

## **SPIRITUAL TASK — FAITH FROM PRAYER** (1 Sam. 30)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** King David's family and the families of his soldiers were captured by the Amalekites. David and his men were in deep distress. The soldiers then turned on David to stone him because of what had happened. David strengthened himself in the Lord and asked Him for guidance, using the ephod of the priesthood.

**Meaning** Faith is described as trust in the Lord. Peace is also described as occurring in a person when they have trust in the Lord. Faith is said to be formed in us when we turn to the Lord (prayer—when King David was distressed and in trouble he turned to the Lord—strengthened himself in the Lord), Learn truths from His Word, and live by them (illustrated by David using the ephod for instruction and obeying the instructions received).

**Task** This week renew your commitment to daily prayer and scriptural reading by actually doing both of these things each day. Then pick one behavior that you would like to get rid of and any time you are inclined to do it say, I am thinking about this and I intend to do it, but I shall not because it is a sin. (*True Christian Religion*) Actively doing these three things will strengthen your faith (trust) in the Lord.