

## **TTR 24-7 Lectio 365 P.R.A.Y. - 'Made In God's Image'.**

Here is a longer prayer idea based on TTR Disability Awareness Sunday focus "Made In God's Image."

**We will use the P.R.A.Y acronym:**

**Pause \* Rejoice \* Ask \* Yield**

**The scripture focus is from 1 Samuel 16:1-13 and Psalm 139**

There are links below: text read or audio to hear

[https://biblehub.com/niv/1\\_samuel/16.htm](https://biblehub.com/niv/1_samuel/16.htm)

<https://biblehub.com/niv/psalms/139.htm>

### **Made In God's Image**

Today we are taking time aside 'Together in Prayer' to support Disability Awareness Sunday and explore being 'Made in God's image', and that we are seen, and heard, dearly loved, and called by God.

#### **Pause – to be still**

As I enter prayer now, I pause to be still, to breathe slowly, to re-centre my senses upon the presence of God.

[Pause and pray.](#)

Prayer of approach

Abba Father, loving creator and sustainer of all things. You are God to me. Lord Jesus Christ, Son of God, saviour of the world. You are God with me. Holy Spirit, breathe of God, bringer of holiness, peace, and joy. You are God in me.

## **Rejoice with a Psalm & Reflect on scripture**

I choose to rejoice in God's purposes today, joining with the ancient praise of all God's people in the words of Psalm 139.

You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar.

You discern my going out and my lying down; you are familiar with all my ways.

Before a word is on my tongue you, Lord, you know it completely.

You hem me in behind and before, and you lay your hand upon me.

Such knowledge is too wonderful for me, too lofty for me to attain.

Psalm 139:1-6 (NIV)

Pause and pray.

Today I am reflecting on **2 Samuel 16:7**

The LORD does not look at the things people look at. People look at the outward appearance of a person. But the LORD looks at what is in a person's heart."

**'We are all 'Made in God's image'.'**

God is kind, loving, gentle, patient, and so much more.

Be encouraged – God looks past the weakness we see in ourselves, he knows our hearts.

When we are kind, or loving, or gentle, or patient (and more), we reflect God's image in us and learn to see the best in other people.

Where do you notice His image in you and in other people?

God understood Samuel. He wanted him to be open to God's best plan.

Today God wants me to know that when I am not seen or heard, when people judge by external appearance, He looks at my heart and wants the best for me.

The truth is - I am not alone. I have been created by the Father, Jesus Christ is my saviour and example I follow. The Holy Spirit enables my inner transformation and life to reflect God by reaching out and loving other people. Thank you, Lord.

## Ask for God's help

**Personally:** God, would you remind me moment by moment today, however I am feeling and the challenges that I face, however people judge me that; **I am seen and heard, loved and called by you God**. That I can hold onto all the promises He has given me, and that I can trust your plan and purposes to come to pass, in your time.

Pause and pray.

**For Others:** As part of 'Together in Prayer,' supporting Disability Awareness Sunday, we pray that this time will be part of an ongoing journey of disability inclusion at churches taking part and that this will increase year on year. Let us pray, asking God to guide us into His will, and help us to welcome everyone in the Body of Christ.

Thinking of the valuable work of TTR across the UK and internationally, we ask you God to strengthen the teams in their service in reaching out to people with disabilities in practical ways and proclaiming Christ, and equipping others so everyone may know they are **'Made in God's image,' seen and heard, loved and called by God.**

Pause and pray.

## Yield to God's will in your life

As I return to the passage, I look out for a word or phrase the Holy Spirit seems to be highlighting to me today.

So, Jesse sent for his son and had him brought in. He looked healthy. He had a fine appearance and handsome features. Then the LORD said to Samuel, "Get up and anoint him. This is the one." Samuel anointed David ... From that day on, the Spirit of the LORD came powerfully on David. 1 Samuel 16:12,13 (NIV)

David, a shepherd in the field, had not occurred to the people, but was chosen by God, it didn't mean David's life was easy, or without its doubts and challenges, but he was seen, and his prayers and psalms were heard by God. He became known as **'a man after God's own heart.'**

Pause and pray.

## Yielding Prayer

Lord, my God, Father, Son, and Holy Spirit, I choose to trust you to guide my days, to follow your example, to reflect you and reach out to others in love.

## Yielding Promise

And now as I prepare to continue to taking this time of prayer into my day, accompanied by the Lord who loves me, I read one of the poems and prayers of Teresa of Avila:

**“Christ has nobody but yours** - Yours are the eyes with which He looks, with compassion in this world. Yours are the feet in which He walks, to do good. Yours are the hands with which He blesses all the world. Yours are the hands, the feet, the eyes, you are the body.”

## Closing Prayer

Father, help me to live this day to the full, being true to you in every way.

Jesus, help me to give of myself to others, being kind to everyone I meet.

Holy Spirit, help me to love the lost, proclaiming Christ in all I do and speak. [Amen.](#)

## Yes, and Amen

If you enjoyed this time you might like to develop a daily pattern of prayer. There is an app that offers a wide selection of prayers and scriptures morning, midday and evening that contain both spoken devotionals and quiet music, helping you to encounter God, and reach out to others in positive ways. You can find this app here:

<https://www.24-7prayer.com/resource/lectio-365>

24-7 Prayer is an international, interdenominational movement of prayer, mission, and justice; a non-stop prayer meeting that has continued for every minute of this century so far, in over half the countries on Earth.