

**“Timely advice is as lovely as  
golden apples in a silver basket.”**

Proverbs 25:11



# Timely advice is...

- Beautiful and attractive
- Valuable and precious
- Rare and hard to find



# How can we keep our faith REAL?

## Personalise Scripture:

“I declare today that I WILL trust in You, O Lord, completely, wholeheartedly, not holding a single thing back. I do not understand everything that’s going on in my life or my sons’ lives – or the world – but today I say it DOESN’T MATTER because I am going to trust You anyway, regardless.”

Proverbs 3:5 (paraphrased by Esther)



# How can we keep our faith REAL?

Practicalise Individual Prayer:

“Pray without ceasing” 1 Thess 5:17

3 plus 3 method:



(Practical Prayer for Esther, p1)

# How can we keep our faith REAL?

WORRYING is not praying!

Once around Jericho method:

“Once around Jericho, ladies... You are allowed to wake up and march once around your problem, worrying as much as you like – once! Then you are forbidden to worry any more till the next day.”



*(The Deep Place Where Nobody Goes,  
Jill Briscoe, 2005, pp 144-145)*

# How can we keep our faith REAL?

Practicalise Individual Prayer:

“Pray without ceasing” 1 Thess 5:17

3 plus 3 method:



(Practical Prayer for Esther, p1)

# How can we keep our faith REAL?

Choose a motto:

**“Quiet me with Your Love” (Zeph 3:17)**



**“Learn to be small.” (Phil 2:5)**

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