

the “chief end” of our lives “is to glorify God, and to enjoy him forever.” Have you ever thought that our difficult, our personal challenges and pain can be used to glorify God? While it is probably not our first thought when we are confronted with a troublesome situation; can you understand how God might be glorified by your effort to journey through a difficult time? Think of a past time of trouble in your life. How did you handle it? Is it possible that God was glorified by your behavior? Praying for the strength to glorify God even through difficult times, write your thoughts here.

Thursday, March 20

Pastor Jack ended the message this past Sunday by introducing Breath Prayers. A variation of this is four square breathing which can be a precursor to breath prayers. You begin by counting slowing to five as you draw air into your lungs, and then hold your breath for a count of five. Third, release your breath for a count of five and finally before you take another breath, count to five. This exercise allows you to connect with your body, slows you down and opens you to deeply experience God’s presence. As we practiced during worship you can then begin to breathe in and out while syncing your breathing with words. A very simple pairing of words can be “forgive me” and “release my sins.” Breathe in praying silently, “forgive me” and breathe out praying “release my sins.” Try this today for just five minutes and begin to think of other words that could inspire you to experience God’s presence more deeply.

Friday, March 21

Hopefully, yesterday was a meaningful experience of Breath Praying. Today do the same exercise using your own word pairs. Just one suggestion could be “Love me Lord” breathing in and “Forgiving me Lord” breathing out. What word pairs do you want to try? Contact Pastor Jack and let him know how this exercise went for you this week. Be blessed as we continue to pray with Jesus.

Message Notes – March 16, 2025

Praying With Jesus – Prayer in Times of Trouble^{*}

- I. During the Passover Festival there were some _____.
 - A. They sought _____ out and eagerly beseeched him, “Sir, we wish to see _____.”
 1. What could these _____ possibly want with Jesus?
 2. This request seemed to spark something disquieting in him, a sense of _____.
 3. “The hour has come for the Son of Man to be _____,” he declares, knowingly.
 - B. The next verses are _____.
 1. Losing one’s own life — even _____ one’s life — as the hard price of _____.
 2. Unburdening himself of his deepest _____, Jesus wondered if he dare pray, “Father, save me from this hour.”
 - C. The prayer Jesus ultimately uttered is one not of protest but of steely _____: “Father, glorify your name.”
- II. Suddenly — as happened at his baptism, and on the Mount of Transfiguration: A voice booms out of the heavens: “I have glorified it, and I will glorify it again.”
 - A. This is no _____ revelation.
 - B. Jesus responds that the time of the world’s judgment is at hand, and with it the _____ of “the _____ of this world.”
 - C. Jesus continued, “And I, when I am _____ up from the earth, will draw all people to myself.”

*John 12:20-33

- D. Jesus seems to accept the _____ reality of his task on this earth.
1. John is convinced that the lifting-up part refers to the _____.
 2. Jesus, in this prayer demonstrates this belief that our very _____ is to glorify God.
 3. Even as the world was _____ to Jesus, Jesus was pointing toward and glorifying his Heavenly Father, our loving God and Creator.

- III. Let's talk about _____.
- A. To be charismatic is to _____ with God's presence and live a life daily aware of and enjoying that presence.
 - B. Is it _____ to pray, "God, save me from this hour?"
 - C. _____ it isn't _____ to say that prayer.
 - D. I am saying that we are to glorify God even when we're _____ in times of trouble.
 1. But we are not _____. The Holy Spirit of God is with us.
 2. May we trust in Jesus' words, also found in John's Gospel, "I have said this to you, so that in me you may have _____. In the world you face persecution. But take _____; I have _____ the world!"
 3. In times of _____ and celebration and in times of _____ and despair, let the name of God be glorified.

Daily Devotional Guide

The following is a daily devotional and study guide meant to enhance your understanding of the message and grow as a Christian.

It is offered for your personal reflection or to share with others.

Monday, March 17

The message began with a story from Pastor Jack of a time when he was confronted with a great amount of human suffering and devastation. He described it as a "dark night of the soul." Different from depression, although depression can also be present, a dark night of the soul is a spiritual issue, a time of challenging our faith and even a loss of faith. Thankfully, this is often a time when we can turn to God, expressed ourselves and seek connection with God and our community of faith. Have you ever experience this type of situation? How did you handle it? Do you know others who have experienced a dark night of the soul? Meditate on these ideas and write your reflection here.

Tuesday, March 18

Read John 12:20-33. When you read these words do you wonder about Jesus' strong reaction to the request from the Greeks? It is as if Jesus began to feel the entire weight of his life's mission on this earth. Jesus began to talk about his death and the high cost of discipleship, to the point of hating our life. Jesus asked if he should be praying for God to save him from this hour. Isn't this a normal human response in times of trouble; to seek help, to pray for help? If we remember one of the purposes of prayer begin that prayer helps us in challenging times, then to pray for help seems quite natural. To cry out for help helps us to identify and clarify the difficulty we are experiencing, while at the same time we acknowledge God's ever present nature. Meditate on these thoughts and write your response here.

Wednesday, March 19

Read John 12:20-33. Even though Jesus considered crying out to God to save him, Jesus ended up glorifying the name of God. Pastor Jack shared the Westminster Catechism which tells us that