

BREATH OF 
Life
2023 BAPTIST WOMEN'S WORLD
DAY of PRAYER

Prayer Guide

Hilldale Baptist Church
November 6, 2023

For more than 70 years, sisters in Christ have united in prayer for the **Baptist Women's Day of Prayer**. What a legacy to build upon as we commit once again to pray this year in homes, churches and communities around the world.

The theme for this year is ***"Breath of Life"*** drawn from

Job 33:4:

"The Spirit of God has made me; the breath of the Almighty gives me life."

As we pray this year, may you **breathe** deeply the presence of God as you experience the power of collective prayers being lifted in more than 100 nations! We are confident you will be blessed and encouraged as you read God's Word, share the stories of how the Spirit is moving and seek the Lord with open hearts and hands in prayer.

It has been the desire of humanity since creation to **breathe** deeply and fill our lungs with air. You know the feeling when you've hiked to a high altitude and stop to fill your lungs with fresh air – to **breathe** deeply and to be replenished. Our first **breath** came when God **breathed** His life into us. In our daily comings and goings, we may not even be aware of **breathing**. It's just something we do. When we reach out to others, we are literally carriers of the **breath** of God to those who are perishing. When we pray, we bring life to others by our acts of obedience.

Which of these examples do you identify with the most:

Galatians 6:2 "Help carry one another's burdens and, in this way, you will obey the law of Christ".

Hebrews 13:16 "Do not forget to do good and to help one another because these are the sacrifices that please God".

John 15:17 This I command you: "love one another".

Matthew 5:42 "When someone asks you for something, give it to him; when someone wants to borrow something, lend it to him".

Romans 12:13 "Share your belongings with your needy fellow Christians and open your home to strangers".

Proverbs 3:27 "Whenever you possibly can, do good to those who need it".

Philippians 2:4 "Look out for one another's interests, not just for your own."

Prayer Session How much do we actually know God ourselves rather than just knowing things about Him? **2 Corinthians 3:18** “All of us then reflect the glory of the Lord with uncovered faces; and that same glory, coming from the Lord, who is the Spirit, transforms us into His likeness in an ever greater degree of glory”.

Suppose you took a glass and scooped water from a river. If you shook it, you would not be able to see into the water, nor through to the other side. If you set the jar down and let the water become still, eventually the dirt will settle to the bottom and you can see clearly. It works the same way if our minds are churning with thoughts. We cannot see clearly and our vision outward is blurred. If we can be still and calm our spirit, our perception clears and we can hear from God. **Psalm 46:10** “**Be still and know that I am God**”. Sometimes we are so preoccupied we wouldn't even notice anything God might say. **Today let's learn the practice of waiting silently before God. Don't think or say any words...just sit comfortably, take a few breaths and try to relax. You might say something like “Welcome Lord”. Just sit quietly for about two minutes in total silence. Learn to listen. Then say Amen. (2 minutes)**

Now sometimes when we are in a time of worshipful silence, the Holy Spirit will bring thoughts to our mind. You may remember something you need to confess or someone you could encourage. God wants to communicate with us. **John 10:10** “The thief comes only in order to steal, kill and destroy. I have come that you might have life in all its fullness”. **It may not be a booming voice but a still, small voice of God impressing you – like a thought that comes to you. As long as your thoughts are in line with Scripture, you can try this. With practice we will recognize His voice and follow Him. Spend about (3 minutes) asking Him to bring someone or something to mind. Listen**

Think about a time you felt you heard from God – A **breath** from God – It may have been an issue at work, a medical problem, conflict with a family member, an accident barely avoided. **Thank God right now for reminding you to be sensitive to the Holy Spirit. There are no coincidences in our Christian walk. Take about (3 minutes) to pray. Ask Him for His Presence. Ask for His fresh mercies every morning. Ask for opportunities to learn about Him. Ask for encounters with Him and from Him. Lord, help me to see miracles all around me every day. Lord, help me to see YOU and please help me to find YOU.**

Forgiveness – We all need the grace of God. Scripture tells us we are only able to receive grace as we give grace. (*Pray as long as it takes*). **“Forgive our sins as we forgive those who sin against us”.** *When we forgive, we set ourselves free. When we forgive, we begin to heal. When we forgive, we trust God to do what is just.*

Thank you for participating today. May we live the Words we pray.

As you leave, think on these things:

What might God be doing in my life?

What is at least one step God wants me to take?

What does God want me to do in some situations around me?

What’s holding me back?

Jude 17-24 Our faith foundation: But remember what you were told by the apostles of our Lord Jesus Christ. They said to you, “When the last days come, people will make fun of you, people will follow their own godless desires. These are the people who cause divisions, who are controlled by their natural desires, who do not have the spirit. But you, my friends, keep on building yourselves up on your most sacred faith. Pray in the power of the Holy Spirit and keep yourselves in the love of God, as you wait for our Lord Jesus Christ in his mercy to give you eternal life. Show mercy toward those who have doubts; save others by snatching them out of the fire; and to others show mercy mixed with fear, but hate their very clothes stained by their sinful lusts. To Him who is able to keep you from falling and to bring you faultless and joyful before his glorious presence -to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, might and authority, from all ages past, now, and forever and ever”! Amen

“And with that He breathed on them”. John 20:22