

# Looking Up

*"I lift my eyes to you, the one enthroned in heaven. Like a servant's eyes on his master's hand, like a servant girl's eyes on her mistress's hand, so our eyes are on the Lord our God until he shows us favor."*  
(Psalm 123:1-2)

## Prayers that Focus

Let's begin our ABIDE time by looking up from what's going on around us in order to focus our gaze on the One enthroned above it all who never changes.

Prayer: King of Kings, our eyes look up to You today! I am in awe, that in a world constantly changing, You remain the same yesterday, today and forever (Heb. 13:8). Today, may we find our comfort, security and peace in the constant reassurance of your steadfast and true nature. (Take a few moments to praise the Lord for the areas you've experienced His constancy in your life.)

## Prayers that Remind and Refresh

*"Those who trust in the Lord are like Mount Zion. It cannot be shaken; it remains forever. The mountains surround Jerusalem and the Lord surrounds his people, both now and forever."* (Psalm 125:1-2)

Prayer: Father, I place my trust in you afresh today. I admit that I have been shaken up lately by \_\_\_\_\_. (Talk to God about any fears or concerns you've been replaying over and over in your mind. Ask Him to turn your attention and thoughts away from the people and situations that surround you. Invite Jesus to open your spiritual eyes to the hedge of His presence and protection surrounding you.)

## Prayers that bring Hope

*"He has made everything beautiful and appropriate in its time. He has also planted eternity [a sense of divine purpose] in the human heart [a mysterious longing which nothing under the sun can satisfy, except God]..."* (Ecclesiastes 3:11a)

Prayer: Let's renew our hope in the One who promises to fulfill this powerful and unchanging truth we read in Ecclesiastes. (Take some time to pray for a holy beauty to be brought forth into the places of your life and in others that desperately need this powerful touch by Creator God.)

## Closing Prayer:

Father, as we lift our eyes above our circumstances and up to You, fill and satisfy us today with the supernatural peace of your Holy Spirit. Thank you for upholding your promise to keep us in perfect peace as we trust in and focus our thoughts on You. Help me to choose this week to quench the longings of my heart with more time spent in your presence. You are the only One who faithfully answers our prayers with awesome deeds, O God our Savior. You are the hope of everyone on earth..." (Psalm 65:5)



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