

DAY 4: HELPFUL NEIGHBOR

Crosspoint has determined that being a “helpful neighbor” is the second role of a disciple. In Matthew 22:36-40, when quizzed about the most important commandment, Jesus stunned his disciples by distilling it to this: Love God; love your neighbor. Loving God is the first most important commandment and loving your neighbor is the second. We can love God by loving the world and the people He created. We can love our neighbors by being helpful to them. When we’re helpful, hearts are moved and ears become attentive to who we stand for: Jesus. One of the MOST helpful gifts we can give to anyone is to pray for them. And fasting with prayer takes it to a whole new level!

Write down the first 10 people who come to your mind that you can gift with prayer (include family, friends, coworkers).

P.R.A.Y.

Pause: Ask God to call you to a posture of prayer. Do whatever He says. (Palms up, on your knees, prone on the ground, standing, walking the perimeter.) Practice your breath prayer for a couple of minutes in this position.

Rejoice: Record several praises regarding how someone has been a helpful neighbor to you. Writing your thoughts and prayers creates more focus and pushes it more deeply into your heart.

Ask: Ask God to give you insight for how to pray for each of your “neighbors” (healing, conversion, a unique need, relationships). Record some of those prayers.

Now ask God to inspire you with other ways you can be a helpful neighbor to your list of individuals. Record your thoughts.

Yield: Record some practical steps you can take to respond to the thoughts God inspired you with previously. Then pray “Here I am, Lord, send me!” (Isaiah 6:8)

With any time you have left, read in your chosen gospel and/or Proverbs and record any prayer that flows naturally from your reading.
