



September 30, 2026

Theme

Thanksgiving and Meditation for our private prayers

Love, cleansing, restoration, protection, and readiness as the theme for tonight's Word.

We were asked to pray thanksgiving prayers in order to open our hearts and to use a meditative prayer form to consider what righteousness meant to each of us. Tonight's Word stems from these prayers. God is showing us that things are about to get shaken up. As always He gives us, His children/His people/followers, a message about not being fearful of what we see and instructions for enduring the coming actions that are not meant for us.

God shakes things up and this is to break untruth so only Truth stands. We hold His Truth and therefore we are strong in Him, unshakable.

The first Words God spoke tonight were *Spirit Requiem*. Read on to see how this applies.

Scripture

Isaiah 34:6 The sword of the Lord

3 John 1:2-3 Teaches us to honor spiritual self care that it is important.

Revelations 22:12-16 Jesus reminds us that He is returning soon.

In these three passages God is giving us a Word about what is to come and how to navigate it. He begins with describing the judgment that is about to occur for some of the nations. He reminds us that the way is to practice spiritual self care in Him; repentance, forgiveness, and closeness with Him. We will be led and guided not necessarily part of the destruction we may witness. The last passage is Jesus reminding us of His promise that He is returning. He also mentions washing our robes in order to be ready. To put it simply, this is done by repentance and asking for your robes to be purified through prayer. To live righteously.

Prayer

This week, as part of God's Word, we were also given prayers from the Bible. What is particularly interesting about this selection is the correlation of verse 10 in Psalm 51 and 91. Psalm 23 does not have a verse 10 but is part of the pathway He is showing us.

God Cleanses - **Psalm 51:10** "Create in me a clean heart, O God, and renew a right spirit within me."

God Restores - **Psalm 23** Restoration (there is no verse 10)

God Protects - **Psalm 91:10** "There shall no evil befall thee, neither shall any plague come nigh thy dwelling."

We are being shown that through the combination of praying these three prayers we are cleansed, restored, and protected by God.

Also think about how Psalm 51:10 is worded using "created." David is not asking that God clean his existing heart, he is asking for a new creation, a new heart, that brings a whole new meaning to it.

We were also given a few more verses under the prayer category tonight. These include:

Psalm 139:1-12 God knows our actions and thoughts and is always there with us.

Ephesians 3:14-21 Paul's Prayer - Asking God to strengthen them through His Spirit and fill them with His love.

John 17 Jesus' Prayer - the last part is where He prays for all believers (body of Christ/the church).

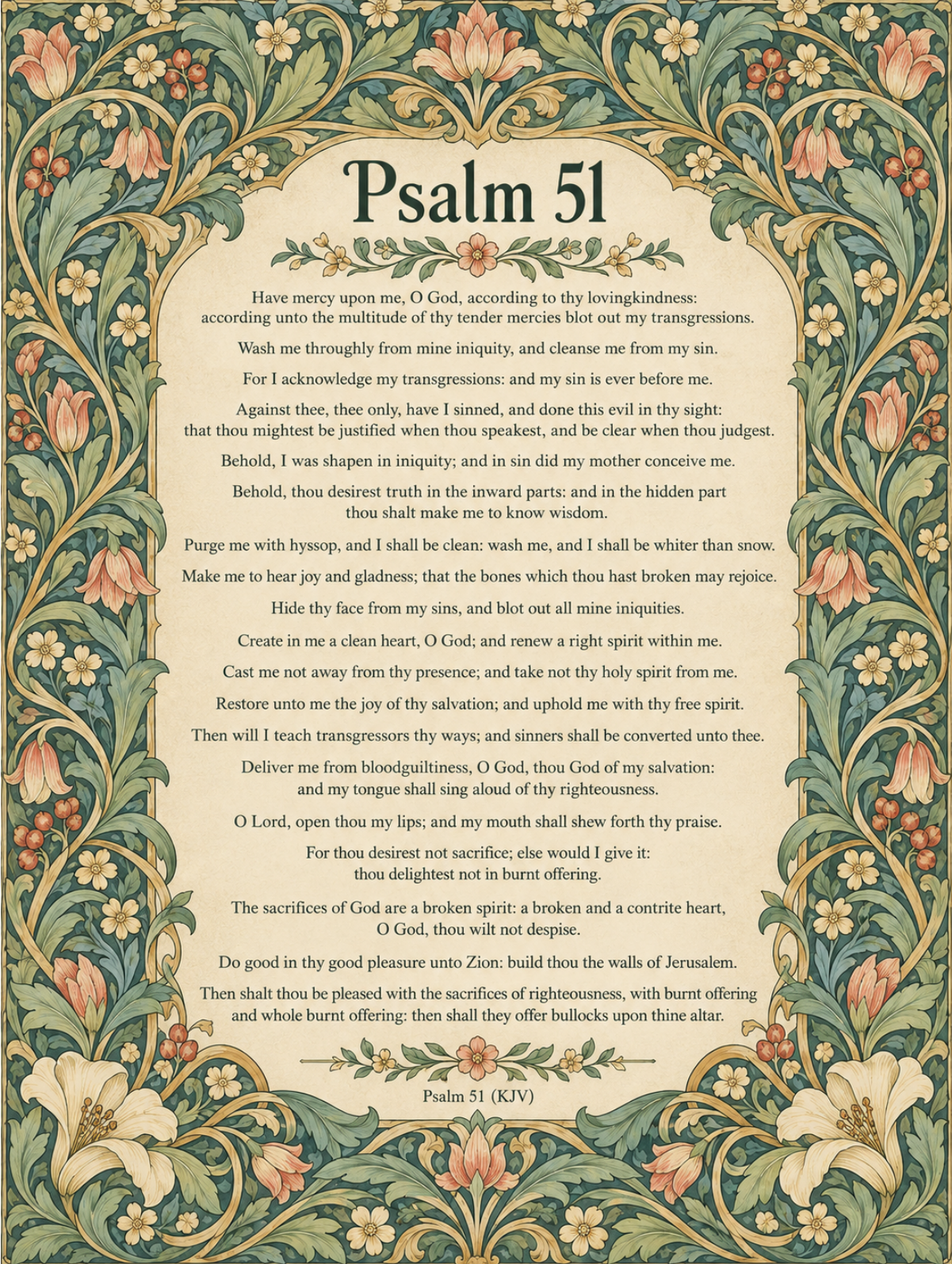
Micah 7:19 God's compassion, what stood out was throwing our sins into the deep sea. The Bible refers to the abyss as a holding prison for evil spirits and demonic forces. It is so deep and always dark, no sunlight reaches it ever. No think of what this could mean for the flood story, the abyss in Genesis 1:2, and a holding prison for evil. God is separating our sins from the goodness of the world and putting sin in a place that He houses darkness.

All the passages He gave us tonight are about readiness. They are tools to use when times are challenging. So, have them noted and ready to go when you need extra support, guidance, cleansing, protection, and restoration.

Practice for the Week

Look for ways that God can open your heart even more. Ask Him for help to do so. Ask Him what you can do to help the process. Clean it up and clear it out so that He may fill it more and you can shine more brightly and less burdened or pained. You are here to love and share your love with others. It is God's light inside of you.

I created printable for each of the first three Psalms in case you wanted them easily accessible. I had to use the KJV because that translation is not copyrighted.



Psalm 51

Have mercy upon me, O God, according to thy lovingkindness:
according unto the multitude of thy tender mercies blot out my transgressions.

Wash me thoroughly from mine iniquity, and cleanse me from my sin.

For I acknowledge my transgressions: and my sin is ever before me.

Against thee, thee only, have I sinned, and done this evil in thy sight:
that thou mightest be justified when thou speakest, and be clear when thou judgest.

Behold, I was shapen in iniquity; and in sin did my mother conceive me.

Behold, thou desirest truth in the inward parts: and in the hidden part
thou shalt make me to know wisdom.

Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.

Make me to hear joy and gladness; that the bones which thou hast broken may rejoice.

Hide thy face from my sins, and blot out all mine iniquities.

Create in me a clean heart, O God; and renew a right spirit within me.

Cast me not away from thy presence; and take not thy holy spirit from me.

Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

Then will I teach transgressors thy ways; and sinners shall be converted unto thee.

Deliver me from bloodguiltiness, O God, thou God of my salvation:
and my tongue shall sing aloud of thy righteousness.

O Lord, open thou my lips; and my mouth shall shew forth thy praise.

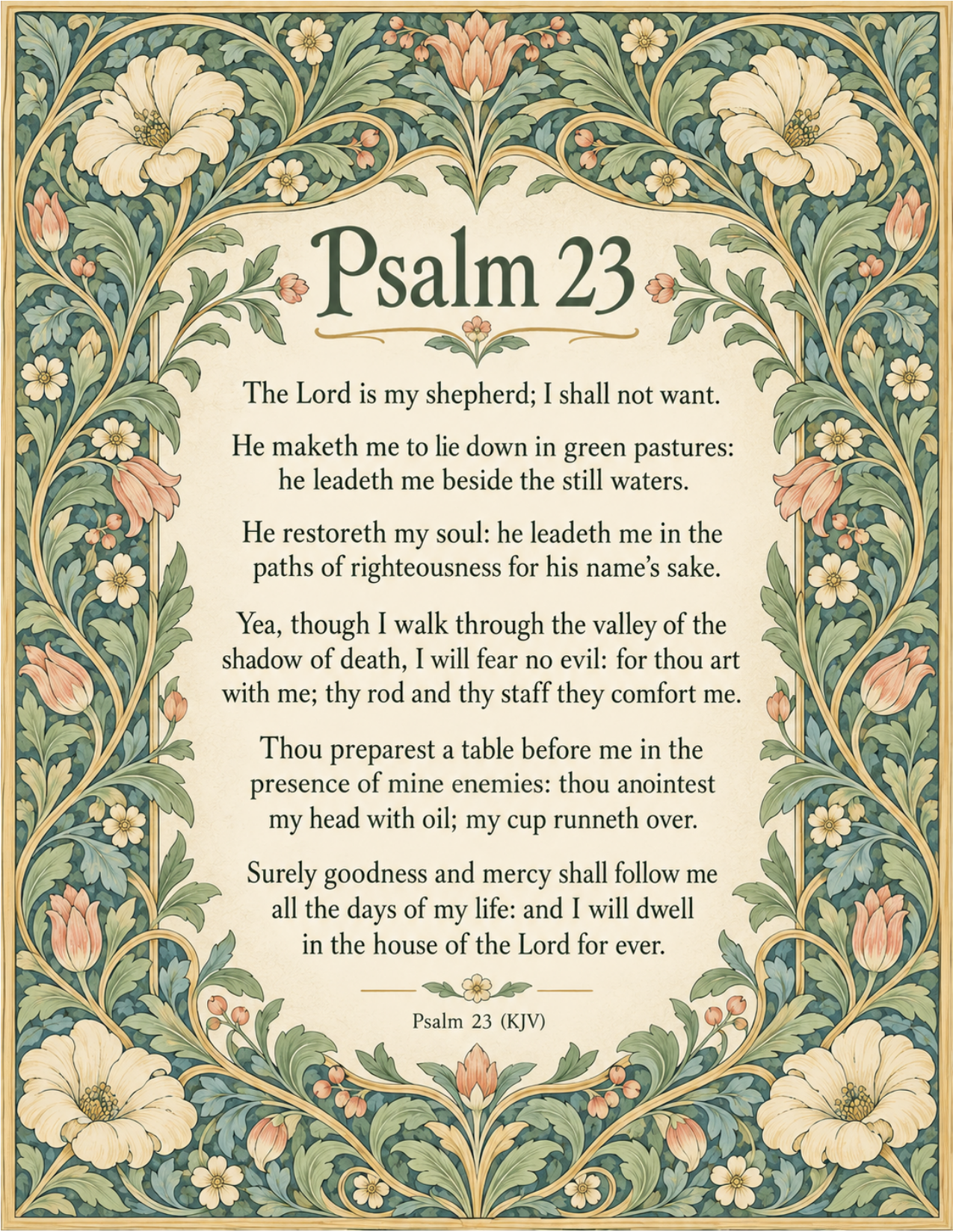
For thou desirest not sacrifice; else would I give it:
thou delightest not in burnt offering.

The sacrifices of God are a broken spirit: a broken and a contrite heart,
O God, thou wilt not despise.

Do good in thy good pleasure unto Zion: build thou the walls of Jerusalem.

Then shalt thou be pleased with the sacrifices of righteousness, with burnt offering
and whole burnt offering: then shall they offer bullocks upon thine altar.

Psalm 51 (KJV)



Psalm 23

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures:
he leadeth me beside the still waters.

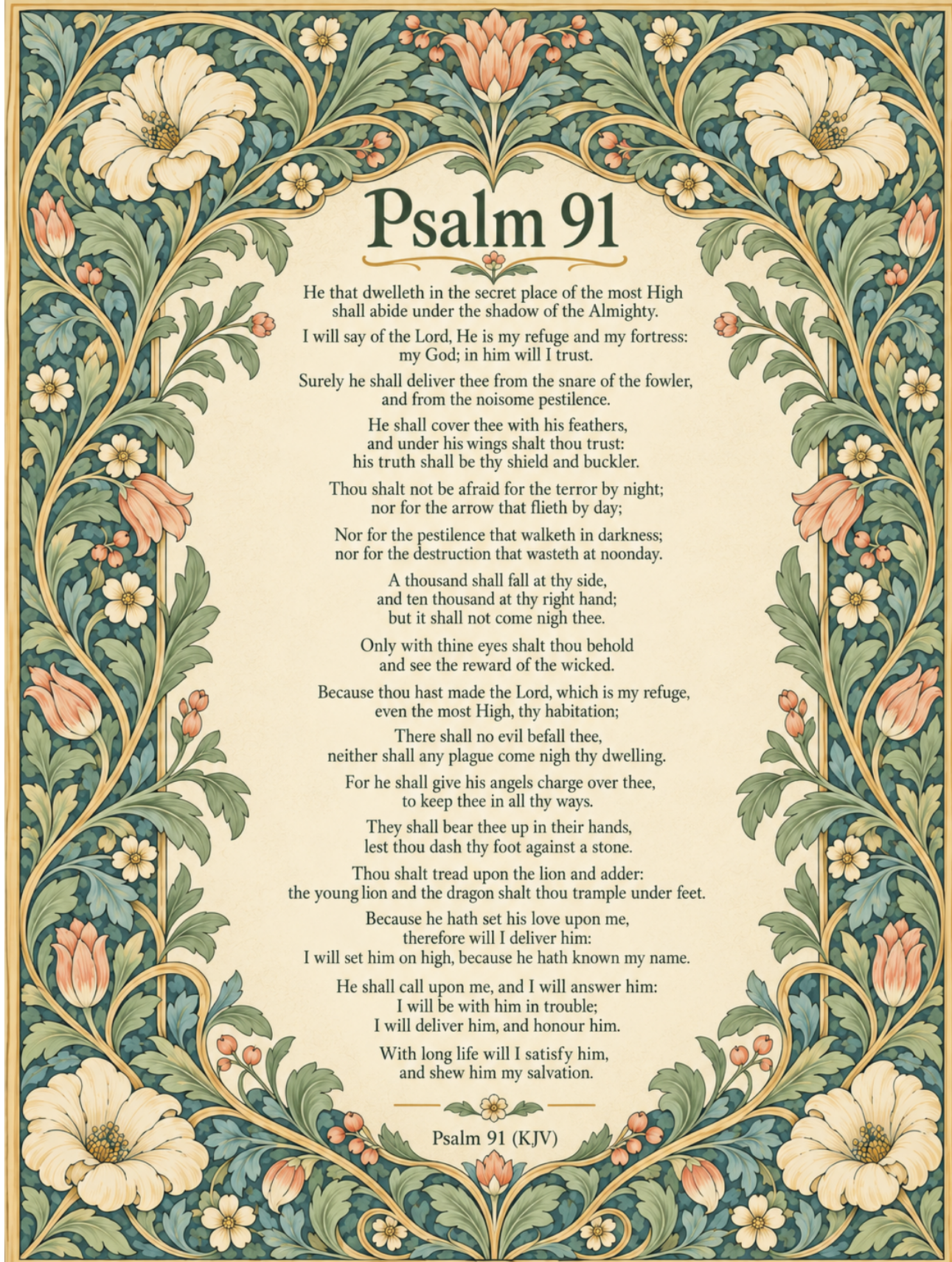
He restoreth my soul: he leadeth me in the
paths of righteousness for his name's sake.

Yea, though I walk through the valley of the
shadow of death, I will fear no evil: for thou art
with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the
presence of mine enemies: thou anointest
my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me
all the days of my life: and I will dwell
in the house of the Lord for ever.

Psalm 23 (KJV)



Psalm 91

He that dwelleth in the secret place of the most High
shall abide under the shadow of the Almighty.

I will say of the Lord, He is my refuge and my fortress:
my God; in him will I trust.

Surely he shall deliver thee from the snare of the fowler,
and from the noisome pestilence.

He shall cover thee with his feathers,
and under his wings shalt thou trust:
his truth shall be thy shield and buckler.

Thou shalt not be afraid for the terror by night;
nor for the arrow that flieth by day;

Nor for the pestilence that walketh in darkness;
nor for the destruction that wasteth at noonday.

A thousand shall fall at thy side,
and ten thousand at thy right hand;
but it shall not come nigh thee.

Only with thine eyes shalt thou behold
and see the reward of the wicked.

Because thou hast made the Lord, which is my refuge,
even the most High, thy habitation;

There shall no evil befall thee,
neither shall any plague come nigh thy dwelling.

For he shall give his angels charge over thee,
to keep thee in all thy ways.

They shall bear thee up in their hands,
lest thou dash thy foot against a stone.

Thou shalt tread upon the lion and adder:
the young lion and the dragon shalt thou trample under feet.

Because he hath set his love upon me,
therefore will I deliver him:

I will set him on high, because he hath known my name.

He shall call upon me, and I will answer him:

I will be with him in trouble;
I will deliver him, and honour him.

With long life will I satisfy him,
and shew him my salvation.

Psalm 91 (KJV)

