

Today, as the Underground, we come together in prayer and fasting. Every great move of God in the Bible and throughout history begins with Extraordinary Prayer and Fasting. From the other side of eternity, we will find that the most influential people were not, perhaps, Presidents or Prime Ministers, but the people who walked with God through passionate prayer.

Today's Theme: Slowing Down

Oftentimes, life only seems to get faster. Each season may feel like a race to the end, but each season's end brings only the next season's busyness. It's hard to slow down with Jesus when we're collectively tired and overwhelmed by the tasks, responsibilities, and challenges we all seem to be juggling.

Centering With Jesus

Is this what Jesus wants from us in this season? Take a few minutes, a couple of deep breaths, and center your heart on Jesus. Imagine God is in the room with you (because He is); what is he saying to you about your busy life?

What does He say to you?

How does His heart shine through what He says?

Take a few moments and take note of His presence in this moment.

Slowing Down

Read:

Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. You, too, be patient and stand firm because the Lord's coming is near. -James 5:7-8

Are there things in your life that you've been working for that are eating at your soul? Even the good things seem to take control of our lives when we rush them.

Reflect:

What are the things in life that Jesus is asking me to slow down with? Where is He at work, but I may be rushing the crops?

Take a moment, write those things down, or share them with Him by name.

Prayer of Surrender

Lord, we ask that you would give us the confidence and courage to let go of our own control. We repent for the ways we have tried to rush the work you are doing in our lives. Give us the opportunity and privilege to slow down the things that are burying our hearts. We trust you

Sacrifice

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. -Romans 12:1

Reflect:

There are many places where we need to slow down, but there may be something that we need to lay at the feet of Jesus and walk away from. Spend a few minutes with Him, and ask Him if there is anything you need to leave with Him today.

Pray:

Jesus, we need more of you and less of ourselves. Will you give us the margin to slow down and sit with you? Will you make room for us to give up the things that are keeping us from oneness with you and a full life? We trust you, your timing, and your plan.

Amen