**Prayer& Fasting Guide 9|6|23**

*C.S. Lewis… “In silence and in meditation on the eternal truths, I hear the voice of God which excites our hearts to greater love.”*

**Today we focus our prayer on growing in hearing God’s voice through daily Bible engagement.**

**Reality**…

Neurologist Curt Thompson, author of Anatomy of the Soul… *“Anytime we think about changing the course of our mind, we’re talking about neuroplasticity. We’re talking about changing the way our neurons are firing. One of the most important elements of helping neuroplasticity flourish is activating it through the use of attention…*

*Attention is the engine that pulls the rest of the train of the mind. There’s nothing that we do throughout the day that does not, in some way, shape or form, involve a shift in attention from one thing to another to another. That attentional change is crucial. If my life is going to be different, I’m going to have change the focus of my attention, and in so doing activate neuroplasticity, then my brain and life will change.”*

**What captures our attention?**

*Engagement with media is like a constant, shaping background influence – drawing our attention all waking day.* According to researcher Stacy Jo Dixon (published in Statista), the average daily global media engagement on social networking was 151 minutes per day.

**Fork in the road? Choice with 2 outcomes…**

Notice how the choice to give attention (meditate and respond) in Psalm 1, shapes our life outcomes.

**Blessed is the man***who walks not in the counsel of the wicked,  
 nor stands in the way of sinners,  
    nor sits in the seat of scoffers;*

***2****but his DELIGHT is in the law of the Lord,  
    and on his law he MEDITATES day and night.*

***3****He is like a tree  
    planted by streams of water  
 that yields its fruit in its season,  
    and its leaf does not wither.*In all that he does, he prospers*.*

**4The wicked are not so,***but are like chaff that the wind drives away.*

***5****Therefore the wicked will not stand in the judgment,  
    nor sinners in the congregation of the righteous;*

**6for the Lord knows the way of the righteous,** *but the way of the wicked will perish.*

For greater perspective click link below…

[Psalm 1 Bible Project VIDEO](https://bibleproject.com/explore/video/psalm-1/)

I*n order to hear the voice of Holy Spirit leading us consistently throughout the day, we need to practice the habit of daily Bible engagement and meditation.*

Already have existing habits of daily Bible engagement & meditation? *Awesome--Go deeper*😊

For those of us who may be *newer to this habit or who have opportunity to disciple new people* in the way of Jesus… a simple plan & process are helpful.

**Simple plan…**

Have a plan to read a chapter of the Bible each day…

* The Gospel of John, the book of Acts, Romans, Ephesians or a daily Psalm and Proverb are all great options.

**Simple process**… **S.O.A.P.W.**

1. **S**cripture, read your section of the bible, and copy in a journal 1 or 2 verses that caught your attention.

1. **O**bservation, jot down in your journal what you observed or learned about God’s character, ways, purposes, will or promises.
2. **A**pplication, ask Holy Spirit, how am I to adjust my life to respond / join / obey what you are saying to me through this scripture?
3. **P**ray, express your desire, and invite Holy Spirit to lead and empower you in responding to Father’s invitation.
4. **W**atch, be alert to how God may bring this scripture into reality in your life today. Circle back today in thinking of this passage and meditating on what God is saying through it.