

Praying at the Stop Sign:

Spiritual Preparation for Major Life Change

WEEK ONE – Embracing the “Seasons” of Life

March 17

“Most of us go through life praying a little, planning a little, jockeying for position, hoping but never quite certain of anything, and always secretly afraid that we’ll miss the way.”

A. W. Tozer

Genesis 8:22

“As long as the earth remains, there will be planting and harvest, cold and heat, summer and winter, day and night.”

Ecclesiastes 3:1-8

For everything there is a season, a time for every activity under heaven.

A time to be born and a time to die.

A time to plant and a time to harvest.

A time to kill and a time to heal.

A time to tear down and a time to build up.

A time to cry and a time to laugh.

A time to grieve and a time to dance.

A time to scatter stones and a time to gather stones.

A time to embrace and a time to turn away.

A time to search and a time to quit searching.

A time to keep and a time to throw away.

A time to tear and a time to mend.

A time to be quiet and a time to speak.

A time to love and a time to hate.

A time for war and a time for peace.

Psalms 90

Lord, through all the generations you have been our home!

Before the mountains were born, before you gave birth to the earth and the world,
from beginning to end, you are God.

You turn people back to dust, saying, “Return to dust, you mortals!”

For you, a thousand years are as a passing day, as brief as a few night hours.

You sweep people away like dreams that disappear.

They are like grass that springs up in the morning.

In the morning it blooms and flourishes, but by evening it is dry and withered.

We wither beneath your anger; we are overwhelmed by your fury.
You spread out our sins before you—our secret sins—and you see them all.
We live our lives beneath your wrath, ending our years with a groan.
Seventy years are given to us! Some even live to eighty.
But even the best years are filled with pain and trouble;
soon they disappear, and we fly away.
Who can comprehend the power of your anger?
Your wrath is as awesome as the fear you deserve.
Teach us to realize the brevity of life, so that we may grow in wisdom.
O LORD, come back to us! How long will you delay? Take pity on your servants!
Satisfy us each morning with your unfailing love,
so we may sing for joy to the end of our lives.
Give us gladness in proportion to our former misery! Replace the evil years with good.
Let us, your servants, see you work again; let our children see your glory.
And may the Lord our God show us his approval and make our efforts successful.
Yes, make our efforts successful!

Prayer

God of every time and place,
apart from you our life is meaningless.
In you we experience endless abundance.
Reveal to us all we can comprehend
of our place in your design for eternity.
Help us to receive each new day as a gift,
and to use your gift wisely and well,
so that we may live in joy,
and bring glory to your Son, Christ our Lord. Amen.

Paul Detterman

Spiritual Practice

Pay attention to areas in your life where you are navigating a new beginning. Pay attention when you recognize something you don't know—what to say next, what to buy first, how to log in, or why your emotions are all over the place. Admit you don't know, either to another person or to Jesus. Welcome him into those moments of being a beginner. He wants to be with you.

Emily Freeman

Some ideas for further reading:

Emily Freeman, *The Next Right Thing*, © 2019, Revel,
Henri Nouwen, *The Life of the Beloved*, © 1992, Crossroad