

**NOTES: Sabbatical Reflections | Don't Function Like an Atheist
Compelled Church | Pastor Nate Elarton | July 16-17, 2022**

Make sure to download and use this incredible audible prayer app. Praying the Scriptures is powerful and transforming. Listen while you drive, rest, walk, exercise, work. You can download from any app store.



P- Pause, to praise and express gratitude

R- Reflect on the Scriptures

A- Ask

Y-Yield, say yes to God's way.

Psalm 53.1-2 NASB

Definition of Functional Atheism: "We believe in God but live daily like He doesn't exist."

We say in our heart there is no God when.....

How do I do that in my life? (list ways)

Do we separate our lives, mind, and beliefs in "secular" and "sacred"?

God is with us and in us always, there is no separation.

- *"For in him we live and move and have our being...." (Acts 17:28, NIV)*
- *"However, the Most High does not live in houses made by human hands. As the prophet says:" (Acts 7:48, NIV)*
- *"Do you not know that you are a temple of God and that the Spirit of God dwells in you?" (1 Corinthians 3:16, NASB95)*

Where in your life are you living like an atheist? How are you being "foolish?"

What if you began to add "...with Jesus..." to everything in your life and thoughts? Keep awareness that Jesus is with us.

Let's pray about this.

Keep the Lord Always Before and Growing Our Soul
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The following are recommendations and suggestions to give attention to your soul in Christ to grow in Christ. Do some of these throughout the day to keep your connection to Jesus, and your mind on Him.

- Read your Scriptures for the day. Pray and ask Christ to do a deeper work and to speak clearly
- Solitude and Silence
- Read and pray a psalm. Journal thoughts
- Journal thoughts, prayers, impressions, throughout this time of doing this.
- Take a prayer walk, get in nature, and receive the love of Jesus Christ.
- Time or repentance. Take time to confess sins, ask forgiveness taking time to explore why? Praying to Jesus.
- Listen prayerfully to Lectio 365
- Pray through the Lord's prayer.
- Recite prayerfully the Apostle's Creed
- Lectio Divina (Praying Scripture)
- Pray in the Spirit, in tongues, as the spirit leads you in native language.
- Feeling Evaluation: Why are you angry? Afraid? Worried? Happy? Troubled? Give them all to Jesus
- Be grateful.
- Praying for yourself, each family member, and your church and pastors.
- Read a spiritual book very contemplatively.
- P-R-A-Y Pause and quiet yourself in Jesus, Rejoice and reflect on God goodness, Ask, Yield to God's will
- Pray the "Prayer of Examen" by Ignatius
- Read and Pray Northumbria Daily Office (online)
- Take a Sabbath, put away all social media and delight in Jesus
- Quiet and spend time contemplating what Jesus is saying to you
- Review tomorrow, today's thoughts, impressions, and what Jesus said to you

***"I have set the LORD continually before me; Because He is at my right hand, I will not be shaken."* (Psalm 16:8, NASB95)**