

AWAKEN (4) 18th Sep – 25th Sep

ADAPT: 'TO ADAPT OR NOT TO ADAPT?' THAT IS THE QUESTION! Life is full of challenges and our personal response to any situation could well be described as 'To Adapt or not to Adapt'. There are expectations that come into play from family, from friends, from our church, from our culture, from society and even the law of the land.

The recent referendum result that means UK will leave the European Union having repercussions that are difficult to foresee. This is a classic example of a situation that demands a response – To adapt or not to adapt. What will all of this mean? We may well be asking ourselves how will it affect me, my family, my friends and so on. Some people are very anxious about the results and by the time you read this, some of the results will be known to us. We will have begun to realise what it will mean on a personal basis. Some of the repercussions may be obvious but we will also face the unknown. How should we react? What are the challenges ahead?

If we fix our eyes and concentrate on this or any situation we are likely to become anxious, confused and even fearful. The big question facing us is 'How can I cope?' The fact is that it is necessary to face an issue and not ignore it or think we will look at it later – whatever 'later' may mean to us. The fact is that challenges do not go away. We have to deal with them and adapt. But does adaption mean that we compromise? No way. NEVER. So what should we do? What happens when anxiety strikes? We may be afraid for our job, our business, our profession.

#AwakenSep

Key Bible Verses These scriptures should be the basis of our Prayers as we fix our eyes on the Lord and not the situation...

Facing the Situation

ANXIETY Luke 12:22 We must not be anxious about earthly things

FEAR Prov 3:24 When you lie down, you will Not be afraid: Yes you will lie down, and Your sleep shall be sweet.

CONFUSION 1 Cor 14:33 For God is not the author of confusion, but of peace.

HOPELESS Eph 2:12 ...without Christ having no hope, and without God in the world.

Dealing with the situation

TRUST Psalm 112:7 He will not be afraid of evil tidings; His heart is steadfast, trusting in the LORD

COURAGE Psalm 31:24 Be of good courage and he shall strengthen your heart.

CONFIDENCE Psalm 118:8 It is better to trust in the Lord than to put confidence in man.

HOPE Psalm 19:116 Uphold me according unto Thy Word, that I may live; and Let me not be ashamed of my hope.

**He shall call upon me, and I will answer him; I will be with him in trouble;
I will deliver him, and honour him. Psalm 91:15**

Prayer Points Use the opposing prayer themes and verses to shape your prayers..

- Anxiety v Trust – where are there anxious thoughts and concerns personally and in national/community life?
- Fear v Courage – what issues of fear are you facing?
- Confusion v Confidence – praying for ourselves and any leaders to have confidence in God and not get caught up in confusion.
- Hopeless v Hope – praying hope into lives of people we know and into our communities.

Creative Ideas

- Make large print version/collage of the words and verses (maybe include some images) and display to help be a catalyst for prayer.
- Get someone to share a testimony of courage, hope, trust or confidence in answered prayer. This will inspire faith as you pray.
- Use the HOPE resources to pray hope for your community.
http://www.hopetogether.org.uk/Groups/194931/Prayer_Resources.aspx