

Naya Jeevan
Day with the Lord Handbook

*Oh, how sweet the light of day,
And how wonderful to live in the sunshine!
Even if you live a long time,
don't take a single day for granted.
Take delight in each light-filled hour,
Remembering that there will also be many dark days
And that most of what comes your way is smoke.
(Ecclesiastes 11:7-8, The Message)*



INTRODUCTION

Enjoying the Spiritual Life as a Journey with God

Adventure! Have you ever been on a long road trip before? These road trips as exciting or tiring as they may be, can consciously be welcomed as adventurous when we embrace the finer details of the journey along the way.

As a family, we love road trips especially during school breaks. The unpredictable events between points X and Y add flavor to the trip. However, sometimes we get so caught up on the destination that we forget to enjoy and experience the “highlights” along the way. Just recently, our family travelled for the first time from the city to the coast of Kenya in the newly introduced express train to attend a relative’s wedding. Equipped with UNO cards, story books, journals, and snacks, our nine and ten-year-old kids were eager for the train adventure different from the road trips they were so used to.

But our moods as parents were more on how soon we will get there, finish the wedding, and get back home since all this was in the middle of the school term. However, these changed when we took time to get to know new friends over the UNO games in the cabin and from the windows celebrate spotting African wildlife like elephants, zebras, and giraffes grazing in the golden savanna fields of Tsavo national park. The kids experienced some “wow” moments from such firsthand close-up views of animals near the rail track they had merely read about. These experiences easily became journal entry moments for them later.

So, the point was not just to arrive at our coastal destination, to merely complete the formalities of the wedding event, but to learn to enjoy the journey’s many offerings. Personally, this was a reminder to be open in anticipation to what the Lord might be doing along the way rather than simply focusing on the goals we want to reach.

As one of my professors aptly put it, our journey to heaven is “not just a destination resort, God is interested in us today, later today, tonight, tomorrow (yes) and the day beyond that, before we get to Heaven.”

The Day With The Lord (DWTL) handbook invites you to a journey with Jesus no matter where you stand in your spiritual walk with Him. Jesus call us to cast our burdens upon Him (1 Pet. 5:7), and keep company with him so that we can learn to live freely and lightly (Matthew 11:30 The Message). I pray that on your journey you continue to seek the Lord who is always seeking after you with delight and open arms.

In this handbook, you do not have to read all the sections from beginning to end. There are different sections, and once you navigate and become familiar with each section, feel free to select and move forward from any point. There is also flexibility with the timings. One can choose sections or individual activities and calculate his/her own time for each of these.

My special gratitude goes to Professor Mike Brimmage and Dr. John Hutchison of Biola University. Through the classes I took with them, I was exposed to many helpful resources from which I have drawn and recommended to you. May these be of great blessing for you as they were for me. Finally, I want to appreciate my husband Hash, Cathy, and Shashi for all their wise input and feedback along the way. I would have not made it was it not for their caring support. Thank you!

-Deepa Gudka

Sabbath

“Seven days without a Sabbath makes one weak.” Ben Patterson

Matthew 6:33

- Set aside some time for intimacy with God and others you care about. Consider and engage the things that would nourish you: worship, music, prayer walk, reading, a phone call with someone you care about, playing with children, afternoon tea or coffee with a neighbor or friend. Plan them spaciouly during the DWTL.
- Allow yourself to rest in God.
- Give to the Lord stressors (worries and burdens) that bring anxiety (Phil. 4:6-7; 1 Pet. 5:7). Give these into the arms of your heavenly Father.
- Try not to develop or get engrossed on a to do-list during DWTL
- Rest in the arms of Christ, commit your dreams to the Lord. Relax in God.
- Thank God that you are fearfully and wonderfully made (Ps. 139:14). Thank him for the gift of the day before you. Listen to God speaking to you.
- When you read Scripture, insert your own name into the nouns or pronouns (e.g. in place of “you,” “Israel” etc. from Isaiah 43:1-3 as an example). What is it like for you to read Scripture in this personal way with your name inserted in the blank spaces?

But now, this is what the LORD says, _____
he who created you, _____,
he who formed you, _____:
“Do not fear, for I have redeemed _____:
I have summoned _____ by name; _____ is mine.
When _____ passes though the waters,
I will be with _____;
and when _____ passes through the rivers,
they will not sweep over _____.
When _____ walk through the fire,
_____ will not be burned;
the flames will not set _____ ablaze.
For I am the LORD _____’s God,
the Holy One of Israel, _____’s Savior

- Read the attached short article on Spiritual Regimens, Rhythms, and Rule for Life by Mike Brimmage. What did you find be most thought provoking as you read through the article? When you consider the idea of building a “a rule of life” for yourself, what might it include?

- An optional longer article reading on a different topic is the attached Servanthood: Jesus' Countercultural Call to Christian Leaders (2009) by Dr Hutchison. Reflect on the paradox of Jesus' Word from Mark 10:35-45 in its thematic, literary and cultural context.

Sanctuary

“We need society, and we need solitude also, as we need summer and winter,
day and night, -exercise and rest.” Philip G. Hamerton

Psalm 62, Lamentations 3:24-26

- Where do you most readily connect with God? Is it a private room/closet? Is it in nature or locations such as a park, beach, or halls? Is it listening to Christian music alone or while participating in corporate worship? What do you want to tell God about the moments experienced with Him?
- Consider doing the attached Spiritual Pathways Assessment and see how you best connect with God. From this assessment what were your top three pathways? What were your lowest two? How accurately does this reflect your perception of how well you connect to and experience God? What did you learn about your relationship with God as a result of this assessment? What might these self-ranked pathways reveal about you? What would be some practical point of application for you in deepening your relational connection with God?
- Uninterrupted and intentionally recognize the presence of the Lord Simply be alone with God.
- Go into silence. Meditate on Psalm 37:4 “Delight yourself in the Lord and He will give you the desires of your heart.” What does this verse say to you? What desires has God put into your heart? What does God say to you? Ask for the freedom to delight in God and for ability to know and live out your God given desires.
- Take a prayer walk or jog through your neighborhood. You may also want to take some time to journal what God has been saying to you.
- Choose a biblical character with whom you can identify. Turn to a few selected Scripture passages in which this character is mentioned. What lessons or aspects speak to you about this character? Listen for similarities between you and this biblical character. You may want to read the passage/s aloud, placing yourself in the story as an onlooker. Let the story speak to you. Where do you struggle like he or she does? How do his or her circumstances give deeper meaning to your journey? How does this story help you understand your own story and where God is in that story? Talk back to God in prayer on these reflections.

Sustenance

“The Bible will keep you from sin, or sin will keep you from the Bible.” D. L. Moody

Matthew 4:4, John 4:14, Hebrews 4:12, Psalm 119

- Ever thought of how your spiritual diet is? Do you feed on the Word of God consistently or do you feel spiritually malnourished? Are you thankful for having the freedom to read your Bible, with unlimited access to the Word of God in view of many in difficult regions who would find that challenging?
- What did Jesus mean when He used the “I Am statements? Select and study any I AM statements of Jesus in its context. Bread (John 6:35,48), Light (John 8:12; 9:5), Gate for the Sheep (John 10:7, 9) Good Shepherd (John 10:11, 14), Resurrection and the Life (John 11:25-26), Way/Truth/Life (John 14:6), Vine (John 15:1, 5). Feel free to refer to additional sources such as Bible commentaries or dictionaries.
- Feel free to read what others have said of the I AM statements of Jesus. Check out the attached article Significance of Vine Motif in John 15 by Hutchison (2011).
- Open your Bible and read the story of Josiah who was crowned as a king when he was only eight years old (2 Kings 22-23 and 2 Chronicles 34-35). Notice the commitment to the Word of God which not only shaped his life but the lives of many more. How can you be a Josiah where the Lord has placed you?
- Read an article from your favorite Christian magazine. If you do not have one, feel free to select and read The Making of the Christian or Spiritual Formation Agenda from Christianity Today (attached).

Supplication

“I have so much to do that I shall spend the first three hours in prayer.” Martin Luther

- **ACTS** (Adoration, Confession, Thanksgiving, Supplication) is a meaningful prayer outline which fits beautifully with the Lord’s prayer. Add a dynamic element to the outline below by using different prayer postures. These can be sitting (2 Sam. 7:1) which denotes rest, kneeling (Acts 7:60) portraying submission to God, standing (Mk. 11:25) displaying respect and attentiveness, up-lifted hands (1 Tim. 2:8) portraying surrender and praise, Prostrate position (Mt. 26:39) which can be beseeching or repenting, and walking (Josh. 6:1-5) portraying ownership or expectation of victory.
- **Adoration:** “Our Father in heaven, hallowed be your name.” With a thankful heart (Col 4:2; Phil 4:6) praise the name of our Lord Jesus. Spend some time thanking God for his

fatherly love and attention. Ponder who He is and adore his majesty, holiness, sovereignty, goodness, and beauty.

- “Your kingdom come, your will be done, on earth as it is in heaven.” Turn your intercession to God’s purposes in the world. Where are you trying to bring in your kingdom rather than putting your efforts toward God’s kingdom and agenda? Confess where God’s priorities have been replaced with your own. Consider what God’s kingdom agenda might be in your relationship and in the world. Pray for these things. What would partnering with God around his kingdom priorities look like?
- **Supplication:** “Give us this day our daily bread.” Bring to the Lord specific requests of yourself and others. Pray sincerely and selflessly (Mt. 6:5-8) for the needs around you, the ministry needs of Naya Jeevan, and those whose lives are closely linked with your own. Pray for those in danger, being persecuted, suffering, and leaders influencing current world affairs and decision making.
- **Confession:** “Forgive us our debts, as we also have forgiven our debtors.” With humility confess your grudges, bitterness and where you have done something you shouldn’t have. Pray with a forgiving spirit (Mt. 6:12-15, 18:21-35). Ask for God’s forgiveness. Dwell at the foot of the cross. Thank God for what it is like to be forgiven.
- “And lead us not into temptation, but deliver us from evil.” As you look ahead into your day, notice the tasks and transactions ahead of you. Where might you get off track? Become aware of the ways you may be tempted to spin the truth, manage your image, live out of your false self, lose your patience or envy another. Pray for the Spirit to work in you to change you. Ask for protection and courage for the day.
- **Thanksgiving:** “For yours is the kingdom and the power and the glory forever.” End your time of intercession with prayers of trust in God’s goodness and his redemptive plan. Thank the Lord for his ongoing work in your life.
- Craft a word of encouragement or blessing for one or two people. Ask God to lead you to a Scripture that can encourage him or her. Plan a time to give the gift of this blessing in person or in written form.
- Choose one day this week to bless or encourage someone. Ask God to give you creativity and insight. Think of someone you can reach out to in prayer. Pray your truthful blessing out loud. If you can’t speak it loudly, speak the blessing to God and ask God to bless the person. At the end of the day, reflect on what it was like to be one who carried the blessing of God into the day.
- Write a thank you note to someone who has touched your life in the past or recently.

Simplify

“Every increased possession loads us with a new weariness.” John Ruskin

Phil: 4:11-12

- Take an attachment inventory. Write a list of the negative aspects in life you are easily prone to (e.g. sarcasm, loss of temper, unfriendliness, silent treatment, ungratefulness etc.). Ask God to make you aware of the times you instinctively move into such defense mechanism responses. Consider what seems to trigger your response. What response would you like to cultivate instead? Share your observations with a trusted friend, asking them to pray with you. Ask the Holy Spirit to help you change your attachment to these behavioral patterns.
- Over the week, plan to give away something you are attached to (money, time, possessions). Notice the feelings that arise in you when you think of giving something away. Spend time talking to God about how attached you are to your things.
- Walk through your home or office (physically or mentally), and in your mind commit all you have to God. Tell him that you could live without the things you see. What is this time of prayer like for you?
- Where in your life do you need Christ’s spirit of detachment? Where do you need grace to pray “Not my will but yours be done”?
- Ask God to give you an opportunity to become more detached from secondary things. Share your car, your home, your time, your expertise with someone this week.

Sovereign

Oh! For a spirit that bows always before the sovereignty of God! C. H. Spurgeon

Psalm 103:19

- Consider how God loves you. Read Zephaniah 3:17. Then be still and listen. How is God celebrating you? Celebrate the God who celebrates you. Intentionally ask for the gift of appreciating yourself the way God does.
- Write a letter or song to God expressing your love and honor of him.
- Go through the Sanctification PowerPoint titled Our Dynamic Relationship with God (attached).
- You may want to spend some time reading short handouts by Coe - Temptation to Moralism (2008), or Hidden Heart (2006) (attached)

- Memorize a chapter or verses from the Bible on God's Sovereignty that you like (e.g. Isaiah 46:9, Psalm 147: 15-18). Take your time with this. Let the words sink into your soul. If singing helps you to remember things, don't be afraid to sing the words.

Savior

"There is a God-shaped vacuum in the heart of each man which cannot be satisfied by any created thing but only by God the Creator, made know through Jesus Christ."

-Blaise Pascal

Psalm 34:8

- Read the crucifixion of Jesus account in one of the Gospels. As you read, become one of the watchers: Mary, a disciple, a soldier or a thief. What did you see from this person's perspective? What is it like for Jesus to be abandoned by those he counted on? What is it like for Jesus to find that God is silent? What is it like for him to submit to the aloneness, the pain, the nakedness? What desire drives Jesus to the cross? Let Jesus summon you into prayer.
- Memorize a portion that spoke to you from your Bible reading. Spend a few minutes reflecting on its meaning and its application into your daily life.
- Go through the attached Hidden Heart Sin Condition PowerPoint and reflect on the Savior and His love for you.
- You may consider watching Mel Gibson's feature film *The Passion of the Christ* (2004), that powerfully re-enacts the trial and death of Christ. You may have seen it in earlier years; however, you may want to watch it again. Reflect and journal points made in the film that were especially helpful to you, perhaps things you had previously not seen in the biblical story. With an open heart, worship our Lord through this fresh look at the Passion of Christ as a reminder of God's love and self-giving.

References

- Brimmage, M. (2017). Spiritual Formation for the Educator: Biola University SEED 570. USA
- Calhoun, A. A. (2015). Spiritual Disciplines Handbook: Practices that transforms us. InterVarsity Press: Illinois
- Farrar, S. & M. (2003). Overcoming Overload. Seven Ways to find rest in your chaotic world. Multnomah publishers, Inc: USA
- Hutchison, J. (2019). Life of Christ. Biola University. TTBE 732. USA
- Jatiani, S. (2016). Strengthening Your Prayer Skills. Cru, USA.

Appendix

Strengthening Your Prayer Skills by Dr Shashi Jatiani makes an excellent resource for prayer training and creative ideas to deepen and enliven your prayer times. Consider watching one session during your Day with the Lord, with time spent meditating on your application points. Or look through your workbook as you plan your Day and incorporate some of the creative ideas found throughout the sessions. If you do not yet have a workbook (hard or soft copy) or the videos or DVDs, please make a donation of any amount to the Breakthrough account <https://give.cru.org/0803950>. We will receive an automatic notification, then contact you and gladly send you what you request.

Devotional articles

<http://www.thisdayipray.com/>

Video testimonies of salvation and prayer

<https://tinyurl.com/prayertestimonies>

Prayer websites

<http://operationworld.org>

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/prayer.html>

<https://www.namb.net/pray/>

<https://pray.interserve.org/>

<https://joshuaproject.net/pray/videos>

<http://southasianpeoples.imb.org/pray>

Prayer walking guide

<http://media1.imbresources.org/files/85/8522/8522-46575.pdf>

Prayer Guide for Every Village in South Asia:

<http://pray4ev.org/>

2019 Breakthrough Prayer Focus on unreached South Asian people-group:

NORTH SENTINEL ISLAND PEOPLE

- Among the Andaman Island group, protected by India, N Sentinel Island is home to an estimated 100 people, the most isolated tribe in the world. In the 1800s the population was estimated at 1,000; evidence that these precious people are dying out, having never heard the good news of Jesus.
- Missionary John Chau was killed on November 16, 2018, attempting to make contact, in order to learn their language and translate the Bible. Pray that in God's time friendly and safe contact will be established so that the Sentinel Islanders may hear the message of God's love through trustworthy messengers.
- The world's reaction to the news was mostly critical. Pray for those who do not know a God worth giving one's life for; a God who first loved us by giving His life for us. Pray that Believers everywhere will live that kind of loving life, even to the point of laying down their lives.

South Asia general prayer points from Naya Jeevan prayer card and Strengthening Your Prayer Skills workbook

- Pray for the political leaders of South Asia to promote peace, justice, and freedom for the gospel *1 Tim 2:1-2*
- For South Asian churches, pastors, and ministries to be filled with God's love and the power of His resurrection to glorify God in everything *Eph 3:20-21*
- Pray that Christians in South Asia and in the West will live God-honoring lives and so change the negative perception that Christianity is only something Western and evil.
- Ask the Lord of the Harvest to raise up workers among all South Asian communities, especially from high caste or social backgrounds as acceptable communicators of the gospel.
- Pray for the protection of Christians in South Asia. They are often targeted by overtly militant Hindu, Muslim, and Buddhist groups.
- Pray that Christians will risk persecution and even death in order to share the Gospel message, and will forgive and love their persecutors.
- Ask the Lord to raise up witnesses willing to work in hard places to share the story of salvation with poor tribal groups in mountains and lowlands.
- Ask God to show Hindus that their worship of and prayers to the gods ultimately are futile.
- Pray that Hindus who celebrate the festival of lights would become aware of the darkness in their hearts that no lamp can dispel.
- Pray that the spirit of terrorism, violence, and oppression will be broken in Muslim lands, that people may not fear to seek for truth and love in Jesus Christ.
- Pray that Buddhists will come to know the personal, living God who offers His karma (righteousness) in place of their futile and endless efforts.

- Pray that Hindus, Muslims, and Buddhists will respond to the Story of Redemption through Christ and will share that story with family, friends and neighbors.
- The New Testament and JESUS film have become available in many South Asian dialects. Pray that they will be widely read and watched.
- Pray that new believers will be effectively disciplined so that their lives reflect the love and righteousness of Christ.

Naya Jeevan current prayer points

- Pray for Naya Jeevan director Cathy Douglass, for her heavy traveling and teaching schedule for the remainder of 2019 *2 Tim 4:5*
- Pray for God to raise up more prayer leaders in Breakthrough Prayer Strategy, especially a coordinator and cell leader shepherd *Eph 6:18*
- Praise: Strengthening Your Prayer Skills training is blessing many people on DVD and Vimeo *Col 1:10-11*
- Pray for believers to introduce their neighbors to Christ with gentleness and respect; thank God that Love Your Neighbor evangelism training is helping with this *1 Pet 3:15*
- Pray for wisdom, creativity, skill, and funds as we record Love Your Neighbor on video and produce an internet course and video course *Ps 20:4*
- Pray for the 20 trainers in four countries to maintain passion and excellence as they teach Love Your Neighbor *Col 1:28-29*
- Thank God for several new and potential LYN trainers in US, India, and Australia *Lk 10:1*
- Pray for Christmas and Easter outreaches to communicate the powerful truths of the Incarnation and Resurrection, with effective follow-up *1 Tim 3:16*
- Pray for effective internet ministry; for the websites mystruggles.in, everystudent.in, and jesus.org.in (coming in 2020), their translations into various South Asian languages, and for the recruiting and training of mentors to bring Indians to the feet of Lord Jesus *Jn 17:3*
- Pray for Jesus Film Mission Trips to India and Nepal, to effectively train both local and international believers, and sow the gospel broadly, with clear decisions for Christ *Ac 11:21*
- Thank God for Naya Jeevan's faithful financial partners and churches; pray for 20 new monthly partners (individuals and churches) this year *3 Jn vs 6*