

Prayer Meeting Podcast

Episode 022: Enacting Lasting Changes in your life

*****SONGS*****

NOW LET US SING/AMAZING GRACE

Unknown / John Newton

Now let us sing
(Sing to the power of the Lord come down)
Now let us sing
(Sing to the power of the Lord come down)
Lift up your hands
(Lift up your hands)
Don't be afraid
(Don't be afraid)
Now let us sing
To the power of the Lord come down!

1. Amazing Grace how sweet the sound
That saved a wretch like me
I once was lost but now am found
Was blind but now I see.
2. Praise God Praise God Praise God Praise God
Praise God Praise God Praise God
Praise God Praise God Praise God Praise God
Praise God Praise God Praise God

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THERE'S A MIGHTY GLORY COMING

Unknown

There's a mighty glory coming
And it's coming in our day, and it's coming now to stay
There's a mighty glory coming
And it's coming from the presence of the Lord.

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O ZION, HASTE

Mary A. Thomson, James Walch

1. O Zion haste, thy mission high fulfilling,
To tell to all the world that God is Light;
That He Who made all nations is not willing
One soul should perish, lost in shades of night:

**Publish glad tidings; Tidings of peace;
Tidings of Jesus, Redemption and release.**

2. Behold how many thousands still are lying
Bound in the darksome prison-house of sin,
With none to tell them of the Saviour's dying,
Or of the life He died for them to win.
3. 'Tis thine to save from peril of perdition
The souls for whom the Lord His life laid down;
Beware lest, slothful to fulfill thy mission,
Thou lose one jewel that should deck His crown.

4. Proclaim to every people, tongue and nation
That God, in Whom they live and move, is love:
Tell how He stooped to save His lost creation,
And died on earth that man might live above.

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IT'S A NEW AND LIVING WAY

Unknown

It's a new and living way, walk ye in it
It's a new and living way, God has planned
It's a new and living way, I am walking day by day
I am guided and led by His right Hand.

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PSALM 23

Nick Alexander

The Lord is my shepherd
In verdant pastures, He gives me repose
He leads me by the restful waters
He refreshes my soul.

**He guides me through right paths
Even though I walk through the dark valley
I fear no evil, for He is at my side
And I shall lack nothing.
And I shall lack nothing.**

He spreads the table before me
At the sight of my foes
He anoints my head with oil
And my cup, overflows.

All the days of my life on earth
Only goodness and kindness follow me
And I shall dwell in the house of the Lord
For all eternity.

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GIVE ME JESUS

Spiritual

In the morning when I rise
In the morning when I rise
In the morning when I rise, give me Jesus.

I heard my mother say...

**Give me Jesus, give me Jesus.
You may have all this world.
Give me Jesus.**

When I come to die...

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HEAR OH ISRAEL

Unknown

Hear, Oh Israel
The Lord our God is one Lord.
You shall love the Lord your God with all of your heart.
You shall love the Lord your God with all of your soul.
You shall love the Lord your God with all of your mind.
You shall love the Lord your God with all of your strength.

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DAYS AND MOMENTS QUICKLY FLYING

Trier Gesangbuch, 1872; E. Caswall, 1814-78

1. Days and moments quickly flying,
Blend the living with the dead
Soon will you and I be lying
Each within our narrow bed.

2. Soon our souls to God who gave them
Will have spread their rapid flight
Able now by grace to save them
O that, while we can, we might!

3. Jesus, infinite Redeemer,
Maker of this tiny frame
Teach, O teach us to remember
What we are and whence we came.

4. Whence we came and whither wending
Soon we must through darkness go
To inherit bliss unending
Or eternity of woe.

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ADORATE DEUM (Psalm 97:7c-8a)

Roman Gradual

Adorate Deum, omnes Angeli ejus:
audivit, et laetata est Sion:
et exsultaverunt filiae Judae.

*Worship God, all you angels of God
Sion heard and they were glad; yes Sion.
And rejoicing was with the daughters of Judah*

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SONG OF THE WEEK

"Lamb of God" by Tenth Avenue North
From the album "The Struggle" (2012)
<http://www.youtube.com/watch?v=eIY3Q6Sq1Dc>
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*****SHOW NOTES*****

- This episode I talk about a fantastic resource to creating lasting change in your life.
- The book is called *Change Anything* by Kerry Patterson, Joseph Grenny, David Maxfield and Ron McMillan.
- This book may be found in either the Business section or self-help sections. (Don't let that deter you--some really good resources can be found there!)
- It goes without saying that every major change must begin with prayer, and a focus that this be accomplished as part of God's will for your life.
- It is a mirage to assume that willpower alone will enable change in your life.
- The six major hidden influencers are as follows:
- *Do you have a plan to enact this change?*
- *Is there anything that can spark or remind you of this desire to change?*
- *Do you have a coach?*
- *Do you have cheerleaders in your life?*
- *Are there automated systems that can help grease the wheels for you to complete the task?*
- *Are there signs, songs, visual reminders, audio reminders, cinematic reminders that surround you to remind you of this?*
- These six major influencers are best encapsulated in this chart:

	MOTIVATION (Heart)	ABILITY (Mind)
PERSONAL (Me!!)	Spark or Reminder	Personal Plan
SOCIAL (Others)	Cheerleaders	Coaches
STRUCTURAL (Stuff)	Signs/Songs/Movies	Stuff that greases the wheels

- I reference this FANTASTIC 7 min video from <http://www.changeanything.com/about> that demonstrates these six attributes in action.
- If you answer these six questions honestly, you can find yourself naturally drawn to make lasting change in your life.

Episode Log Times

2:35 - Worship Session (Music and Prayer)
2:50 - Now Let Us Sing/Amazing Grace
5:14 - There's A Mighty Glory Coming
5:53 - O Zion Haste
8:20 - It's A New And Living Way
10:25 - Psalm 23
14:24 - Give Me Jesus
16:42 - Hear Oh Israel
19:25 - Days And Moments Quickly Flying
22:28 - Adorate Deum
24:02 - Spoken, Spontaneous Prayer
31:28 - Song of the Week ("Lamb of God" by 10th Ave North)
37:53 - Personal Reflections ("Enacting Lasting Changes")
51:46 - Final Comments and Doxology

Feel free to leave comments, questions, and/or prayer requests, at <http://www.prayermeetingpodcast/> or leave a message at 203/701-7771

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