

Message: Learning to pray with Psalms (Psalm 4: Overcoming distress)

Hymn: Ho my comrades

You are invited to join our daily spiritual empowerment live broadcast on Facebook from 5:00pm – 5:30pm, Wednesday's 22:00pm – 22:30pm, our weekly vigil every Saturday from 11:45pm- 12:15am and monthly vigil last day of the month from 11:45pm – 12:15am Irish time. For more information kindly visit us at www.mfmregion4.org
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Matthew 7:7-11 KJV Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: [8] For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. [9] Or what man is there of you, whom if his son ask bread, will he give him a stone? [10] Or if he ask a fish, will he give him a serpent? [11] If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?

Psalm 4:1-8 KJV Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer. [2] O ye sons of men, how long will ye turn my glory into shame? how long will ye love vanity, and seek after leasing? Selah. [3] But know that the Lord hath set apart him that is godly for himself: the Lord will hear when I call unto him. [4] Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah. [5] Offer the sacrifices of righteousness, and put your trust in the Lord. [6] There be many that say, Who will shew us any good? Lord, lift thou up the light of thy countenance upon us. [7] Thou hast put gladness in my heart, more than in the time that their corn and their wine increased. [8] I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.

When you are troubled or distressed, the weapon of warfare to overcome is Psalm 4, read, meditate and pray according to God's promises and you will see God lifting up your soul and give you rest....

Prayer

1. Good and gracious father I thank you for there is nothing too difficult for you to do accept my thanks in the name of Jesus
2. Merciful God I surrender all to you have mercy and wash me with your blood in the name of Jesus
3. My father connect me to your socket of power and fire in the name of Jesus
4. Arrows of distress fired against my life back fire in the name of Jesus
5. Evil load upon my head be rested by fire in the name of Jesus
6. Powers beating me in my dreams your end is now die in the name of Jesus
7. Deliver and rescue me from the valley of hardship, distress and poverty in the name of Jesus
8. Help me O lord not to fail you in life in the name of Jesus
9. Help me O lord not to disappoint you in life in the name of Jesus
10. Thank you father for the answered prayers accept my thanks in the name of Jesus.