

My Daily Bread of a Medical Doctor

Note1. The simplicity of structure and that many aspects repeat themselves and thus reflect the reality of where and how the gospel is lived out each day.

Note 2: He does his MDB almost daily

Note 3: You can start at the end of these examples of his MDBs, Day 6, and work forward or start here and work backwards.

Note 4: What is interesting is that in the process of LTH training, which we say takes on average about 18 months, is the spike in hope. After seven months the author has begun to internalize CHANGES (HOPE) into his way of daily thinking. He has become aware of his own role in being the victim of his energy draining thoughts of doom and glum. Now he is taking the initiative to give hope to others. Being a hope giver is also a powerful antidote to the old way of thinking.

Day 1 (July 2015)

I. Review with God the Previous Day

Dear God, thank You for a good night's rest and a very good bible study last night. Because You have my mind set on hope for myself and for others, I find that I am trying to engage others more, learn their stories, and actively find ways to infuse hope in their lives. It actually does give me joy to encourage others and I feel that I am doing Your will. This is a skill that I will hopefully apply in Calvin and in any other children that God may bless us with. Please help me be productive today, Lord. Please help me be wise about how to spend my time, and I pray that it would be glorifying to You.

II. Listen to Jesus

Psalms 38:15-22: But for you, O Lord, do I wait; it is you, O Lord my God, who will answer. For I said, Only let them not rejoice over me, who boast against me when my foot slips!" For I am ready to fall, and my pain is ever before me. I confess my iniquity; I am sorry for my sin. But my foes are vigorous, they are mighty, and many are those who hate me wrongfully. Those who render me evil for good accuse me because I follow after good. Do not forsake me, O Lord! O my God, be not far from me! Make haste to help me, O Lord, my salvation!

Dear Jesus, You are there when we call out for help. You are our aid in times of trouble. But You are also there in times of joy and plenty. Praise be to You my God!

III. Build your relationships with others and yourself

1. Infant Son
 - a. Praise for good sleep; b. Try to understand his moods and crying better
2. Spouse
 - a. Wisdom about birthday arrangements; b. Continued prayer and connection
3. Myself
 - a. Learn to wind down and rest the mind in Christ;
 - b. Keep a focus and emphasis on hope
4. Mother in law
 - a. Safety on the JJ trail
5. Mother and Father
 - a. Calling every week or having regular contact
 - b. For their health
6. Friend
 - a. Success and favor at her work
 - b. Wisdom about communicating with her more regularly

IV. Top Three Tasks today trusting in the Holy Spirit to help me see God's will for today

1. Do and Send out My Daily Bread/QT in the Lord
2. Talk with C this afternoon
3. Home Depot shopping with wife
4. Will making software start
5. Update W4 form
6. Update credit card information
7. CD
 - a. Decide on photos and send; b. Set up C and H hats
8. Saturday
 - a. My Daily Bread/QT in the Lord
 - b. AM help with C
 - c. 12-7pm variety of social events
 - d. Evening C&D stuff
9. Sunday
 - a. 7:30-1:00pm Church AV and prep
 - b. 1:00-5:30pm Church audio/rest
 - c. 5:30pm Sabbath eating out
 - d. Evening CD stuff

V. Prayers for Others

1. Jane and PJ's marriage and good counsel
2. Pastor X and discussing with church SC decision
3. Those suffering in S Carolina shooting
4. C's Aunt's health
5. How to engage friends about SC decision

VI. Prayers of Blessings/Prayers of Prophecy

Dear Jesus, thank You for the wonderful bible study last night. You bring to mind J&C to pray over. I pray that J would see the blessing of his first summer internship in India. I pray that the experiences with it would prepare him for the work in the future. I pray that even now, after clerking with his judge, You would be setting aside a job for him in the future. I pray against any doubts or regrets from the past. Please help him to be excellent in the work that he does. He also desires for people to know him as loving, and I pray that You would continue to give him an extra sensitive, tender heart. I pray for future children who would be able to receive his love. I lift up my brother B as well. Please guide his present relationship, and bring brothers around him who would keep him accountable. He has had some trouble with his faith in school, and he finds residency bringing upon him some jadedness. I pray for healing over his childhood struggles and how they might be affecting present relationships.

DAY 2 June 2015

I. Review with God the Previous Day

Dear God, I wake up this morning with feeling a little blue. It's unclear why I sometimes start out this way; I don't think I can control my dreams. However, I can make a decision about how the rest of the day progresses. I had a mild sense of emptiness; maybe it was from giving a talk and overexerting myself yesterday. But I feel that You have given me a very meaningful life full of relationships, a wonderful family, and fulfilling job. I will not let Satan steal my joy.

II. Listen to Jesus

Psalm 37:37-40: Mark the blameless and behold the upright, for there is a future for the man of peace. But transgressors shall be altogether destroyed; the future of the wicked shall be cut off. The salvation of the righteous is from the Lord; he is their stronghold in the time of trouble. The Lord helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.

Dear Jesus, salvation is from You. You are my stronghold and my rock. Let me cling to this truth every time I am tempted to despair and feel depressed.

III. Build your relationships with others and yourself

1. Son
 - a. Praise for good sleep and wisdom on how to help him calm down before bed
 - b. Try to understand his moods and crying better
2. Spouse
 - a. Wisdom about son's birthday arrangements
 - b. Continued prayer and connection
 - c. Sleeping by 10:30pm at night
3. Myself
 - a. Learn to wind down and rest the mind in Christ
 - b. Good encounters with patients today
4. Mother in law
 - a. Safety on the JM trail
5. Mother and Father
 - a. Calling every week or having regular contact
 - b. For their health
6. C.
 - a. Success and favor at her work
 - b. Wisdom about communicating with her more regularly

IV. Top Three Tasks today trusting in the Holy Spirit to help me see God's will for today

1. Do and Send out My Daily Bread/QT in the Lord
2. See patients with grace and truth
3. C. a. Decide on photos and send; b. Set up CH hats

V. Prayers for Others

1. J and PJ's marriage and good counsel
2. Pastor X and his family's protection and faith
3. S&T needing teachers
4. E & J's sabbatical
5. Those suffering in S Carolina shooting
6. Spouse's Aunt and her hearing loss

Day 3 June 2015

5. Review with God the Previous Day

Dear God, thank You for the restful weekend and time off. It was a very productive weekend, and I spent quality time with my family. Thank You for the reminder in Pastor X's sermon yesterday about the important of asking with a child-like faith. He emphasized not asking like an adult with a sense of control, but asking simply like a child and trusting God like a child. It is difficult for me especially as I've adopted new roles as a husband, father and physician. I think the increased responsibility causes me to try to problem solve and control things on my own more rather than lifting up to God. Pastor X asked three great questions about What is my Bethesda? Do I want to get healed? Will I pick up my mat and walk?

II. Listen to Jesus

Psalm 25:11-15: For your name's sake, O Lord, pardon my guilt, for it is great. Who is the man who fears the Lord? Him will he instruct in the way that he should choose. His soul shall abide in well-being, and his offspring shall inherit the land. The friendship of the Lord is for those who fear him, and he makes known to them his covenant. My eyes are ever toward the Lord, for he will pluck my feet out of the net.

Dear Jesus, thank You for Your promises in this section of scripture.

III. Build your relationships with others and yourself

1. My son
2. My Spouse
 - For spouse's own quiet times
 - Wisdom about child's birthday
 - Energy despite sleepless nights
3. Myself
 - Help in outlining my values and life vision
 - Focus during patient visits
 - More prayerful heart
4. Mother in law
 - Learning how to work with her
5. Mother and Father
 - Calling every other week
 - My mother's health;
6. Friend's member's name
 - Housing situation
 - Connections with friend's church

IV. Top Three Tasks today trusting in the Holy Spirit to help me see God's will for today

1. Do and Send out My Daily Bread
2. Quiet time in the Lord
3. Restful evening

V. Prayers for Others

1. J and 's marriage and good counsel
2. Pastor X. and his family's spiritual protection; his wife J's health
3. B & J good health in the midst of stressors; that K would see God in this process
4. Renew Church:
 - Wisdom in leaders for decisions;
 - Effectiveness in evangelism
 - Children to have enough teachers
5. M. and his work visa

DAY 4 June 2015

I. Review with God the Previous Day

Dear God, thank You for the good night's rest. I wish the same were for spouse and child. His poor sleep has been a source of stress. Please help me to be more prayerful regarding this matter and have good times of prayer and discussion with spouse about it. Yesterday there was some mild sadness and depression throughout the day. I'm not sure why, but I am thankful that even with a feeling of depression, at least I can help patients out. The depression may be related to tiredness from the weekend, which required a lot of exertion. I think there is worry as well. God, please teach me how to rest in You.

II. Listen to Jesus

Psalm 26:9-12 O Lord, I love the habitation of your house and the place where your glory dwells. Do not sweep my soul away with sinners, nor my life with bloodthirsty men, in whose hands are evil devices, and whose right hands are full of bribes.¹¹ But as for me, I shall walk in my integrity; redeem me, and be gracious to me. My foot stands on level ground; in the great assembly I will bless the Lord.

Dear Jesus, please let me cling to these promises and truths. Teach me to love having You dwell within me through Your Holy Spirit. Please give me peace and rest. Teach me to humble my mind and spirit.

III. Build your relationships with others and yourself

1. Son
 - a. Prayer about sleeping more than 3 hour stretches; also that such interrupted sleep wouldn't harm his development
2. Spouse
 - a. Wisdom about Calvin's birthday
 - b. Energy despite sleepless nights
3. Myself
 - a. Help in outlining my values and life vision
 - b. Focus during patient visits
 - c. More prayerful heart
4. Mother in law
 - a. Seeing to build her up and encourage her
5. Mother and Father
 - a. Calling every other week, b. My mother's health;
6. C.
 - a. Housing situation b. Connections with friend's church

IV. Top Three Tasks today trusting in the Holy Spirit to help me see God's will for today

1. Do and Send out My Daily Bread
2. Quiet time in the Lord
3. Unfinished house chores
4. Purchases online

V. Prayers for Others

1. J and 's marriage and good counsel
2. Pastor D. and his family's spiritual protection; his wife J's health
3. B & J good health in the midst of stressors; that K would see God in this process
4. Renew Church: a. Wisdom in leaders for decisions; b. Effectiveness in evangelism
 - c. Children to have enough teachers
5. N. and his work visa
6. R. and a job

Day 5 May 2015

I. Review with God the Previous Day

Dear God, thank You for the good night's rest and allowing child to rest better as well. Today starts with much fewer stressors than yesterday. One thing I noted about last night Lord is that while I desired relationship with my spouse, I was distracted by photography and trying to learn about it. I was getting some reward from photography and thinking about it, but it wasn't filling. Please continue to remind about the importance of being filled with Your Holy Spirit and relationship with You.

II. Listen to Jesus

Psalm 29: Ascribe to the Lord, O heavenly beings, ascribe to the Lord glory and strength. Ascribe to the Lord the glory due his name; worship the Lord in the splendor of holiness. The voice of the Lord is over the waters; the God of glory thunders, the Lord, over many waters. The voice of the Lord is powerful; the voice of the Lord is full of majesty.

Dear Jesus, David is worshipping You and praising You in this psalm. Jonathan Edwards in his treatise "religious affections" talks about the importance of emotion in worship. God knows how we are wired.

III. Build your relationships with others and yourself

1. Son
 - a. Better sleep and that his growth and development would not be significantly harmed
 - b. Be gentler towards son
2. Spouse
 - a. Wisdom about son's birthday;
 - b. Continued prayer and connection
3. Myself
 - a. Help in outlining my values and life vision
 - b. Focus during patient visits
4. Mother in law
 - a. Control resentful thoughts about her; ask Jesus to help me see her good
5. Mother and Father
 - a. Calling every other week;
 - b. My mother's health;
6. C.
 - a. Housing situation
 - b. Email connections in AA

IV. Top Three Tasks today trusting in the Holy Spirit to help me see God's will for today

1. Do and Send out My Daily Bread
2. Quiet time in the Lord
3. Bible study tonight

V. Prayers for Others

1. J&J's marriage and good counsel
2. Pastor X and his family's spiritual protection; his wife's health
3. B&J
 - a. That their health would be good in the midst of stressors
 - b. That B. would see God in this process
4. Renew Church
 - a. Wisdom in leaders for decisions
 - b. Effectiveness in evangelism
 - c. Children to have enough teachers
5. M and his work visa
6. J&E and their vision casting

Day 6 January 2015

I. Review with God the Previous Day

Dear God, please help me serve my patients the rest of today. I pray for continued healing of my left eye and left finger. Please prevent any serious infections; so far, Your Holy Spirit has been allowing my body to heal. I also pray for safe travel to the park tomorrow; I pray for much rest and good fellowship as a family. Give me a gracious spirit towards patients who are very needy and help me to set appropriate boundaries with love and respect.

II. Listen to Jesus

John 12: 12-19: The next day the large crowd that had come to the feast heard that Jesus was coming to Jerusalem. So they took branches of palm trees and went out to meet him, crying out, "Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel!" And Jesus found a young donkey and sat on it, just as it is written, "Fear not, daughter of Zion; behold, your king is coming, sitting on a donkey's colt!" His disciples did not understand these things at first, but when Jesus was glorified, then they remembered that these things had been written about him and had been done to him. The crowd that had been with him when he called Lazarus out of the tomb and raised him from the dead continued to bear witness. The reason why the crowd went to meet him was that they heard he had done this sign. So the Pharisees said to one another, "You see that you are gaining nothing. Look, the world has gone after him."

Dear Jesus, You knew what You would be going into when You entered Jerusalem. You were welcomed as a hero but then crucified as a criminal. Please help us all remember this Thanksgiving how much we have to be thankful for.

III. Build your relationships with others and yourself

1. Son: continue to pray for his sleep and being united with Connie; give hope
2. Spouse: bless her and be patient over family gatherings; give hope
3. Mother in law: have a servant heart and be patient with her
4. Myself: jot down distracting thoughts; ask Holy Spirit for help with anxiety and depression
5. Friend: pray that he would trust God and not work
6. Mother and Father: Pray that they would know Christ and for opportunity to chat this weekend

IV. Top Three Tasks today trusting in the Holy Spirit to help me see God's will for today

1. Do and Send out My Daily Bread
2. Ask God for strength and compassions towards patients
3. Odds and ends; inspecting garage clean out,

V. Be Ready with love and the Spirit for Good Samaritan Events

VI. Pray mercifully over the news of the day

1. Pray for various missionaries to support; E&J and teachers for World Tree; S&'s URI
2. Pray for Ferguson decision and for justice and peace
3. Prayer for Thanksgiving and reminder to people to be thankful for blessings

VII. Prayer of Discernment

Holy Spirit, let me review the above list during the rest of today and help me add whatever the Father wants me to be doing and eliminate what the Father does not want me to be doing day by day.