

Sacred Space Lord, help me!

The Gospel of Matthew Series (and John)

PREPARATION

Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see. Hebrews 11:1

I cried out to the Lord, and he answered me from his holy mountain. Psalms 3:4

ADORATION and GRATITUDE

^{2b} I praise your name for your unending love and faithfulness; for your promises are backed by all the honor of your name.

³ **As soon as I pray, you answer me; you encourage me by giving me strength.** Psalms 138

CONFESSION

¹ Listen to my prayer, O God.
Do not ignore my cry for help!

² **Please listen and answer me, for I am overwhelmed by my troubles.** Psalms 55

MEDITATION & CONTEMPLATION — Matthew 16

²¹ Then Jesus left Galilee and went north to the region of Tyre and Sidon. ²² A Gentile woman who lived there came to him, pleading, “Have mercy on me, O Lord, Son of David! For my daughter is possessed by a demon that torments her severely.”

PRACTICE: IN SOLITUDE OR COMMUNITY

Read	Slowly, several times.
Reflect	How do I relate to this?
Respond	What is my next step of obedience?
Rest	Receive God’s healing and renewal.

²³ But Jesus gave her no reply, not even a word. Then his disciples urged him to send her away. “Tell her to go away,” they said. “She is bothering us with all her begging.”

²⁴ Then Jesus said to the woman, “I was sent only to help God’s lost sheep—the people of Israel.”

²⁵ But she came and worshiped him, pleading again, “Lord, help me!”

²⁶ Jesus responded, “It isn’t right to take food from the children and throw it to the dogs.”

²⁷ She replied, “That’s true, Lord, but even dogs are allowed to eat the scraps that fall beneath their masters’ table.”

²⁸ “Dear woman,” Jesus said to her, “your faith is great. Your request is granted.” And her daughter was instantly healed.

ANCHORING PRAYER *“Have mercy on me, O Lord, Son of David!”*

REVIEW OF THE HEART

- *When did the Lord respond to my cry for help?*
- *What request do I need to be persistent in bringing before God?*

WISDOM

Answer me when I call to you, O God who declares me innocent.
Free me from my troubles. Have mercy on me and hear my prayer. Psalms 4:1

“It is not enough for the believer to begin to pray, nor to pray correctly; nor is it enough to continue for a time to pray. We must patiently, believably continue in prayer until we obtain an answer. Further, we have not only to continue in prayer until the end, but we have also to believe that God does hear us and will answer our prayers.” George Müller

TESTIMONY *What is God saying to me?*

INTERCESSION *Prayers for the Church, others, and me.*

CLOSING PRAYER

Hear me, Lord, and have mercy on me.

Help me, O Lord.”

You have turned my mourning into joyful dancing.

You have taken away my clothes of mourning and clothed me with joy,

that I might sing praises to you and not be silent.

O Lord my God, I will give you thanks forever!

Amen.

Psalms 30:10-12

SACRED SPACE EVERY DAY

Become still and quiet before God.

Be filled with the Holy Spirit.

Pray for the Sacred Space Community.

Minister from a listening heart.