

## **A Prayer to calm the soul**

Thank You Father for a new day!

I am choosing to rest in your amazing grace today! I have calmed and quieted my soul; like a weaned child with his mother... like a weaned child my soul within me cease from fretting. (Psalm 131:2). Thank you that you teach me to rest in you. Thank you that I can simply come to You get away with You to recover my life. Show me how to take a real rest. I choose to walk with You and work with You... watching how You do it. Teach me the unforced rhythms of Grace. (Matt 11:28)

Father I can rest in the knowledge that You are a partner in my labor and all things work together and are fitting into a plan for good to and for me, every detail, in my life of love for God is worked into something good. (Romans 8:28). You did not withhold or spare even Your own Son but gave Him up for us all, will You not also, with Him, freely and graciously give us all other things? (Romans 8:32) THANK YOU that you hear my prayer. Thank you that you give me the revelation of your grace through faith: increasing daily in my heart and mind.

Lord, I fearlessly and confidently and boldly draw near to the throne of grace, the throne of God's unmerited favor towards me, that I may receive mercy for my failures and find grace to help in good time for every need, appropriate help and well-timed help, coming just when I need it. (Heb 4:16) I will come forward *and* draw near with a true, honest, and sincere heart in unqualified assurance *and* absolute conviction through faith - by that leaning of my entire human personality on God in absolute trust and confidence in Your power, wisdom, and goodness, having my heart sprinkled *and* purified from a guilty conscience (Heb 10:22) and knowing that I am the righteousness of God in Christ. (2 Cor 5:21)

I pray this in Jesus name.

*Written by Wilna Feb 9, 2017*

*All verses are either from the Message translation or the Amplified Translation*