

January 24, 2010

In our Exercises in Growing Spiritually class we basically finished up the lesson from last week. We reviewed last week's lesson a little, then talked about how to journal our prayers. Some have started journaling and some have a renewed interest to begin.

We read through Alma 16:2190-222 which tells us to pray always in all things. We also read Jeremiah 29, that says, "*For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. Then shall ye call unto me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your hear. And I will be found of you, saith the Lord.*" This scripture is a promise that we can hold onto.

We also watched a video by Jim Cymbala of the Brooklyn Tabernacle on prayer. It was hard to hear, so if you would like to see a short recap of it (or see it for the first time) click on this link. <http://www.youtube.com/watch?v=7SjkXtTWrk&NR=1>

At the end of class we split into small groups to share our desires and needs. These groups will be our prayer partners. We need to uphold each other throughout the week and try to get in touch with each one sometime during the week to let them know you are thinking of them and praying for them. We also need to hold up each of our sisters that were not in class.

May you have a blessed week as you continue to seek the Lord, journal your prayers and lift each other up in prayer.

Your Sister in Christ,

Becky S.