?

On a personal note; one of the things that I have done to help me be more intentional is attaching a prayer to something common that I do routinely throughout my day. This process helps me be more attentive to Him and to seek Him throughout my day.

Every time I put my glasses on throughout my day I pray this, "Lord, help me to see people the way you do" or "Lord, help me to see circumstances throughout my day the way you do." This simple spiritual discipline helps to keep myself spiritually in alignment and in tune throughout my day. Is it a guarantee that I will always act and speak as Jesus would? No, but it is a major step in the right direction of being WITH the one who can bring that kind of change in my life.

Your Turn:

What is a way you can be more intentional by attaching a prayer to something that you commonly do throughout your day? No bondage here, just an open invitation to be practical in your pursuit of Him.