

BEGIN EVERY DAY

FOCUS ON GOD

Be Still (Shhh - still your mind and heart)

- Slow down
- Keep silence
- Lay prostrate before God
- Rest in His arms
- Wait patiently for Him

Be Worshipful (It is not thinking but doing worship)

- Sing a Hymn to God - *sing of his greatness*
- Read Psalm of praise out loud - *declare His glory!*
- Do worship - *shout, exalt, extol, bow, clap, sing, dance, etc.* [verbs]
- You are _____ (*attributes of God*) [adjectives]
- You are my _____ (*Names of God or Jesus*) [nouns]

Be Thankful

- Mercies new every morning - *bread, breath, health, life, strength*
- My body which is wonderfully made - *sight, hearing, touch, smell, etc*
- All creation - *wonders of His amazing creation*
- Blessings and Benefits received - *all that I have*
- Bad, Sad, and Broken - *things that have gone wrong*

FOCUS ON YOU

Confess Sin (Do spiritual inventory, open heart surgery)

- Your Words - *have you spoken evil of anyone, criticized, sharp words*
- Your Attitudes - *complaining spirit, depressed, grouchy, know-it-all*
- Your Thoughts - *evil desires, lusts, doubts, fears, hatred, bitterness*
- Your Actions - *broken God's laws, trespassed on forbidden ground*

Clothe Yourself

- Apply God's forgiveness x 10 - *covered, forgotten, buried, etc.*
- Reckon who you are in Christ - *I am...*
- Raise the shield of faith against Satan - *resist, rebuke, command, etc*
- Embrace a promise of God for this day - *I believe you God when you said...*

Cast your Care

- Family - *each one by name and need*
- Finances - *debts, needs, provisions, wisdom*
- Frustrations - *with spouse, self, life, job, etc*
- Fears, worries, *anxieties about tomorrow*
- Failures - *faults, weaknesses, struggles, etc.*

A CAMPER'S GUIDE



TO A CLOSER WALK WITH GOD

AN ADVENTURE WITH GOD IN PRAYER

Introduction

I am a fellow camper and hiker. I trek, I stumble, I fall, I get tired, I sweat, my feet hurt, my backaches, and my muscles get cramped. But for all the pain I still love to be outdoors in God's wonderful creation. The higher the elevation the better I feel. God is in those mountains and valleys. I know it. I feel him. I hear him better when I am alone on a mountain.

Most men of God throughout the ages learned to walk with God. I don't mean that they just had a good relationship with God. I mean they walked! They hiked. They spent many hours and days alone with God in the wilderness building a friendship relationship with God. They learned not only to pray but to listen to God in the silence of the woods and fields.

Time spent in the great outdoors can be a very spiritual event. Instead of just playing, relaxing, and basically thinking of nothing, you can use it to fellowship with God. Here are few suggested outdoor activities to use as prayer times.

- Ride a bike – Listen to scripture as your ride
- Take a hike – memorize a promise every mile (backpack)
- Spend a day away with God – in a park or on a lake
- Camp out with God – noon, overnight through noon next day
- Fish with God - cook outdoors
- Float your boat – kayak, canoe, johnboat, pontoon boat

Bill and Gloria Gaither's song about little boys listening to God while they are fishing really seems to be an appropriate way of training children that prayer is not just asking and getting.

*God loves to talk to little boys while they're fishin',
That seems to be the time boys listen best.
That's the only quiet time there is for wishin'
It's the only time when God and boys can rest.*

This booklet is a plan you can use to make your outing a prayerful and joyful experience.

any wicked way in me. I acknowledge that my thoughts are not Your thoughts and my ways are not Your ways. My heart is deceitful above all things and desperately wicked.

Clothe Yourself...

I claim Your promises this day for my provision and covering. I claim my cleansing through the blood of Jesus. (Quote I John 1:9 "If we confess our sins he is faithful and just to forgive us our sins and cleanse us from all unrighteousness.") I have confessed my sin and You have forgiven me all my transgressions. You have forgiven all my trespasses. You have covered me with the blood of Jesus. You have removed my sin as far as the east is from the west. You buried them in the depths of the sea. You remember them no more. I declare Your truth concerning me. I am the head and not the tail. I am a victor, not a victim. I am strong and not weak.. I am a saint, not a sinner. I am a child of God, not a child of the devil. I am free, not a slave to sin. I am clean, not dirty. I am above and not below. I am whole, not broken and bruised. I am rich, not poor. I am wise, not ignorant. I am adopted, not abandoned. I am strong, not weak. I am kept by the power of God. I am able, not disabled. I am seated in heavenly places in Christ, an heir of God, joint heir with Christ. I am more-than-conqueror. I am a warrior, not a wimp. I can do all things through Christ who strengthens me. No evil can strike me, and no plague can come near my dwelling. I am safe and secure, kept in the palm of Your hand. He that began a good work in me will perform it 'til the day Jesus comes again. I am a temple of God and filled with the Holy Spirit. I am a vessel sanctified and ready for the Master's use.

Cast Your Care...

I cast my cares on You today, for I know that You are caring for me. I bring You the burdens of my heart, Lord. Take them, remake them and remold me into what You want me to be. I pray for Your provisions today for my needs. You have promised to supply my every need through Your riches in glory in Christ Jesus. You know my needs even before I ask You. You see the hairs on my head and count each one. I pray for my Family... (name them one by one). I pray over my Frustrations... (tell God your frustrations this day). I pray over my Fears... (tell the Lord what's troubling you).

Closing Commitment...

And now, O Lord, I commit myself to You that You might fill me with Your Holy Spirit and anoint Your cleansed and ready vessel with a spirit of grace and supplication. I quiet my heart in Your presence right now that I might hear Your voice. "Speak Lord, Your servant is listening." Whisper Your concerns to my heart. I want to hear Your heartbeat. I quietly wait in Your presence. Thank You for praying through me right now. This I ask in the matchless name of Jesus, my Savior, AMEN!

A SAMPLE PRAYER USING SIX STEPS

Be Still...

Lord, I come to You to quietly wait in Your presence. As the deer pants after the water brooks so my soul pants after You, O God. I long to see You high and lifted up and Your glory streaming through Your temple. Still my racing heart, and quiet my busy mind. I lay aside my busy schedule and my to-do list. I refuse to be hurried. I wait upon You to renew my strength. I wait to hear Your whisper.

Be Thankful...

God You are good. I affirm Your goodness. You do all things well. I thank You that You are working all things together for my good and Your glory. Thank You for Your mercies, they are new every morning. Great is Your faithfulness. I thank You for Your steadfast love and faithfulness. You are good and the giver of all good things. All that I have comes from You. You daily load me with benefits. I give You thanks for all Your benefits. You have forgiven all my sins, You heal all my diseases. You redeemed me from destruction. You saved my soul. You crown me with loving kindness and tender mercies. You satisfy me with good things. You give me food, shelter, clothes, air to breathe, water to drink. You number the hairs of my head. You supply all my needs according to Your riches in glory by Christ Jesus.

Be Worshipful...

Lord, be glorified, be magnified, be exalted, O God, above the heavens. Lord You are Great and greatly to be praised. You are to be praised above all gods. Lord, You are Sovereign, Lord of Creation, Potentate of the Universe. Jesus, You are exalted to the right hand of God, to the majesty on high. You are clothed with honor and majesty. You are clothed with light as with a garment. You are Mighty - mighty to save. Your arm is not shortened that it cannot save. You are the same yesterday, today, and forever. You are Eternal. Your throne is from everlasting to everlasting. You are the Alpha and the Omega, the First and the Last, the Beginning and the Ending. You are the Ruler of all. Your name is above every name and your power is over all.

Confess Sin...

Lord, forgive my apathy and prayerlessness. Forgive my lustful self-centered thoughts. Forgive me for anger, bitterness, and an unforgiving spirit. Forgive me for loving and allowing wickedness on TV to influence me. Forgive me for allowing the world to squeeze me into its mold. Forgive me for my love of things. Forgive my spiritual negligence. Forgive me for not tithing and putting You first in my finances. Forgive me for griping and arguing.. Forgive me for things I have said about other people. Search me, O God, and know my thoughts. Try me and see if there be

STEP 1 – BE STILL

On no other step is it more important to begin and continue to use the 3-minute timer. It is the only way I know of to make myself be still before the throne.

The secret is in the discipline of laying aside everything else until your heart, mind and spirit are quiet before God. God says, "Be still!" The choice to obey him or not is up to you. Obedience begins here.

Let go of "stuff"	Put off your hurry, your lists of things to do, or your anxiety over tomorrow. It is not time for those things. Put them off. Write them down if you must, but put them away. It is time to seek the Lord!
Present yourself	Once you have laid those things aside then you can surrender your empty hands and prepared mind for his use in prayer. Surrender yourself as a living sacrifice to God, holy and acceptable. Lay down on the floor if it helps you to surrender completely to him.
Wait ...	Now be still. Just wait. Listen for the sand falling in the hour glass. Can't hear it can you? Shhh! Be still. Don't speak. Don't think words. Silence! Listen for the heartbeat of God.

Recognize at the start that until you have trained yourself in the discipline of stillness this will not be possible in three minutes. It is more likely to take 15 minutes for the first few weeks. For me as a hyperactive Type A personality, it took about 30 minutes per day during the first weeks. It is not a race. Don't hurry in or out of the presence of God.

Remember God is waiting for you. God is more interested in this discipline than all the others combined. He wants time with you. This is the most important step. Learn it well. Learn it best. You'll grow to love this time of stillness so much that you will long for it.

Rest in the Lord. Don't go on to the next step until your heart is no longer hurried, you mind is quiet, and your will to do is broken, and you are basking in the sunshine of God's presence. From there you will move naturally into the second step - worship.

STEP 2 – GIVE THANKS

“Enter his gates with thanksgiving.”

“Enter his gates with thanksgiving and into his courts with praise. Be thankful unto him and bless his holy name.” (Psalm 100) It is a good thing to give thanks to the Lord. Every day we should celebrate His specific acts, mercies, faithfulness, kindness, benefits, blessings, answers to prayer, and goodness. A thankful heart is good like medicine to the soul. Give thanks to the Lord for he is good!

<p>General Thanks for all His creation and blessings.</p>	<p>Psalm 139 is an excellent meditation to prime your thanksgiving pump.</p>
<p>Specific Thanks for blessings and benefits to you.</p>	<p>Psalm 103 is a good starting place. “All his benefits...” covers a lifetime of good things God has done and given to you. This is a good place to journal your thanks to God. Make a list on a sheet of paper 1-100. Begin the process of thanking God for 100 benefits. Refuse to leave thanksgiving until your heart is overjoyed at God’s goodness</p>
<p>Tearful Thanks for all things - the good, the bad, the ugly, and the unwanted.</p>	<p>Make a list of all the bad things you have been bemoaning. List them to God. Ask him to help you believe that he is using that for His glory and your good. Believe him! Read Romans 8:28 and put your heartache into the passage. Turn “all things” into, for example “My financial loss God is working together for good. Believe Jeremiah 29:11 Tell God you believe it! Rejoice in it! It is true!</p>

Thank God for People, Promises, Provisions, the Past, the Present, Problems, Pains, and everything great or small.

- *In everything give thanks for this is the will of God in Christ Jesus concerning you.* (1 Thessaloonians 5:18)
- *Rejoice in the Lord always; and again I say, Rejoice.* (Philippians 4:4)
- *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.* (Philippians 4:8)

SING TO THE LORD

You should be careful to minister to the Lord, not just bombard him with requests. Refresh yourself in the Lord’s presence by “singing songs, hymns, spiritual songs to the Lord.” Use a chorus book or hymn book as offerings to the Lord.

<p>Worship</p> <ul style="list-style-type: none"> ■ All Hail King Jesus ■ As the Deer ■ Be Exalted, O God ■ Bless the Lord O My Soul ■ Father I Love You ■ Holy Holy (chorus) ■ Holy, Holy, Holy (hymn) ■ Holy Ground ■ He is Lord ■ I Love You, Lord ■ I Exalt Thee ■ Majesty ■ Thou Art Worthy ■ We Worship and Adore You 	<p>Adoration: His Name</p> <ul style="list-style-type: none"> ■ Alleluia, He’s my Savior ■ Emmanuel ■ His Name Is Wonderful ■ Isn’t He? ■ Jesus Is the Sweetest Name ■ Jesus, Name Above All Names ■ More Precious Than Silver ■ My Jesus I Love Thee ■ O Come Let Us Adore Him ■ Something About That Name <p>Be Still - Waiting</p> <ul style="list-style-type: none"> ■ Turn Your Eyes Upon Jesus ■ Spirit of Living God ■ Open Our (My) Eyes Lord ■ In Moments Like These
<p>Thanksgiving</p> <ul style="list-style-type: none"> ■ And Can it Be ■ All Hail King Jesus ■ Give Thanks ■ Glorify Thy Name ■ Great Is Thy Faithfulness ■ In His (Your) Time ■ It is Well With My Soul ■ Thank You Lord for Saving ■ God Is So God 	<p>Confession</p> <ul style="list-style-type: none"> ■ According To Loving Kindness ■ Be Thou My Vision ■ Change My Heart O God ■ Create In Me A Clean Heart ■ Just as I Am ■ Hide Me In Your Holiness ■ Open Our Eyes Lord ■ Refiners Fire (Purify My Heart) ■ Search Me O God ■ Take Time to Be Holy
<p>Clothe In Armor</p> <ul style="list-style-type: none"> ■ Fill Me Now ■ He Is Able ■ I Surrender All ■ Learning To Lean ■ A Mighty Fortress 	<p>Casting Care</p> <ul style="list-style-type: none"> ■ Burdens Are Lifted At Calvary ■ I Cast All My Cares Upon You. ■ No One Understands Like Jesus ■ What a Friend We Have in Jesus

STEP 6 – CAST YOUR BURDENS

OK, now it is time to dump your load. What is on your mind and heart? It is not about a prayer list, but about your inner longings, your hurts, your pain, your worries, your fears, your anxieties, your family, your finances, your fun, your foolishness, your failures, etc.

Tell God all about it. Unload and leave it here at the foot of the cross. He cares about your worries, your fears, your troubles, your sicknesses, your temptations, your finances, your family, your children, your spouse, your marriage, your job, your tests, your trials, and your needs. There is nothing that you care about that God doesn't care about.

Family	Place each family member before the Lord. Name them by name. Tell God about their lives, needs, spiritual condition. Surrender each one to Him.
Frustrations	Begin with your marriage and your relationship. Are there frustrations? Is there anything that needs to change?
Fears	Tell God about your fears, worries, or anxieties.
Finances	Tell God about your financial concerns, goals, aspirations, debts, your needs, wants, wishes, worries.
Faults	Tell God about you. Your weaknesses. Your temptations. This is not confession, we have already done that.
Failures	It is time to be naked and honest before the throne.

Exercise

Confession is already past but "to one another" is not. It is also time to "bear one another's burdens and so fulfill the law of Christ." No one can help you to bear a burden if they do not know what it is. Share your key burdens, worries and fears with your prayer partners as you are able.

Discipline

There will be no time after this point in your intercession to go back to self petitions. This is the time to lay them fully before God so as to NOT take them up again. Dumping on God is one thing. It is quite another to dump in faith knowing that you are doing it at his invitation because "He cares for you." So thank him for hearing, being touched with the feeling of your weaknesses."

STEP 3 – WORSHIP

We worship because God is worthy, not because we feel like it. God is always worthy of our adoration every day regardless of the weather, our circumstances, or our feelings. Worship is an activity of the mind, heart, soul and body. Worship is one of the ways we "love the Lord our God will all our heart, mind, soul and strength." It needs to be done with vigor and enthusiasm.

Worship with your body. Don't just "Say" your worship but involve your whole body – sing worship to the Lord, shout his names aloud – "You are my _____" (helper, keeper, strong tower, shield, fortress, etc) Use your body, not just you mind. Listen to worship music and dance before the Lord, lift up holy hands to His throne, kneel before him, or lay prostrate on the ground as you tell Him of His excellent greatness.

Read aloud from the Psalms. Many of the Psalms are prayers David made to say and sing to the Lord. Remember worship is a celebration of the Lord. Exalt his name together. Tell forth his excellent greatness.

Alpha and Omega Praise

Praise His name through the alphabet. Lift up and exalt God's names beginning with A and end with Z. (Alpha and Omega - 26 Praises) Do it together in the congregation. Attempt to give 3-5 on each letter. There are more than 600 names of God and the Lord Jesus Christ is Scripture.

Ancient of Days – Almighty – Alpha and Omega – Amen – Anchor – Author – Balm – Bread – Bridegroom – Brightness of glory – Bright Morning Star – Captain – Cornerstone – Counselor – Creator – Deliverer – Defense – Door – Eternal God – Everlasting Father – Fortress – First and Last – Immanuel – Hiding Place – High Tower – Judge – King of kings – King Eternal – Lamb of God – Lilly of the Valley – Lord Mighty in Battle – Lion of Judah – Life – Lifter of my head – Light – Living Bread – Living Way – Lord Strong Mighty – Love – Mediator – Mighty God – Omnipotent – Only Potentate – Prince of Peace – Potter – Redeemer – Refiner – Refuge – Rock – Rose of Sharon – Savior – Shelter – Shepherd – Shield – Sun of Righteous – Truth – Victor – Vine – Way – Wonderful

31 Jehovah Names

Jehovah The Lord - YahWay (Exodus 6:2) Jehovah 'Ori - Lord My Light (Psalm 27:1), Jehovah Adonai - Lord God (Genesis 15:2), Jehovah Bara - Lord Creator (Isaiah 40:28), Jehovah Chereb - The Sword (Deuteronomy 33:29), Jehovah Ganan - Our Defense (Psalm 89:18), Jehovah Go'el - Your Redeemer (Isaiah 49:26), Jehovah Hamelech - The King (Psalm 98:6), Jehovah Hashopet - The Judge (Judges 6:27), Jehovah 'Olam - Everlasting God (Genesis 21:33), Jehovah Jireh - Will Provide (Genesis 22:14), Jehovah Kabodhi - My Glory (Psalm 3:3), Jehovah Kanna - Jealous (Exodus 34:14), Jehovah Keren Yishi'i - Horn of Salvation (Psalm 18:2), Jehovah M'Kaddesh - My Sanctifier Lev 20:8, Jehovah Ma'oz - My Fortress (Jeremiah 16:19), Jehovah Machsi - My Refuge (Psalm 91:9), Jehovah Magen - The Shield (Deuteronomy 33:29), Jehovah Mephalti - My Deliverer (Psalm 18:2), Jehovah Metsodhathi - My Fortress (Psalm 18:2), Jehovah Misqabbi - My High Tower (Psalm 18:2), Jehovah Nissi - Our Banner (Ex 17:15), Jehovah Rapha - That Heals (Exodus 15:26), Jehovah Rohi - My Shepherd (Psalm 23:1), Jehovah Sabaoth - of Hosts (1 Samuel 1:3), Jehovah Seli - My Rock (Psalm 18:2), Jehovah Shalom - Our Peace (Judges 6:24), Jehovah Shammah - Is There (Ezekiel 48:35), Jehovah Tiskenu - Our Righteousness (Jer 23:6), Jehovah Tsori - My Strength (Psalm 19:14), Jehovah Yasha - Your Savior (Isaiah 49:26),

STEP 4 – CONFESSION OF SIN

"If we confess our sins He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" 1 John 1:9

There are sins that *"easily beset us"* that serve only to weigh us down and cause us shame and hinder our fellowship with God. (Hebrews 12:1) Each of us has our own set of reoccurring sins. Confession is laying it out before the Lord... for *"all things are naked and opened unto the eyes of him with whom we have to do." (Hebrews 4:13)*

CONFESSION CHECKLIST

(Check up on your own secret sins)

Selfish desires	_____	James 4:3
Secret sins	_____	Psalms 66:18
Idle words	_____	Matthew 12:36
Lustful fantasies	_____	Matthew 5:28
Marriage conflicts	_____	1 Peter 3:7b
Ingratitude	_____	Philippians 4:4-8
Unforgiving Attitudes	_____	Mark 11:25-26
Unresolved conflicts	_____	Matthew 5:23
Doubt	_____	Hebrews 11:6a
Prayerlessness	_____	James 1
Indecision & doubt	_____	Hebrews 11:6b / Jer 2:32
Bitterness	_____	James 1:6
Rebellion of heart	_____	Hebrews 12:15
Known disobedience	_____	1 Samuel 15:23
Temper	_____	James 4:17
Anger	_____	Ephesians 4:26-27
Impatience with others	_____	Ephesians 4:26, 31
Murmuring/complaining	_____	Ephesians 4:32
Lying/saying half-truths	_____	1 Corinthians 10:10
Strife in your heart	_____	Colossians 3:9

Confess Sin

(Do spiritual inventory, open heart surgery)

Words - have you spoken evil of anyone, criticized, sharp words

Attitudes - complaining spirit, depressed, grouchy, know-it-all

Thoughts - evil desires, lusts, doubts, fears, hatred, bitterness

Actions - broken God's laws, trespassed on forbidden ground

STEP 5 – CLOTHE IN HIS ARMOR

"Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ." - Ephesians 1:3

God sees us in Christ as new people (2 Cor. 5:17) We are cleansed by the blood of Jesus and made accepted in the beloved. (Ephesians 1:6) What God has cleansed we dare not call common or unclean. (Acts 10:15) We are victors and not victims. (Romans 8:37) It is good for us to daily remember our standing in Christ based on his merits, not our own. Here are a few of the things God says about us in Christ. Speak them out loud.

I Am Accepted

1. Zech 3:2 I am a brand plucked out of the fire
2. John 1:12 I am a child of God by faith in Jesus Christ
3. John 15:15 I am Christ's friend, and my name is written in heaven
4. Romans 5:1 I am justified freely, therefore I have peace
5. Romans 8:17 I am a heir of God, joint-heir with Christ (Galatians 4:7)
6. 1 Cor 6:19, 20 I am paid for by Christ, redeemed from the enemy
7. Eph 1:1 I am included with the saints
8. Eph 1:5 I am adopted into God's family
9. Eph 2:6 I am seated with Christ in heavenly places
10. Eph 2:18 I have direct access to God
11. Col 1:13 I have been translated into the kingdom of God's dear son
12. Col 1:14 I have been redeemed to God and forgiven

I Am Secure

1. Romans 8:1-2 I am not condemned before the throne
2. Romans 8:28 I know all things work together for me
3. Romans 8:31 I am free of all the enemy's accusations.
4. Romans 8:35 I cannot be separated from God's love by anything
5. 1 Cor 1:20-22 I have been forever sealed by God
6. Hebrews 4:16 I have boldness before the throne of God
7. Col 3:3 I am hidden with Christ in God
8. Phil 1:6 I am confident God will complete the work he began in me
9. Phil 3:20 I am a citizen of heaven
10. II Tim 1:7 I have been given a sound mind
11. 1 John 5:18 I am born of God, and the evil one cannot touch me.
12. Jude 1:24 I am presented faultless before God's throne

Rejoice in What Happened to Your Sins

(Speak it out loud so Satan hears and flees from you.)

1. They were paid in full - Romans 5:11 / Isaiah 53:6
2. They were pardoned - 1 John 1:9
3. They were laid on him - Isaiah 53:6
4. They were washed whiter than snow - Isaiah 1:18
5. They were covered - Psalm 32:1
6. They were cleansed by blood of Jesus - Hebrews 9:22/ 10:4
7. They were blotted out - Isaiah 44:22
8. They were removed as far as east from west - Psalm 103:12
9. They were cast in depths of sea - Micah 7:19
10. They were forever forgotten - Jeremiah 31:34