

Daily Prayer

FRIDAY, JULY 24

Today's prayer is based on I Timothy 4.9-10, ESV.

The saying [that physical fitness is of some importance but godliness is IMMENSELY important] is trustworthy and deserving of full acceptance.

Father, help me to get this straight,
with an appropriate emphasis on my physical fitness,
knowing my body will decline,
without detracting in any way
from preparing myself for life with you forever.

For to this end [godliness] we toil and strive,

I must confess that this world and its attractions often divert me
from focusing on preparing myself for life with you forever.

Give me discernment and strength of will
to choose the delayed gratification of pursuing you,
rather than those things which are not going to last forever.

because we have our hope set on the living God,

Thank you for the *hope* that life with you gives.
Help me to remember that my hope is in *you*.

who is the Savior of all people,

Lord, I realize that, if anyone is going to be able to lift themselves
above the trials and tribulations of this world,
it will be because *you* have lifted them.
All alike depend upon you for deliverance
from the ennui* of this world.

especially of those who believe.

Thank you for your special saving relationship
with those who have placed their trust in you.
Lord, I believe. Help my unbelief,
for Jesus and His kingdom's sake. Amen.

personalized by ptc

**ennui*: The French loanword *ennui* comes from the Latin word that gave us *annoy* — to make loathsome. *Ennui* deals more with boredom than irritation - it refers to the feeling of jadedness that can result from living a life of too much ease. Charles Lloyd described it when he referred to that world-weary sensation as a "soul-destroying fiend" which visits with its "pale unrest / The chambers of the human breast / Where too much happiness hath fixed its home."