

JUST SHOW UP

By Emily Lavy

If you asked me to describe Christian social media, I'd say: noise, chatter, opinions. If you asked me to describe prayer, I'd say: constant, powerful, necessary. If you asked me to describe my own prayer life, I'd admit it is often flaky, inconsistent, and spacey. The truth is, I don't have a regular routine. Some days I remember to pray; some days I don't. Sometimes my prayers are thoughtful, but often they are hurried, "Lord, help me" whispers before I rush into the next task. For a long time, this inconsistency made me wonder if I was failing at being a Christian.

Every time I open social media, someone explains a "better" way to pray: color-coded journals, the ACTS method, or waking up at 5 a.m. Somewhere between all the advice, I started believing that if my prayer life didn't look like theirs, it wasn't real. Prayer became another productivity metric, an aesthetic discipline to be graded rather than a relationship to be nurtured. I spent more time consuming conversations about God than actually having one. The loudest thing in my spiritual life wasn't God; it was commentary about Him.

I eventually realized that Christ never said, "Come to me once you have perfected your prayer life." He simply said, "Come." Before I even learned the right words, He extended the invitation. My goal isn't to become the Christian with the perfect highlight reel. My goal is to keep showing up, letting my conversations with God be what they were always meant to be: quiet, honest, and uniquely ours. Consistency matters, but showing up as I am matters more.

How to Start a *Cords of Three* Prayer Ministry

Step 1 - Commit yourself to God as His servant to begin this new prayer ministry. Ask Him to help you identify one or two (max.) other believers and invite them to join you each week for a 10-15 minute phone prayer meeting. Don't expect everyone to say "yes."

Write the names below of those you are going to invite to join you.

Step 2 - Organize an initial phone meeting to decide on the logistics (day, time, who will initiate the call, etc.). Put it on your calendar and don't let anything supplant it.

Step 3 - Resolve to begin on a specific date and to be committed to the Lord, to each other, and the weekly prayer meeting.

Step 4 - Deploy. Get started. It may seem a bit awkward at first, but your *Cords of Three* prayer ministry will quickly become a powerful spiritual influence in your life and the lives of those you meet with each week.



PRAYER JOURNAL

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Check the box after you have prayed each day to help build a more consistent prayer life. Pray a verse a day!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SET A CHALLENGE:

- Pray 5 days a week
- Pray as you study God's Word

5

• Lamplighters **25th Anniversary celebration**
Nov. 5th and Jan. 11th
Isaiah 31:1

6

• Bible study leaders
• Growth of participants
• Growth of more studies
Isaiah 30:18

7

• Discipleship Training in January
• Raise up laborers
Isaiah 44:3

8

• Open doors for ministry
• Spread of the gospel
• Training in evangelism
Isaiah 25:1

9

• Coach's ministry
• Financial support
Pastors and churches
Isaiah 40:28-29

12

• Growth of the Bible study groups
• Rich times of Bible study
Isaiah 9:6-7

13

• Lamplighters **25th Anniversary celebration**
Nov. 5th and Jan. 11th
Isaiah 41:13

14

• Writing of Matthew study
• Printing of Ezra/Haggai
• USPS mailing service
Isaiah 30:21

15

• Upcoming elections
• Righteousness in America
• Government leaders
Isaiah 6:5

16

• Spread of the Word
• Open doors for ministry
• Salvation of souls
Isaiah 1:18

19

• Coach's ministry
• Effective small groups
• Final Exam presentations
Isaiah 25:9

20

• Open Houses
• January Training of new leaders
Isaiah 46:9-10

21

• Lamplighters **25th Anniversary celebration**
Nov. 5th and Jan. 11th
Isaiah 53:10-11

22

• More laborers
• Faithful men & women
• Love for our Lord
Isaiah 53:12

23

• Righteousness
• Faith
• Wisdom
Isaiah 55:1-2

26

• Lamplighters **25th Anniversary celebration**
Nov. 5th and Jan. 11th
Isaiah 55:3-4

27

• Upcoming elections
• Return to Constitution
• God honored in our nation
Isaiah 55:5-6

28

• Families in America
• Lamplighter families
• Schools in America
Isaiah 55:7

29

• Lamplighters **25th Anniversary celebration**
Nov. 5th and Jan. 11th
Isaiah 55:8-9

30

• Election integrity
• Righteous leaders
• Exposure of evil
Isaiah 66:22-23

PRAYER LIST

Personal:

FAMILY & FRIENDS
NEIGHBORS & ASSOCIATES
GOVERNMENT & LEADERS

Spiritual:

LABORERS
SOULS SAVED
BIBLE STUDY GROUP
GREATER —
Godliness • Growth
Commitment • Faithfulness

Add Your Own:

PRAY SCRIPTURES

Begin by thinking about the meaning of each keyword in that verse.
How does it affect the meaning of that verse?

"But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." — *Isaiah 40:31*

"From of old no one has heard or perceived by the ear, no eye has seen a God besides you, who acts for those who wait for him." — *Isaiah 64:4*

"The only enduring motive for prayer is that God is worthy to be sought." – Daniel Henderson, *Strategic Renewal*

Contact Joline Stewart for additional prayer resources: 952-294-0822 | LamplightersUSA.org