



# AT JESUS' FEET

*Prayer Guide*



Paul learned at the feet of Gamaliel;  
Abigail bowed at David's feet;  
Ruth lay at Boaz's feet;  
Queen Esther knelt at the feet of the king;  
Jarius dropped at the feet of Jesus;  
Mary sat at the feet of Jesus.

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## **JESUS SELECTED...**

- 70 to labor for Him
- 12 to live with Him
- 3 to see Him transfigured
- But Mary sat alone at His feet

Read Luke 10:38-42.

Mary and Martha provide a study in contrasts...

- Mary SITTING... Martha SERVING
- Mary FOCUSED... Martha FRANTIC
- Mary CALM... Martha CRITICAL
- Mary OBSESSED... Martha PREOCCUPIED
- Mary LISTENING... Martha ACCUSING
- Mary ADMIRING... Martha ADVISING
- Mary GRATEFUL... Martha GRUMBLING
- Mary WORSHIPPING... Martha WORKING

At Jesus' feet is a place of...

- Humility
- Submission
- Listening
- Learning

Sitting at Jesus' feet is...

- Necessary
- Crucial
- Transformational
- Rewarded

This is a special time for you alone with Jesus.

1. Find a quiet place.
2. Picture yourself at Jesus' feet.
3. Ask Jesus to calm your heart.
4. Read and PRAY over each Scripture.
5. Pray through each thought and question.
6. Pray out loud.
7. Take your time... don't rush.

## Mary's favorite place was at Jesus' feet...

- Mary wiped Jesus' feet (John 12:3)
- Mary wept at Jesus' feet (John 11:32)
- Mary worshipped at Jesus' feet

## Here I am... AT JESUS' FEET.

Jesus washed the disciples' feet, and He is constantly washing our feet. This should provoke us to sit at His feet. Read slowly Psalm 42 and Psalm 92.

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## AWE

"Awe" has been described as the primary religious emotion. It signifies wonder, astonishment, reverence, and admiration. Mary's esteem for Christ is seen in her choosing the better portion—the worship of Jesus Christ.

*"Who is like unto thee, O LORD... glorious in holiness, fearful in praises, doing wonders?" (Exodus 15:11).*

The seraphims cried, "Holy, holy, holy" (Isaiah 6:3). The creatures around the throne "rest not day and night, saying, Holy, holy, holy, Lord God Almighty, which was, and is, and is to come" (Revelation 4:8). The Bible never states God is "peace, peace, peace." It never says God is "nice, nice, nice." But it does say God is "HOLY, HOLY, HOLY." God's holiness flavors every attribute; His mercy is HOLY mercy; His justice is HOLY justice; His love is HOLY love; it was His holy presence that filled the early church with wonder and amazement. Read Isaiah 6:1-8 and Revelation 4:8-11.

God is HOLY. By nature we are NOT holy—but by grace we CAN BE! Through faith in Christ's blood our sins are FORGIVEN, COVERED, and REMOVED from God's holy sight. Contemplate God's holiness as you read these Scriptures: Psalm 32:1, Ephesians 1:7, 2 Corinthians 5:21. Spend some moments NOW magnifying your holy God in prayer.

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## ADORATION

At the feet of Jesus, Mary had learned many spiritual secrets. God blesses the humble with capacities to discern His ways. Instinctively Mary knew the Lord was entering into a new season, so she poured out precious ointment on His feet (John 12:3). She so highly regarded Christ that she lavished this on Him.

God reveals His character through His many names. He makes known our needs through His names. Meditate on each name listed below. Then worship (ascribe worth to) God for who He is. Spend time praising God by using and exalting His names.

ELOHIM—One who is great, mighty, dreadful

EL SHADDAI—One who is mighty to completely satisfy and nourish

ADONAI—Owner and Ruler

JEHOVAH-JIREH—The Lord who sees beforehand and provides

JEHOVAH-ROPHÉ—The Lord our healer

JEHOVAH-NISSI—The Lord our Banner of victory

JEHOVAH-M'KADDESH—The Lord who makes holy

JEHOVAH-SHALOM—The Lord our peace

JEHOVAH-ROHI—The Lord our shepherd

JEHOVAH-TSIDKENU—The Lord our righteousness

JEHOVAH-SHAMMAH—The Lord who is there, our faithful Friend

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## ADMISSION

- God's Mercy can forgive any sin
- God's Grace can save any sinner
- God's Power can heal any body
- God's Provision can meet every need
- God's Spirit can overcome any weakness

"I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah" (Psalm 32:5).

"Your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear" (Isaiah 59:2).

Start writing a new chapter in your life by putting every sin beneath the blood of Christ. Pray through the following questions. Acknowledge every sin you have committed.

- Do I take God's name in vain by using it as an expression of surprise—"Oh my G\_\_!"?
- Do I take pleasure in joking about "holy things"?
- Is there anything that captures my heart, mind, and affection more than God Himself?
- Is God the dominating factor in my life?
- Am I a "lover of pleasure" more than a "lover of God"?
- Am I easily offended?
- Do I feel hurt when I am ignored?
- Do I want to be recognized for my service?
- Am I jealous of others who can pray, speak, sing, or do things better than I?
- Have I forgiven those who have wronged me?
- Do I cherish grudges for past offenses?
- Do I engage in unclean entertainment options?
- Do I use curse words when I am angry?
- Do I appear more spiritual in public than I really am in private?
- Am I condoning things that God's Word condemns?
- Do I honor (inwardly reverence and obey) my parents?
- Even if my parents are no longer living, do I attempt to honor their memory?
- Do I despise individuals or groups of people?
- Am I holding on to secret bitterness?
- Am I withholding kindness because of past hurts?
- Do I have a burden for souls? When did I last witness to a lost person?
- Am I physically, emotionally, or mentally involved with someone other than my mate?

- Am I regularly victorious or regularly defeated by the lust of the eye and the lust of the flesh?
- Have I allowed my mind to harbor impure or unholy imaginations?
- Am I covetous? Am I driven by sensual matters? Do I worship my appetites?
- Do I intentionally view pornography?
- Am I honest in my business dealings? Do I pay my debts?
- Am I honest: in speech? in relationships? with my spouse?
- Do I repeat unsubstantiated rumors? Am I guilty of slander?
- Do I revel in finding out dirt about brothers or sisters and spreading it to others?
- Do I practice self-denial? If not, "Lord, where should I start?"
- "Lord, what do I need to subtract from my life?"
- "Lord, what do I need to add to my life?"
- "Lord, what do I need to change?"

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## APPRECIATION

The proper response to God's forgiveness is GRATITUDE (read Psalm 103:3). Acknowledge His mercy; thank Him for forgiving every sin you just confessed; thank Him for cleansing you with His blood; give thanks unto the LORD (Psalm 118:1, 29); count your blessings instead of your bruises! Spend time now thanking God for Christ's provision on your behalf. Revel in His goodness and mercy.

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## ASKING AND APPROPRIATING

"And all things, whatsoever ye shall ask in prayer, believing, ye shall receive" (Matthew 21:22).

Since you have a BIG God, you should make LARGE requests! Bible promises must be claimed, as well as believed. Ask BIG! Believe BIG! Claim BIG!

Confession reaches the ear of God. Thanksgiving pleases God. Now you are in a position to ask God. Take time now to bring your requests, burdens, and desires to Him. Come boldly before the throne of grace and find the help you and others so desperately need.

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## PRAY FOR NEEDS IN YOUR...

- Family
- Friends
- Church
- Foes
- Yourself—ask God to fill you with His Spirit NOW

Thank the Lord for the privilege of sitting at Jesus' feet.

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Printed in U.S.A.

