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Anna Gnatyshyna lives in Kyiv, Ukraine and works at OneHope as the Ministry Coordinator in Eurasia. She has an M.A. in Biblical Counseling and a B.A. in Theology and Youth Ministry. Her passion is Biblical Culture and Ancient Near Eastern cultural context that led her to study in Israel. Her desire is to see the next generation mobilized and equipped for building God's Kingdom.

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“Life in God is an amazing life-long spiritual journey as every day we learn who God is and learn to put our trust in him.”

REACT

In Jesus, God became fully human. Jesus experienced the pain, loneliness, grief, and injustice of this broken world. Through it all, he remained obedient to God and without sin. Through his death and resurrection, Jesus made a way for you to experience the fullness of life with God.

Jesus said, *“The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.”* —John 10:10

Do you remember the first time you heard that Jesus suffered, so you could be restored? What was your response? How has your understanding of Jesus’ sacrifice for you deepened since then?

Before he returned to the father, Jesus promised his followers that God would be with them always.

“And be sure of this: I am with you always, even to the end of the age.” —Matthew 28:20b

As a core practice to experience God’s presence, Jesus taught his followers how to pray.

REFLECT

What do you say to the creator of the universe who invites you to call him Father? God is speaking to you, and prayer is a way for you to respond.

You may choose to pray Jesus’ words or use them as a model for your own words. Either way, they serve as a guide to a life of fullness and abundance.





THINK ABOUT HOW YOU LIVE YOUR LIFE. DO YOUR WORDS AND ACTIONS CAUSE PEOPLE TO WANT TO KNOW MORE ABOUT GOD?

RESPOND

“Our Father in heaven,
may your name be kept holy.
May your Kingdom come soon.
May your will be done on earth,
as it is in heaven.” —Matthew 6:9-10

Jesus turns our attention first to God’s holiness and encourages us to hunger for his kingdom.

“Give us today the food we need.” —Matthew 6:11

It is only then that Jesus invites us to express our needs.

Forgive us our sins, as we have forgiven those who sin against us. And don’t let us yield to temptation, but rescue us from the evil one. —Matthew 6:12-13

This final portion is a guide for how to live as those who bear his name. Jesus speaks of receiving and extending forgiveness in the same breath he mentions our daily need for food.

What would it mean for you to consciously adopt this cycle in your prayers?

REVIEW

- We are invited to live a full and abundant life in God.
- Prayer is our connection to God in every moment or situation.
- By following Jesus’ model of prayer, we deepen our faith.

MEMORIZE

“I AM THE LIGHT OF THE WORLD.
IF YOU FOLLOW ME, YOU WON’T HAVE TO WALK IN
DARKNESS, BECAUSE YOU WILL HAVE THE LIGHT THAT
LEADS TO LIFE.” —JOHN 8:12

ACTION STEPS

- Reflect on how your daily life is impacted by Jesus’ life, death, and resurrection.
- Re-write Jesus’ prayer in your own words.
- Practice using Jesus’ model for prayer in your personal and corporate prayers.
- List three aspects of an abundant life that you are experiencing and then three that you want to experience.

