

1  MINUTES IN
Prayer

with God the Father
A Daily Devotional

1 MINUTES

with God the Father



Dear Child,

how I long to have an **intimate** relationship with you. I see you going back and forth in this life and with all the cares this life brings, and it's good that you've made the time to talk to me. Because of that there's a **blessing** in store for you. I sent my son, Jesus, not only to redeem you from your sins, but to show you the intimate relationship that I as a Father have with my Son your Saviour. When my Son was asked to teach on prayer He started with the most intimate words He could ever say, **Our Father**. That is the intimacy I seek with you. As we go through these ten minutes, take the time to see the true blessing of intimacy with God through prayer.

First, talk to Me about those things that you are grateful for. Take the time to reflect on the blessings that you now have. While there may be many trials and difficulties in your life, you will find that there are more blessings than you realize. It is always good to come to me with a **grateful heart**, a heart of **thanksgiving**. Share with me some of those blessings...

One attribute of my son, Jesus, was that He never thought of Himself. He always thought of you and others. He left a legacy of love, compassion, righteousness, and humility. In keeping with that, let us learn to esteem others more highly than we esteem ourselves. **Let's start talking** about those in your life. Is there someone in the family or friends that are sick? **Lift them up now**. What about the the co-worker or friend who is going through difficult times? **Lift them up now**. Is there someone who is gravely ill? **Pray for their family**. Is there someone who just lost a loved one? **Console them**. Is there someone that you have great bitterness toward? Let their name come to mind and **pray for them now**. My Son said what good is it to just pray for your friends, the real thing is to pray for your enemies. Do not wish them harm. Ask that they would be blessed with wisdom and with the knowledge of the Holy One. Ask that they may change their lives and that you may be released from having to think of them all the time. Has there been great joy in the people that surround you? Then take the time to be joyous with them in prayer. **Taking the time to pray for others, pleases Me**. You will notice that as you pray for others you yourself start to feel a blessing.

That blessing is My pleasure overflowing into your life. That is having the mind of my Son who was willing to give His life for you, always thinking of you and not Himself. This pleases Me very much.

I also know that you are in need of things as well. Simply share your heart now that you've taken the time to count your blessings and pray for others. Don't be afraid, there is nothing that you can say that will shock Me. I look at your heart and see your true desires. Whatever the circumstances, whether they be **financial, health-related, relationships that need mending, fear of the future, guilt, or depression**. Come before Me and just share what is going on in your life today. There is a need for Grace, Compassion, Comfort and Peace in your life. Don't be afraid to tell Me how you feel. This is between you and Me. You must always feel free to come to Me. Come to the throne of Grace to ask for Mercy, through Jesus, my Son and your Savior. At this time list those needs and **unburden your heart**...

I know that there is a blessing in store for you. I am ever watchful of you and I am ever-present with you. There is nothing that you will ever do in your life that would make me leave your side. I love you so much that I sent my Son Jesus, that whoever would believe on Him would not perish or be separated from Me, but instead have everlasting life. Because of His obedience to

the cross He has made a way to reconcile you and I to form an intimate relationship. At this time reflect on the sacrifice that was made on your behalf by Jesus My Son.

Simply Pray:

Thank you Jesus for loving me and being obedient to the Father, even unto death, to pay for my sins. I believe that you were buried and three days later you rose again to prove that indeed you are God. You ascended into heaven and now sit at the right hand of the Father forever interceding for us. I put all my trust in you and you alone. Thank you for my salvation.

I really appreciate this time of intimacy that we have had together. I look forward to talking with you throughout the day. The Holy Spirit was sent in order to comfort, and guide you and bring you peace. Now be covered in this peace, not as the world gives peace, but as only the Holy Spirit can give.

*With love,
your Father in Heaven*

Scripture References

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|--------------------|-----------------------------|
| 1. Luke 21:34 | 9. Matthew 5:44 |
| 2. Ephesians 1:3 | 10. 1 Thessalonians 5:15-17 |
| 3. John 17 | 11. Philippians 2:5-11 |
| 4. Matthew 6:9-13 | 12. Hebrews 4:16 |
| 5. John 16:33 | 13. Matthew 11:30 |
| 6. Philippians 4:6 | 14. John 3:16 |
| 7. Philippians 2:3 | 15. John 14:6 |
| 8. Colossians 4:2 | 16. John 14:26 |



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