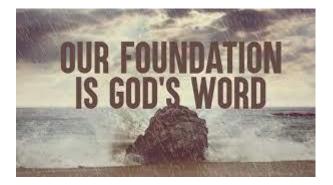
Praying Through This Week 17th January 2022



Establishing God as our firm foundation, accepting Him into our heart as our constant companion.

"For this God is our God for ever and ever; he will be our guide even to the end." Psalm 48:14

- Whatever last year looked like, can we make a promise to ourselves and to God to set forth anew with Him...firmly rooted in God and in His promises for us?
- Can you imagine standing on the shore facing the sea...the waves roll back to reveal a smooth bed of rock...the sure foundation on which our faith stands...?
- As we look out to sea and the calm waters reaching beyond the horizon, perhaps relate that to the eternal hope we have in our God our Father and His calming presence in our lives?

"Be still, and know that I am God;..." Psalm 46:10 Spending time with Him, peacefully, allows Him to filter into our being and embed that rock.

The waves may sometimes get choppy but with God in our hearts we can ask Him to still the storm.

• At the beginning of this year, if you are able, perhaps make a new commitment to God, one to accept Him into the core of your being, to walk with Him and carry Him through your days, bringing Him into every situation...

• Thank you, Lord Jesus, that you want to walk with me. May I take your outstretched hand and walk this life with you by my side and in my heart...

"He has showed you, O man, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." Michah 6:8

Rachel Cheffy