

RESET Day 5 – January 18, 2019

Message to Laodicea

Passage: Rev 3:14-22

Speaker: Renz Emmanuel Raquion

I. INDIVIDUAL PRAYER

A. Praise God

• **Reflect:** *Concerning the Gentiles, God says in the prophecy of Hosea, “Those who were not my people, I will now call my people. And I will love those whom I did not love before.”*

Romans 9:25

Worship God for who He is; praise Him for His Character:

Choose from the ff: Trustworthy, Truth, Unchanging, Vine, Victorious, Way, Wisdom, Wonderful, Yearning, Zealous

B. Confess to God

• **Reflect:** *For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.*

Psalms 103:11-12

Confess:

- Ask the Lord to examine your life and reveal any sin
- Humbly repent and ask God to forgive you
- Thank the Lord for His mercy and grace through Jesus Christ

C. Thank God

• **Reflect:** *Many sorrows come to the wicked, but unfailing love surrounds those who trust the Lord. So rejoice in the Lord and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!*

Psalms 32:10-11

Thank God: (2 mins)

- For His sovereign plan and faithful work in our lives
- His blessings:
 - His Love, Grace, Salvation,
 - Family, friends, and community
- For how God has blessed you last 2018

D. Ask God

• **Reflect:** *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you”.*

Jeremiah 29:11-12

II. GROUP PRAYER

Theme: PRAYER FOR BREAKTHROUGHS

A. Spiritual Health

- Spiritual revival and restoration
- Intimacy with God - hunger and thirst to love God with our heart, mind, soul, and strength
- To grow in love, humility, and Christ-likeness
- Faithfulness in exercising spiritual disciplines
- Be filled with the Holy Spirit daily
- Deliverance from spiritual attacks:
 - Strength to resist temptations
 - Enlightenment from deception
 - Freedom from false accusations
- Courage to share the Gospel and live missionally

B. Physical Health

- Honor God with our bodies
- Observe slowing down and Sabbath rest
- Discipline to care for our bodies- proper diet, exercise, and rest
- Good health
- Healing from sickness and disease

C. Mental Health

- Love God and His Word with all our mind
- Renewal of our mind & non-conformity to the world
- Discernment of good and evil
- Replacement of lies with truth
- Hope & resilience through trials

D. Emotional Health

- Joy in the midst of difficulties
- Courage in facing fears and trials
- Healing and recovery from emotional wounds and traumas
- Healthy grief over losses and endings
- Guidance in managing and responding to emotions- name it, challenge it, change it
- Exercise Godly sorrow over sin
- Surrender shame and guilt to God
- Overcome insecurities
- Forgive oneself for past mistakes and failures

E. Relational Health

- Remember God's love for us and offer that same to others
- Demonstrate the fruit of the Spirit in our relationships:
 - *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control*
- Restoration of broken relationships

F. Financial Health

- Trust God to provide
- To love God and not money
- Faithful stewardship of resources
- Generosity, especially to those in need
- Debt-free Living
- Opportunities to grow financially

G. Vocational Health

- Wisdom and strength to embrace our season in life:
 - student, single, married, parent, seniors, etc..
- Passion to pursue God's calling
- Clarity of purpose and direction
- See work as worship to God
- Opportunities to serve God, share the gospel, and bless people in our school, workplaces, and communities
- Overcome doubts, delays, discouragements, & disapprovals

H. Personal Request: Share and pray for each other's prayer requests