

Southern Adventist University
Knowledge Exchange

The Main Thing Devotional

Office of Ministry and Missions

11-18-2024

Talking With God

Anna Bennett

Follow this and additional works at: <https://knowledge.e.southern.edu/main>

Talking With God

Find a quiet place away from other people - maybe the prayer room or the chapel on the third floor of the Bietz Student Center. Get into a comfortable but alert position. Take a few deep breaths and find stillness as you reflect on Matthew 6:9-13, NKJV in prayer:

- **“Our Father”** – Talk to God as a loving parent. Imagine how He interacts with you. Picture His face.
- **“In heaven”** – Invite the Holy Spirit to abide in you, to take up His residence within you. When you inhale, imagine Him filling you with the goodness of the Father, and when you exhale, let Him remove all the distractions and things that don’t belong.
- **“Hallowed be your name”** – Praise God for who He is, and recognize His holiness. Just like Isaiah’s vision of God^[1], what does it feel like to worship God in silence or by journaling, by singing or listing off specific things you love about Him?
- **“Your kingdom come, your will be done, on earth as it is in heaven”** – Invite the Holy Spirit to bring to your mind people, places, and situations that need to experience the healing power of God. This type of prayer is called intercession.
- **“Give us this day our daily bread”** – Since God is your Father who cares for you, spend a few moments asking Him to bring the deliverance, understanding, and healing you need in your physical, emotional, mental, spiritual, financial, or relational aspects of life.
- **“Forgive us our debts, as we also have forgiven our debtors”** – Knowing God wants to bring healing to every area of your life, ask the Holy Spirit to “search you and know you”^[2] and bring to mind the sin, shame, and emotions you need to confess and release to Him.
- **“And lead us not into temptation, but deliver us from evil”** – There are “three enemies of our soul: 1) The World: its ideologies, consumerism and materialism, promiscuity, escapism, addiction, and greed; 2) The Flesh: its pride, self-gratification, lust, and prejudice; and 3) The Devil: his lies, shaming, hatred, violence, and accursing.”^[3] Which of these areas most resonates with you? Ask God for His protection from the things you notice yourself being most drawn to and those that you may not even recognize in your life.
- **“For Yours is the kingdom, the power, and the glory, forever and ever. Amen.”** – Offer a prayer of thanksgiving with your voice or as you

write. Declare the goodness of God with your body either in a gentle smile, open palms turned toward heaven, a jump of joy, or a shout! Give Him gratitude for His presence with you during this time of prayer.

As you make Jesus the main thing in your life this week, may you experience deep, meaningful communion with Him in a way that brings life, joy, and peace.

News and Resources

- We pray you enjoy Thanksgiving break and return safely to campus!
- Find a meaningful sense of belonging by joining a student or faculty/staff LifeGroup today: [click here](#).
- If you are feeling anxious or have recently experienced loss or grief, call 423.236.2782 to talk to a counselor on campus! (This is a free service for Southern students.)
- **Talk** with Chaplain [Anna Bennett](#), [Manny Gomez](#) or [Joseph Khabbaz](#) if you need someone to pray with or have a desire to grow spiritually.