

## **Pre-Prayering for the Seventh Proper Sunday**

### **Old Testament Reading, 1 Kings 19. 1-4, 8-15a**

*“Elijah was afraid and ran for his life”(v. 3).*

When things got rough and he felt he had no one else to turn to, Elijah turned to God. He walked forty days and forty nights to get there, but he went to Sinai to find the presence of the Lord, and leave with something that would help him manage the problems in his life.

When things get rough for you, where do you turn? To God, or to something or someone else?

### **New Testament Reading, Galatians 3.23-29**

*“The Law was our disciplinarian until Christ came,  
so that we might be justified by faith”(v. 24).*

Paul believed that before Christ came, people needed the Law as a guardian and guide to the promises made to Abraham. But now that Christ has come, the only guardian that is needed for those promise is Christ himself, who has made people direct heirs to those promises of blessing and life.

But don't we need guardians in our life? Who are they in yours? Who is it that guides and protects you through life? Where do you turn to help you in how you conduct your life?

### **Gospel Reading, Luke 8.26-39**

*“When they came to Jesus, they found the man from whom the demons had gone out, sitting at Jesus' feet, dressed and in his right mind;  
and they were afraid”(v. 35).*

Already in chapter 8 of Luke, Jesus had calmed a storm. Now he calms a man with a “storm” of demons. In these two stories alone, we see Jesus as having the power to calm.

What comfort! Life gets hectic. We live in the midst of a storm. And we all struggle with our own demons, maybe (hopefully) not as many as Legion had, but we struggle with them as he did.

How in your life can you take time, in the midst of the storm, and experience the calming presence of Christ in your life?

**Merciful God, help us to turn to you for guidance & support, that we  
might live in Your calming peace and share it with others.**

**In Christ's name, Amen.**