



ARMOR OF LIGHT

WOMEN'S PRAYER COTTAGE . 4738 HWY 51 N . SENATOBIA, MISSISSIPPI 38668



PRESENTS **A**
PRAYER
COTTAGE GUIDE
FOR SELF-
EXAMINATION

WALK IN LIGHT

by Andrea Gehrett

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A Note from the Founder

You may be asking, “What is The Power Plant? Why does it exist?” The best way to answer those questions is to point you towards my book *Dying to Find My Laughing Place: A Search for Contentment**. It is a story about my spiritual journey, and it is the prologue to The Power Plant ministry. I want to share a few excerpts from my story with you now. To me, they are more than just words on a page but the heartfelt sentiments behind all that we do here at The Power Plant.

God doesn't waste talent. Or pain. He has given me a story to which many can relate. And my passion is to reach women with the gospel of Christ and empower them with tools to combat biblical illiteracy and prayerlessness, to get them through their storms and out of the grip of burnout. To not just hobble through the trial, but to burst forth in freedom by tapping into the power that He longs to give us.

One might ask, “Well isn't that the purpose of the church?” Well, yes. It is the purpose of the church. We are the church. Church doesn't have to take place within the four walls of the physical building many attend on Sunday mornings; rather, it is through God's people and the relationships we form as sisters in Christ.

I understand burnout. Being tired. Not just the “I didn't get a good night's sleep” kind of tired but the prolonged struggle kind of tired. I understand not being able to give another ounce of yourself to another being. To be so deflated that you dread getting up in the morning and facing another day. Where the simplest of tasks, like brushing your teeth, can feel like having to conquer the world.

I also understand the power of Christ and how I was snatched up from my pit of despair through Him alone. I want others to taste that victory. I want to encourage them that it's okay to not feel okay. Because I've been there, too. Half the battle of victory sometimes begins with admitting that we aren't “okay.” And that's when we allow ourselves to be vulnerable and ask for help. To let go and let the power of Christ heal us.

This is my mission. My legacy. God has allowed me to experience divorce, raising a special-needs child, single parenting, having a blended family, and losing a child. To experience wealth, and to be broke. To feel the depths of darkness and to see the power of light. He's saved me from myself and a whole host of other things for the sole purpose of looking someone in the eye, perhaps another woman at the end of her rope, and saying, “I understand.”

You see, Jesus is where my laughing place is. For me, true contentment goes no further than the cross of Christ, and there is nothing this world can offer that even comes close to comparing to the lasting satisfaction I've found with my heavenly Father.

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God loves us so much that He longs to have a meaningful relationship with each of us, and just as any loving parent would discipline their child in order to teach what is best, our heavenly Father does the same. I was not, and still am not, exempt from this principle. There is no question in my mind that God cares. He does. Any lingering doubt in my mind has been abolished this side of my fiercest storms, and I believe Arthur Pink accurately summarizes in his sermon notes from long ago the “why” that is so applicable to my journey, and yours too:

God so orders His providences that our earthly nest is destroyed. The winds of adversity compel us to leave the downy bed of carnal ease and luxuriation. Grievous losses are experienced in some form or other. Trusted friends prove fickle, and in the hour of need fail us. The family circle, which had so long sheltered us and where peace and happiness was found, is broken up by the grim hand of death. Health fails and weary nights are our portion. These frying experiences, these bitter disappointments, are another of the means which our gracious God employs to save us from the pleasure and pollution of sin. By them He discovers to us the vanity and vexation of the creature. By them He weans us more completely from the world. By them He teaches us that the objects in which we sought refreshment are but ‘broken cisterns,’ and this that we may turn to Christ and draw from Him who is the Well of living water, the One who alone can supply true satisfaction of soul.

The Power Plant ministry is for women who are struggling, burned out. It is designed to teach them how to tap into the divine power they’ve been given through prayer and reading Scripture. I know that the world is a distracting place, so the premise behind the quiet place and how it related to the earliest vision given to me became quite clear. Simply put, retreating to a quiet place with the Lord is key. There we will find renewal and healing.

One of the key elements of our ministry is to offer a quiet place to women...a place to temporarily *not* be needed...a place to rest in Him. This is *why* we have the little blue guest house. If your soul longs to meet with the Healer, please inquire about the availability of our prayer cottage at www.thepowerplantms.org/guesthouse. We would love to receive you as a guest.

Blessings,

Andrea Gehrett
Founder of The Power Plant

**Dying to Find my Laughing Place: A Search for Contentment* can be purchased online at amazon.com in either paperback or Kindle formats. 100% of the proceeds support The Power Plant ministry.

How to Use This Guide

The starting point for self-examination is to have an honest evaluation of how well your thoughts, desires, & actions align with God's Word. While you may use any portion of Scripture as your guide, we have provided Ephesians 5:1-21 (boxed in black) for your convenience. Supporting cross references (in red) may also be used for your self-reflection. There are three main sections: Walk in Love, Walk in Light, & Walk in Wisdom. Certain key words (in blue/green) are emphasized as general promptings for this meditation, but let the Holy Spirit be your ultimate guide on this journey!

A Call to the Church: Purity, Unity, & Revival

“An interesting passage in Genesis 11 describes the construction of the tower of Babel. In this biblical account, ungodly people decided to build a city with an enormous tower for their own glory and prestige. They planned it out and began the enormous challenge, and at first found success in their efforts. But God looked down from heaven and basically said, ‘Because of their unity, nothing will be impossible for them.’ So, He intervened. He divided them by changing their communication into numerous languages to prevent them from finishing their prideful monument. In their confusion and chaos, they abandoned the project and separated themselves by language, spreading out across the land.

What is so striking about this passage of Scripture is that God Himself noted that when people are unified, they are able to exert tremendous power and momentum. Even *ungodly* people! So, imagine how powerful unity can be for people to worship and obey

the God of the universe. If they seek the Lord and act in unity, *nothing* can stop them.”¹

Walk in Love

¹Therefore **be imitators of God** as dear children.

Romans 8:29

²⁹ For whom He foreknew, He also predestined *to be conformed to the image of His Son*, that He might be the firstborn among many brethren.

1 Peter 1:13-16

¹³ Therefore gird up the loins of your *mind*, be sober, and rest *your hope fully* upon the *grace* that is to be brought to you at the revelation of *Jesus Christ*; ¹⁴ as obedient children, not conforming yourselves to the former lusts, as in your ignorance; ¹⁵ but as He who called you *is holy*, you also be *holy in all your conduct*, ¹⁶ because it is written, “Be holy, for I am holy.”

2 Peter 1:2-10

² Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, ³ as *His divine power has given to us all things that pertain to life and godliness*, through the knowledge of Him who called us by glory and virtue, ⁴ by which have been given to us exceedingly great and *precious promises*, that through these you may be partakers of the *divine nature*, having escaped the corruption *that is* in the world through lust. ⁵ But also for this very reason, giving all diligence, *add to your faith*

virtue, to virtue knowledge, ⁶to knowledge self-control, to self-control perseverance, to perseverance godliness, ⁷to godliness brotherly kindness, and to brotherly kindness love. ⁸For if these things are yours and abound, *you* will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. ⁹For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins. ¹⁰Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble.

² And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.

“Christ’s offering of Himself for fallen man pleased and glorified His heavenly Father, because it demonstrated in the most complete and perfect way God’s sovereign, perfect, unconditional, and divine kind of love. Leviticus describes five offerings commanded by God for Israel. The first three were: 1) the burnt offering (Lv 1:1-17), depicting Christ’s perfection; 2) the grain offering (Lv 2:1-16), depicting Christ’s total devotion to God in giving His life to please the Father; and 3) the peace offering (Lv 3:1-17), depicting His peacemaking between God and man. All three of these were a “soothing aroma to the Lord” (Lv 1:9, 13, 17; 2:2, 9, 12; 3:5, 16). The other two offerings, the sin offering (Lv 4:1-5:13) and the guilt, or trespass, offering (Lv 5:14-6:7) were repulsive to God because, though they depicted Christ, they depicted Him as bearing sin (cf. Mt 27:46). In the end, when redemption was accomplished, the whole work pleased God completely.”²

Romans 5:8-10

⁸ But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. ⁹ Much more then, having now been justified by His blood, we shall be saved from wrath through Him. ¹⁰ For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.

2 Corinthians 5:21

²¹ For He made Him who knew no sin *to be* sin for us, that we might become the righteousness of God in Him.

Isaiah 53:5

⁵ But He *was* wounded for our transgressions,
He was bruised for our iniquities;
The chastisement for our peace *was* upon Him,
And *by* His stripes we are healed.

³ But fornication and all uncleanness or covetousness, **let it not even be named among you, as is fitting for saints;** ⁴ neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks. ⁵ For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the **kingdom of Christ and God.** ⁶ Let no one deceive you with empty words, for because of these things **the wrath of God** comes upon the sons of disobedience. ⁷ Therefore **do not be partakers with them.**

1 Corinthians 6:9-11

⁹ Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, ¹⁰ nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. ¹¹ And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.

Proverbs 4:24

²⁴ Put away from you a deceitful mouth,
And put perverse lips far from you.

2 Corinthians 7:1

⁷ Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

1 Peter 4:17

¹⁷ For the time *has come* for judgment to begin at the house of God; and if *it begins* with us first, what will *be* the end of those who do not obey the gospel of God?

1 Corinthians 11:31-32

³¹ For if we would judge ourselves, we would not be judged. ³² But when we are judged, we are chastened by the Lord, that we may not be condemned with the world.

2 Corinthians 5:9-11

⁹ Therefore we make it our aim, whether present or absent, to be well pleasing to Him. ¹⁰ For we must all appear before the judgment seat of Christ, that each one may receive the things *done* in the body, according to what he has done, whether good or bad. ¹¹ Knowing, therefore, the terror of the Lord, we persuade men; but we are well known to God, and I also trust are well known in your consciences.

Psalm 7:11-12

¹¹ God *is* a just judge,
And God is angry *with the wicked* every day.
¹² If he does not turn back,
He will sharpen His sword;
He bends His bow and makes it *ready*.

“Often the twin emphases of wrath and mercy are side by side. ‘Whoever believes in the Son has eternal life; whoever does not obey the Son shall not see life, but the *wrath of God* remains on him’ (John 3:36). That verse appears in the same chapter as the more familiar words of John 3:16. Without an understanding of the severity of God’s wrath against sin, even the phrase ‘should not perish’ in John 3:16 loses its significance. God’s wrath is not a secondary theme in Scripture. It is emphasized throughout both the Old and New Testaments.”³

Walk in Light

⁸ For you were once darkness, but now *you are light in the Lord*. Walk as children of light ⁹ (for the fruit of the Spirit *is* in all goodness, righteousness, and truth),

Colossians 1:9-13

⁹ For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; ¹⁰ that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; ¹¹ strengthened with all might, according to His glorious power, for all patience and longsuffering with joy; ¹² giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light. ¹³ He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love,

1 Peter 2:9

⁹ But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light.

John 8:12

¹² Then Jesus spoke to them again, saying, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life."

Romans 8:14-17

¹⁴ For as many as are led by the Spirit of God, these are sons of God. ¹⁵ For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." ¹⁶ The Spirit Himself

bears witness with our spirit that we are children of God, ¹⁷and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with *Him*, that we may also be glorified together.

1 John 1:5-10

⁵This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. ⁶If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. ⁷But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.

⁸If we say that we have no sin, we deceive ourselves, and the truth is not in us. ⁹If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness. ¹⁰If we say that we have not sinned, we make Him a liar, and His word is not in us.

¹⁰ finding out what is acceptable to the Lord.

Romans 12:1-2

12 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is your reasonable service*. ²And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

Ephesians 4:17-24

¹⁷ This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, ¹⁸ having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; ¹⁹ who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.

²⁰ But you have not so learned Christ, ²¹ if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: ²² that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, ²³ and be renewed in the spirit of your mind, ²⁴ and that you put on the new man which was created according to God, in true righteousness and holiness.

Philippians 4:8

⁸ Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

¹¹ And have no fellowship with the unfruitful works of darkness, but rather expose them. ¹² For it is shameful even to speak of those things which are done by them in secret.

1 Corinthians 5:9-11

⁹ I wrote to you in my epistle not to keep company with sexually immoral people. ¹⁰ Yet I certainly *did* not mean with the sexually immoral people of this world, or with the covetous, or extortioners, or idolaters, since then you would need to go out of the world. ¹¹ But now I have written to you not to keep company with anyone named a brother, who is sexually immoral, or covetous, or an idolater, or a reviler, or a drunkard, or an extortioner—not even to eat with such a person.

2 Corinthians 6:14-7:1

¹⁴ Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? ¹⁵ And what accord has Christ with Belial? Or what part has a believer with an unbeliever? ¹⁶ And what agreement has the temple of God with idols? For you are the temple of the living God.

As God has said:

“I will dwell in them

And walk among *them*.

I will be their God,

And they shall be My people.”

¹⁷ Therefore

“Come out from among them

And be separate, says the Lord.

Do not touch what is unclean,

And I will receive you.”

¹⁸ “I will be a Father to you,

And you shall be My sons and daughters,

Says the LORD Almighty.”

7 Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

13 But all things that are exposed are made manifest by the light, for whatever makes manifest is light.

2 Timothy 3:16

16 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness,

Proverbs 6:23

23 For the commandment is a lamp,
And the law a light;
Reproofs of instruction are the way of life,

Matthew 18:15-20

15 “Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. 16 But if he will not hear, take with you one or two more, that ‘by the mouth of two or three witnesses every word may be established.’ 17 And if he refuses to hear them, tell it to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector.

18 “Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

19 “Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. 20 For where two or three are

gathered together in My name, I am there in the midst of them.”

Galatians 6:1-2

6 Brethren, if a man is overtaken in any trespass, you who *are* spiritual **restore such a one in a spirit of gentleness**, considering yourself lest you also be tempted. ²**Bear** one another’s burdens, and so fulfill the law of Christ.

Proverbs 4:18-19

¹⁸ But the path of the just *is* like the shining sun,
That shines ever brighter unto the perfect day.

¹⁹ The **way of the wicked is like darkness**;
They do not know what makes them stumble.

Proverbs 11:14

¹⁴ Where *there is* no counsel, the people **fall**;
But in the **multitude of counselors there is safety**.

Proverbs 15:22

²² **Without counsel, plans go awry**,
But in the multitude of counselors they are established.

Proverbs 19:20

²⁰ **Listen to counsel and receive instruction**,
That you may be wise in your latter days.

Proverbs 27:17

¹⁷ As iron sharpens iron,
So a man sharpens the countenance of his friend.

¹⁴ Therefore He says:
“Awake, you who sleep,
Arise from the dead,
And Christ will give you light.”

Isaiah 55:1-7

⁵⁵ “Ho! Everyone who thirsts,
Come to the waters;
And you who have no money,
Come, buy and eat.
Yes, come, buy wine and milk
Without money and without price.
² Why do you spend money for *what is* not bread,
And your wages for *what* does not satisfy?
Listen carefully to Me, and eat *what is* good,
And let your soul delight itself in abundance.
³ Incline your ear, and come to Me.
Hear, and your soul shall live;
And I will make an everlasting covenant with you—
The sure mercies of David.
⁴ Indeed I have given him as a witness to the people,
A leader and commander for the people.
⁵ Surely you shall call a nation you do not know,
And nations *who* do not know you shall run to you,
Because of the LORD your God,
And the Holy One of Israel;
For He has glorified you.”

⁶ Seek the LORD while He may be found,
Call upon Him while He is near.
⁷ Let the wicked forsake his way,
And the unrighteous man his thoughts;
Let him return to the LORD,
And He will have mercy on him;
And to our God,
For He will abundantly pardon.

Isaiah 60:1

60 Arise, shine;
For your light has come!
And the glory of the LORD is risen upon you.

James 4:6-10

⁶ But He gives more grace. Therefore He says:
“God resists the proud,
But gives grace to the humble.”
⁷ Therefore submit to God. Resist the devil and he will flee
from you. ⁸ Draw near to God and He will draw near to
you. Cleanse *your* hands, *you* sinners;
and purify *your* hearts, *you* double-minded. ⁹ Lament and
mourn and weep! Let your laughter be turned to mourning
and *your* joy to gloom. ¹⁰ Humble yourselves in the sight of
the Lord, and He will lift you up.

Walk in Wisdom

¹⁵ See then that you walk circumspectly, not as fools but as wise,

Psalm 14:1

14 The fool has said in his heart,
“*There is no God.*”
They are corrupt,
They have done abominable works,
There is none who does good.

Romans 1:20-25

²⁰ For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse, ²¹ because, although they knew God, they did not glorify Him as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened. ²² Professing to be wise, they became fools, ²³ and changed the glory of the incorruptible God into an image made like corruptible man—and birds and four-footed animals and creeping things.

²⁴ Therefore God also gave them up to uncleanness, in the lusts of their hearts, to dishonor their bodies among themselves, ²⁵ who exchanged the truth of God for the lie, and worshiped and served the creature rather than the Creator, who is blessed forever. Amen.

Proverbs 14:9

⁹ Fools mock at sin,
But among the upright *there is* favor.

Proverbs 1:7

⁷ The fear of the LORD is the beginning of knowledge,
But fools despise wisdom and instruction.

¹⁶ redeeming the time, because the days are evil.

1 Peter 1:17

¹⁷ And if you call on the Father, who without partiality judges according to each one's work, conduct yourselves throughout the time of your stay here in fear;

Psalms 39:4-5

⁴ "LORD, make me to know my end,
And what is the measure of my days,
That I may know how frail I am.

⁵ Indeed, You have made my days as handbreadths,
And my age is as nothing before You;
Certainly every man at his best state is but vapor. *Selah*

James 4:13-17

¹³ Come now, you who say, "Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit"; ¹⁴ whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away. ¹⁵ Instead you ought to say, "If the Lord wills, we shall live and do this or that." ¹⁶ But now you boast in your arrogance. All such boasting is evil.

¹⁷ Therefore, to him who knows to do good and does not do it, to him it is sin.

17 Therefore do not be unwise, but understand what the will of the Lord is. 18 And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,

1 Timothy 2:3-4

³ For this *is* good and acceptable in the sight of God our Savior, ⁴ who desires all men to be saved and to come to the knowledge of the truth.

Galatians 5:16-25

¹⁶ I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. ¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. ¹⁸ But if you are led by the Spirit, you are not under the law.

¹⁹ Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, ²⁰ idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹ envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³ gentleness, self-control. Against such there is no law. ²⁴ And those *who are Christ's* have crucified the flesh with its passions and desires. ²⁵ If we live in the Spirit, let us also walk in the Spirit.

Colossians 3:12-17

¹² Therefore, as *the elect of God*, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; ¹³ bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*. ¹⁴ But above all these things put on love, which is the bond of perfection. ¹⁵ And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. ¹⁶ Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. ¹⁷ And whatever you do in word or deed, *do all in the name of the Lord Jesus*, giving thanks to God the Father through Him.

1 Thessalonians 4:3-8

³ For this is the will of God, *your sanctification*: that you should abstain from sexual immorality; ⁴ that each of you should know how to possess his own vessel in sanctification and honor, ⁵ not in passion of lust, like the Gentiles who do not know God; ⁶ that no one should take advantage of and defraud his brother in this matter, because the Lord *is* the avenger of all such, as we also forewarned you and testified. ⁷ For God did not call us to uncleanness, but in holiness. ⁸ Therefore he who rejects *this* does not reject man, but God, who has also given us His Holy Spirit.

1 Peter 2:13-17

¹³ Therefore submit yourselves to every ordinance of man for the Lord's sake, whether to the king as supreme, ¹⁴ or to governors, as to those who are sent by him for the punishment of evildoers and *for the* praise of those who do good. ¹⁵ For this is the will of God, that by doing good you may put to silence the ignorance of foolish men— ¹⁶ as free, yet not using liberty as a cloak for vice, but as bondservants of God. ¹⁷ Honor all *people*. Love the brotherhood. Fear God. Honor the king.

1 Peter 2:20

²⁰ For what credit *is it* if, when you are beaten for your faults, you take it patiently? But when you do good and suffer, if you take it patiently, this *is commendable* before God.

1 Thessalonians 5:18

¹⁸ in everything give thanks; for this is the will of God in Christ Jesus for you.

1 Peter 4:1-2

⁴ Therefore, since Christ suffered for us in the flesh, arm yourselves also with the same mind, for he who has suffered in the flesh has ceased from sin, ² that he no longer should live the rest of *his* time in the flesh for the lusts of men, but for the will of God.

¹⁹ speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,

2 Chronicles 5:11-14

¹¹ And it came to pass when the priests came out of the *Most Holy Place* (for all the priests who *were* present had sanctified themselves, without keeping to their divisions), ¹² and the Levites *who were* the singers, all those of Asaph and Heman and Jeduthun, with their sons and their brethren, stood at the east end of the altar, clothed in white linen, having cymbals, stringed instruments and harps, and with them one hundred and twenty priests sounding with trumpets— ¹³ indeed it came to pass, when the trumpeters and singers *were* as one, to make one sound to be heard in praising and thanking the LORD, and when they lifted up their voice with the trumpets and cymbals and instruments of music, and praised the LORD, *saying:*
“*For He is good,*
For His mercy *endures* forever,”
that the house, the house of the LORD, was filled with a cloud, ¹⁴ so that the priests could not continue ministering because of the cloud; for the glory of the LORD filled the house of God.

Psalm 40:3

³ He has put a new song in my mouth—
Praise to our God;
Many will see *it* and fear,
And will trust in the LORD.

Psalm 96:1-2

96 Oh, sing to the LORD a new song!

Sing to the LORD, all the earth.

² Sing to the LORD, bless His name;

Proclaim the good news of His salvation from day to day.

Psalm 149:1

149 Praise the LORD!

Sing to the LORD a new song,

And His praise in the assembly of saints.

Revelation 14:3

³ They sang as it were a new song before the throne, before the four living creatures, and the elders; and no one could learn that song except the hundred and forty-four thousand who were redeemed from the earth.

<p>²⁰ giving thanks always for all things to God the Father in the name of our Lord Jesus Christ,</p>
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1 Thessalonians 5:16-18

¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ in everything give thanks; for this is the will of God in Christ Jesus for you.

2 Corinthians 9:10-15

¹⁰ Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the fruits of your righteousness, ¹¹ while you

are enriched in everything for all liberality, which causes thanksgiving through us to God. ¹²For the administration of this service not only supplies the needs of the saints, but also is abounding through many thanksgivings to God, ¹³while, through the proof of this ministry, they glorify God for the obedience of your confession to the gospel of Christ, and for your liberal sharing with them and all men, ¹⁴and by their prayer for you, who long for you because of the exceeding grace of God in you. ¹⁵Thanks be to God for His indescribable gift!

Philippians 4:6

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

Hebrews 13:15

¹⁵ Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.

²¹ submitting to one another in the fear of God.

Proverbs 9:10

¹⁰ "The fear of the LORD is the beginning of wisdom,
And the knowledge of the Holy One is understanding.

Proverbs 2:1-9

2 My son, if you receive my words,
And treasure my commands within you,
² So that you incline your ear to wisdom,

And apply your heart to understanding;
³ Yes, if you cry out for discernment,
And lift up your voice for understanding,
⁴ If you seek her as silver,
And search for her as *for* hidden treasures;
⁵ Then you will understand the fear of the LORD,
And find the knowledge of God.
⁶ For the LORD gives wisdom;
From His mouth *come* knowledge and understanding;
⁷ He stores up sound wisdom for the upright;
He is a shield to those who walk uprightly;
⁸ He guards the paths of justice,
And preserves the way of His saints.
⁹ Then you will understand righteousness and justice,
Equity *and* every good path.

Proverbs 14:26-27

²⁶ In the fear of the LORD *there is* strong confidence,
And His children will have a place of refuge.
²⁷ The fear of the LORD *is* a fountain of life,
To turn *one* away from the snares of death.

Proverbs 15:33

³³ The fear of the LORD *is* the instruction of wisdom,
And before honor *is* humility.

Proverbs 19:23

²³ The fear of the LORD *leads* to life,
And he who has it will abide in satisfaction;
He will not be visited with evil.

Galatians 3:26-29

²⁶ For you are all sons of God through faith in Christ Jesus. ²⁷ For as many of you as were baptized into Christ have put on Christ. ²⁸ There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. ²⁹ And if you are Christ's, then you are Abraham's seed, and heirs according to the promise.

Philippians 2:1-4

² Therefore if *there is* any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy, ² fulfill my joy by being like-minded, having the same love, *being* of one accord, of one mind. ³ Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. ⁴ Let each of you look out not only for his own interests, but also for the interests of others.

Romans 13:11-14

¹¹ And do this, knowing the time, that now *it is* high time to awake out of sleep; for now our salvation *is* nearer than when we *first* believed. ¹² The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. ¹³ Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. ¹⁴ But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

Matthew 28:19-20

¹⁹ Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all things that I have commanded you; and lo, I am with you always, *even* to the end of the age.” Amen.

2 Corinthians 4:1-6

⁴ Therefore, since we have this ministry, as we have received mercy, **we do not lose heart.** ² But we have renounced the hidden things of shame, not walking in craftiness nor handling the word of God deceitfully, but by manifestation of the **truth** commending ourselves to every man’s conscience in the sight of God. ³ But even if our gospel is veiled, it is veiled to those who are perishing, ⁴ whose minds the god of this age has blinded, who do not believe, lest the **light of the gospel of the glory of Christ**, who is the image of God, should shine on them. ⁵ For we do not preach ourselves, but Christ Jesus the Lord, and ourselves your bondservants for Jesus’ sake. ⁶ For it is the God who commanded light to shine out of darkness, who has shone in our hearts to *give* the light of the knowledge of the glory of God in the face of Jesus Christ.

Matthew 5:16

¹⁶ Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

Puritan Prayers₄

The Convicting Spirit

Thou Blessed Spirit, Author of all grace and comfort,
Come, work repentance in my soul;
Represent sin to me in its odious colours that I may hate it;
Melt my heart by the majesty and mercy of God;
Show me my ruined self and the help there is in Him;
Teach me to behold my Creator,
His ability to save,
His arms outstretched,
His heart big for me.

May I confide in his power and love,
commit my soul to Him without reserve,
bear His image,
observe His laws,
pursue His service,
and be through time and eternity
a monument to the efficacy of His grace,
a trophy of His victory.

Make me willing to be saved in His way,
Perceiving nothing in myself, but all in Jesus:
Help me not only to receive Him but
to walk in Him,
depend upon Him,
commune with Him,
be conformed to Him,
follow Him,
imperfect, but still pressing forward,
not complaining of labour, but valuing rest,
not murmuring under trials, but thankful for my
state.

Give me that faith which is the means of salvation,
And the principle and medium of all godliness;

May I be saved by grace through faith,
live by faith,
feel the joy of faith
do the work of faith.

Perceiving nothing in myself, may I find in Christ
wisdom, righteousness, sanctification, redemption.

God and Myself

Lord God Almighty,
Thy understanding is unsearchable and infinite,
Thy arm cannot be stayed,
Thy agency extends through limitless space,
All works hang on thy care,
With thee time is a present *now*.

Holy is thy wisdom, power, mercy, ways, works.
How can I stand before thee
With my numberless and aggravated offences?
I have often loved darkness,
observed lying vanities,
forsaken thy given mercies,
trampled underfoot thy beloved Son,
mocked thy providences,
flattered thee with my lips,
broken thy covenant.
It is of thy compassion that I am not consumed.

Lead me to repentance, and save me from despair;
Let me come to thee renouncing, condemning, loathing myself,
but hoping in the grace that flows even to the chief of sinners.
At the cross may I contemplate the evil of sin, and abhor it,
look on Him whom I pierced,
as One slain for me, and by me.

May I never despise His death by fearing its efficacy for my salvation.

And whatever cross I am required to bear,

let me see Him carrying a heavier.

Teach me in health to think of sickness,

in the brightest hours to be ready for darkness;

in life prepare me for death.

Thus may my soul rest in thee, O immortal and transcendent one,

revealed as thou art in the Person and work of thy Son,

the Friend of sinners.

Love Lustres at Calvary

My Father,

Enlarge my heart warm my affections, open my lips,

supply words that proclaim 'Love lustres at Calvary.'

There grace removes my burdens and heaps them on thy Son,

made a transgressor, a curse, and sin for me;

There the sword of thy justice smote the man, thy fellow;

There thy infinite attributes were magnified,

and infinite atonement was made;

There infinite punishment was due,

and infinite punishment was endured.

Christ was all anguish that I might be all joy,

cast off that I might be brought in,

trodden down as an enemy

that I might be welcomed as a friend,

surrendered to hell's worst

that I might attain heaven's best,

stripped that I might be clothed,

wounded that I might be healed,

athirst that I might drink,

tormented that I might be comforted,

made a shame that I might inherit glory,

entered darkness that I might have eternal light.

My Saviour wept that all tears might be wiped from my eyes,
groaned that I might have endless song,
endured all pain that I might have unfading health,
bore a thorny crown that I might have a glory-diadem,
bowed His head that I might uplift mine,
experienced reproach that I might receive welcome,
closed His eyes in death that I might gaze on unclouded
brightness,
expired that I might for ever live.

O, Father, who spared not thine only Son that thou mightest spare
me,

All this transfer thy love designed and accomplished;
Help me to adore thee by lips and life.

O that my every breath might be ecstatic praise,
my every step buoyant with delight, as I see
my enemies crushed,
Satan baffled, defeated, destroyed,
sin buried in the ocean of reconciling blood,
hell's gates closed,
heaven's portal open.

Go forth, O conquering God, and show me the cross,
mighty to subdue, comfort and save.

Purification

Lord Jesus,
I sin –

Grant that I may never cease grieving because of it,
never be content with myself,
never think I can reach a point of perfection.

Kill my envy, command my tongue, trample down self.
Give me grace to be holy, kind, gentle, pure, peaceable,
to live for thee and not for self,
to copy thy words, acts, spirit,

to be transformed into thy likeness,
to be consecrated wholly to thee,
to live entirely to thy glory.

Deliver me from attachment to things unclean,
from wrong associations,
from the predominance of evil passions,
from the sugar of sin as well as its gall,
that with self-loathing, deep contrition, earnest heart searching
I may come to thee,
cast myself on thee,
trust in thee,
cry to thee,
be delivered by thee.

O God, the Eternal All, help me to know that
all things are shadows, but thou art substance,
all things are quicksands, but thou art mountain,
all things are shifting, but thou art anchor,
all things are ignorance, but thou art wisdom.

If my life is to be a crucible amid burning heat, so be it,
but do thou sit at the furnace mouth,
to watch the ore that nothing be lost.

If I sin wilfully, grievously, tormentedly, in grace
take away my mourning and give me music;
remove my sackcloth and clothe me with beauty;
still my sighs and fill my mouth with song,
then give me summer weather as a Christian.

The Throne

O God of my delight,
Thy throne of grace is the pleasure ground of my soul.
Here I obtain mercy in time of need,
here see the smile of thy reconciled face,
here joy pleads the name of Jesus,
here I sharpen the sword of the Spirit,

anoint the shield of faith,
put on the helmet of salvation,
gather manna from thy Word,
am strengthened for each conflict,
nerved for the upward race,
empowered to conquer every foe;

Help me to come to Christ

as the fountain head of descending blessings,
as a wide open flood-gate of mercy.

I marvel at my insensate folly,

that with such enriching favours within my reach

I am slow to extend the hand to take them.

Have mercy upon my deadness for thy Name's sake.

Quicken me, stir me, fill me with holy zeal.

Strengthen me that I may cling to thee and not let thee go.

May thy Spirit within me draw all blessings from thy hand.

When I advance not, I backslide.

Let me walk humbly because of good omitted and evil done.

Impress on my mind the shortness of time,

the work to be engaged in,

the account to be rendered,

the nearness of eternity,

the fearful sin of despising thy Spirit.

May I never forget that thy eye always sees,

thy ear always hears,

thy recording hand always writes.

May I never give thee rest until Christ is the pulse of my heart;

the spokesman of my lips,

the lamp of my feet.

Amen.

Unless otherwise stated, Scripture is taken from the New King James Version (NKJV), copyright © 1979, 1980, 1982, Thomas Nelson, Inc., Publishers.

¹ Kendrick Brothers, LLC, *The Battle Plan for Prayer* (Nashville, TN: B&H Publishing, 2015), 97-98

² *The MacArthur Study Bible, New American Standard, Copyright 2006 by Thomas Nelson, Inc. (footnote)*

³ John MacArthur, *Ashamed of the Gospel: When the Church Becomes Like the World*, (Wheaton, IL: Crossway Books, 2010), 145

⁴ Arthur Bennett, *The Valley of Vision: A Collection of Puritan Prayers & Devotions*, (Carlisle, PA: The Banner of Truth Trust, 1975), 37, 39, 42, 81, 148