

Five Ways to Pray for God's "Touch" on Your Life

1. God, Touch my Heart – so it will be "Set on Things Above."

We often stress over the temporal – bills that must be paid, if we'll be able to have another child, what someone is saying about us, how our body looks, and so on. At times we are more concerned about what the scales say than what God says. Yet God instructs us in Colossians 3:1-2: "set your hearts on things above." If our priorities were in heaven, not on this earth, we would not only be happier and healthier, but less financially drained and emotionally spent.

2. God, Touch my Mind – so it is Transformed and Renewed

Are we professing to know God and following Him, yet our thinking patterns are just like those of anyone else in the world? Scripture commands us: "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is" (Romans 12:2, NLT). Furthermore, God's Word instructs: "fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise... and the God of peace will be with you" (Philippians 4:8-9, NLT). What mental anguish we would spare ourselves from if we would let God transform our mind and renew our thoughts to think as *He* would.

3. God, Touch my Mouth – so it is Wholesome and Pleasing to You

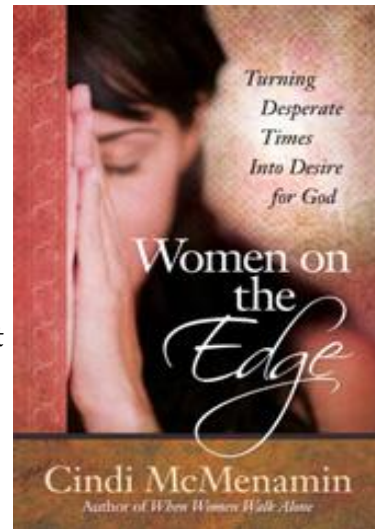
Because women tend to be communicators, we can cause much damage with our mouths if we do not bring them under God's control. Whether it is gossip, criticism or unkind remarks, our mouths can be instruments of righteousness or unrighteousness. In Ephesians 4:29 we are told to "not let any unwholesome talk come out of your mouths, but only what is helpful for building others up, according to their needs, that it may benefit those who listen." God's touch on our lives can make us women whose words heal and encourage, rather than distract and destroy.

4. God, Touch my Body – so it is Pure and Holy for You

Are you one to worry and stress about what the scale says, how many calories you took in, and whether or not you can still fit into a certain size? God's command to us is "Give your bodies to God. Let them be a living and holy sacrifice – the kind he will accept. When you think of what he has done for you, is this too much to ask?" (Romans 12:1, NLT). It is important that we keep our bodies healthy and in good shape (as we are His temple), but God says our most prevalent concern should be that we keep them holy.

5. God, Touch my Emotions – so they are Calmed with the Peace of God

There are days when, hormonally or just circumstantially, we need God's touch to calm our frazzled emotions and level out our lives. Philippians 4:6-7 says "Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and request to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel." (CEV) A woman who is controlled by God's peace is not on the edge, but in the spacious place of His embrace.



Cindi McMenamin is a national speaker and the author of several books including *Letting God Meet Your Emotional Needs*, *When Women Walk Alone*, and *Women on the Edge*, from which these tips were excerpted. Cindi lives in Southern California with her husband, Hugh, and college-aged daughter, Dana. For more on her ministry or other free resources to strengthen your soul, see her website: www.StrengthForTheSoul.com.