

An Outreach Ministry of  
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**Anglican Network in Canada**  
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# One Minute in the Morning

## Monday

*Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God. For a thousand years in your sight are like a day that has just gone by, or like a watch in the night.* Psalm 90:2 and 4

So many things about our lives are uncertain. This one thing, however, is sure: no matter where, when, or how long, God will be there and will be with us.

Everlasting Father, I find great comfort in knowing that I cannot be in a place or time where you are not. Stir my courage through your Spirit that I may be more bold, by your power and presence, to share the Gospel of Jesus. Through whom I pray. Amen.

## Tuesday

*The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to go on the heights.* Habakkuk 3:19

"The Lord is my strength!" Wow, what power we have in his abiding and empowering presence in the Holy Spirit.

Sovereign God and Almighty Father, be not only my strength, but the strength of those battling depression, grief and despair. I ask your blessings especially and specifically for \_\_\_\_\_ at this time of difficulty and struggle. Through Jesus I ask this. Amen.'

## Wednesday

*Jesus said, "Wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.*

Matthew 7:13-14

The world wants a Saviour but not a Lord. The New Testament is clear, a Saviour who is not Lord is no Saviour and no friend. If the Old Testament showed us anything, it is that God's seemingly bizarre laws were written not for his fascination but for his people's preservation. Let's not only call Jesus Lord this week, let's live in a

way that shows that he controls our lives and his Spirit produces our character.

Most Holy Lord, please take control of my life and my will so I may be wholly yours, not just in word, but in thought and in deed as well. Amen.

### **Thursday**

*Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.*

*Colossians 3:13*

How can I not forgive a brother for whom Christ died, when I know what God paid to forgive me?

Holy Father, I commit today to release any grudge or bitterness that I have against one of your children. I am sorry for not reflecting your grace and mercy which you lavished on me. But Abba Father, I need the help of your Holy Spirit to relinquish my claim on the wrongs committed against me and to treat those who have hurt me as full siblings in your family. Empower me as I commit to follow your example in forgiving, even when it is hard. Through Jesus I pray. Amen.

### **Friday**

*Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.*

*Psalms 46:10*

History tells me it has been true! Faith trusts it will be true eternally! Reverent silences, a pause in the hectic rush of our lives, reminds us that it is true today.

O Father in heaven, may your name be revered and held holy in my life and my world today. Your will be done, your reign on earth come with power and might and finality, just as it has already come in heaven. Through Jesus I pray. Amen.

### **Saturday**

*Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.*

*Psalms 46:10*

History tells me it has been true! Faith trusts it will be true eternally! Reverent silences, a pause in the hectic rush of our lives, reminds us that it is true today.

O Father in heaven, may your name be revered and held holy in my life and my world today. Your will be done, your reign on earth come with power and might and finality, just as it has already come in heaven. Through Jesus I pray. Amen.

### **Sunday**

*If you then, though you are evil, know how to give good gifts to our children, how much more will your Father in heaven give the Holy Spirit to those who ask for him.*

*Luke 11:13*

Think of all the great gifts you've been given. Next to Jesus, the gracious sacrifice for our salvation, the greatest gift we can receive is God's abiding presence in the Holy Spirit! He is ours if we ask. In fact, when we ask, he is already there interceding for us!

Abba Father, through the precious Holy Spirit I come before you asking you to empower me, my loved ones, and my church through the power of the Holy Spirit. I pray for renewal to sweep my country and this world led by your Spirit of grace, power, and love. Through Jesus, the giver of this great gift I pray. Amen.