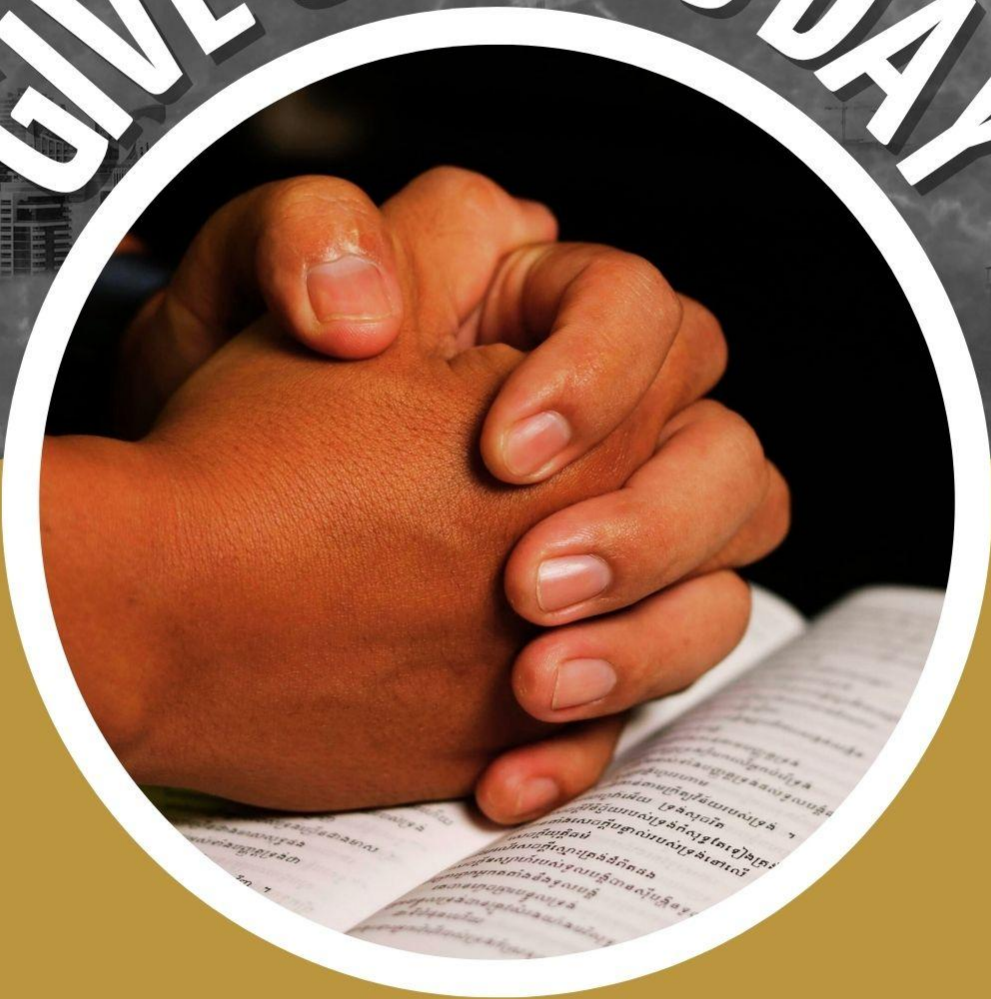


The Word & Prayer Room Series



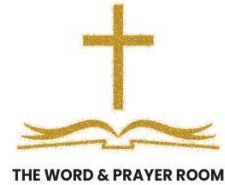
GIVE US THIS DAY



Series 6

This series explores the daily inner battles between prayer and performance, purpose and pressure, grace and grit. It's about what we ask God for beyond bread — the strength, peace, and surrender we need to win the silent struggles that shape our walk with Him.

Give Us this Day ...



Day 1: ...Strength to Surrender the Scroll

Because what you behold shapes who you become.

Key Scripture: Romans 12:2 (NLT)

“Don’t copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

Context: When the Scroll Becomes the Substitute

Be honest - what’s the first thing you reach for in the morning? Your Bible or your phone? Prayer or the feed? Most of us don’t even think about it anymore. We wake up, grab the screen, and start scrolling through other people’s lives before we’ve spoken a single word to the God who gave us our own life. We call it “catching up,” but really, it’s checking out - out of His presence and into a world that never sleeps, never stops, and never truly satisfies.

Social media promised connection but quietly started shaping our direction. It tells us who’s thriving, who’s trending, who’s loved - and subtly, who we’re not. The scroll has become a silent sermon, preaching comparison, validation, outrage, and envy. One swipe at a time, we’re being disciplined - not by the Word, but by the world. The real danger isn’t just what we see - it’s what we become because of what we see.

Every image, every caption, every argument forms us in some way. Each scroll is a seed - feeding either faith or fear, peace, or pressure. The truth is uncomfortable but freeing: what you feed your mind forms your faith; what you behold shapes who you become. We’ve traded stillness for stimulation, depth for dopamine, and presence for performance. But the scroll can’t fill what silence was made to heal. The screen can light your face - but only surrender can light your soul.

Focus of the Day: Presence Over Platform

Your value isn’t in who follows you - it’s in ***Who formed you***. Every moment offline with God builds what no platform can give: peace that performs miracles in private. What you behold determines what you believe, and belief always becomes behaviour. So, look up before you log on; because every scroll shapes a story, and only one voice deserves to author yours.

Why we struggle with social media addiction

- Because the feed feels faster than faith.
- Because we crave validation more than vulnerability.
- Because we compare our real life to someone else's highlight reel.
- Because we've confused being seen with being known.
- Because scrolling is easier than surrendering.

Verse Breakdown: Romans 12:2 (NLT)

- **“Don’t copy the behaviour and customs of this world...”** Paul is saying, stop letting the world set your standards. Every culture has patterns - ways of thinking, reacting, and living that often go against God’s principles. In modern terms, this could look like: chasing likes instead of purpose, valuing appearance over character, doing what’s popular instead of what’s right. To “copy” means to imitate without question. The Apostle Paul warns that when we live on autopilot - absorbing whatever’s trending, accepted, or convenient, we end up conforming to the world instead of being changed by the Word.
- **“...but let God transform you into a new person by changing the way you think.”** Transformation doesn’t start with behaviour; it starts with belief. God doesn’t simply want us to act better, He wants us to think differently. When your thoughts change, your actions naturally follow. The word “transform” in the original Greek is *metamorphoō* — similar to “*metamorphosis*.” It’s the process a caterpillar goes through to become a butterfly. The change happens from the inside out. So, Paul is saying: Don’t let the world shape you externally; let God reshape you internally. He does this through His Word, His Spirit, and daily surrender. The more time you spend in His presence, the more your thinking starts to align with His truth - not the noise of society.
- **“Then you will learn to know God’s will for you...”** When your mind is renewed, your discernment sharpens. You start to see life differently. You stop guessing what God might want and start recognising His direction in your thoughts, opportunities, and relationships. Knowing God’s will isn’t mystical - it’s practical. It means you develop a sense of peace about decisions that align with His nature: love, integrity, faith, and wisdom.
- **“...which is good and pleasing and perfect.”** God’s will isn’t restrictive - it’s restorative. It’s not designed to take from you but to protect you and lead you into wholeness. Good means it benefits you and others. Pleasing means it

aligns with His heart and brings true satisfaction. Perfect means it lacks nothing - it's complete and trustworthy. When you allow God to shape your mind, you start living from a place of peace instead of pressure. You no longer chase trends - you follow truth. You stop being moulded by the moment and start being matured by His Spirit.

Key Themes

- True transformation starts with a renewed mind.
- God shapes from the inside out - not the outside in.
- Surrender opens the door to clarity and peace.
- The world conforms, but God transforms.
- What you behold shapes who you become.

Practical Application

- **Step 1: The First 15 Rule.** Give God the first fifteen minutes of your day before touching your phone. Replace scrolling with Scripture, newsfeed with notebook, notifications with prayer.
- **Step 2: Audit Your Feed.** Unfollow accounts that trigger envy, anger, or insecurity. Follow what feeds your soul, not just your senses.
- **Step 3: Digital Sabbath.** Take one day a week to go offline. No scrolling, no posting, no endless refresh. Rest your mind. Reset your spirit. Reconnect with what matters most.

Prayer

Father, give me the strength to surrender the scroll. Teach me to hunger for Your presence more than people's approval. Help me to choose stillness over stimulation, devotion over distraction, and faith over filters. Redirect my attention, renew my focus, and restore my peace. May my time online reflect Your light - not replace it. In Jesus' name, Amen.

💡 Declaration

- I choose presence over platform and refuse to let distraction disciple me.
- My value isn't measured by visibility but by the One who formed me.
- I have the strength to pause, breathe, and let God lead my focus.

📌 **Final Takeaway:** The scroll may offer a moment of escape, but only surrender brings lasting peace. Feed your faith more than your feed because what you behold shapes who you become. So today, Lord, give us the ***strength to surrender the scroll.***