



# Prayer Guide

## Table of Contents

### Table of Contents

[Letter from Pastor Aaron](#)

[A Lifestyle of Prayer](#)

[Praying The Examen](#)

[Fasting](#)

[Praying The Lord's Prayer](#)

[Lectio Divina](#)

[Prayer and Scripture Devotional](#)

[Warfare Prayers](#)

[Prayer-walking](#)

[Emotions & Prayer](#) ★

[Daily Prayers](#)

[Praying Ancient Prayers](#)

[Personal Prayer Targets](#)

[Praying for the lost](#)

[Praying for NoCo](#)

[Kids Prayer Guide](#) ❤️

## Letter from Pastor Aaron

Since the beginning of our church in 2012, we have set our hearts to be a people of prayer. Our rally cry has simply been, “Pray First.” In every situation, whether good or bad, easy or hard, we try to pray before we act. Many times people act first and then want God to bail them out, but prayer should be our first response, not our last resort.

We believe prayer matters, not as a way to get God to do what we want, but to get in on what God is doing. We join in with the prayer of Jesus: “Your Kingdom come, Your will be done, on earth as it is in heaven.”

Understanding the necessity of prayer is a good first step, but in order for it to become a regular part of your life, it needs to become something you look forward to. I'm convinced most people don't enjoy prayer because they have never been taught how to pray. That's where this simple prayer guide can help. Utilizing Scripture to provide direction and some tools to make prayer more personal, this document is designed to help bring joy and purpose into your time with God. I also encourage you to write notes, prayers, and insights as you move through it. When we discover the beauty of communication with God, we will experience His presence in powerful ways.

For His fame,  
Aaron Stern

## A Lifestyle of Prayer

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. So, how do we make prayer a part of our everyday life?

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Mark 1:35

### We can learn from three things Jesus did...

1. **Time** → Jesus regularly spent time with His heavenly Father. For prayer to be integrated into your life, you should do the same. Make a daily appointment with God.

2. **Place** → Jesus often slipped away from all the things vying for His attention to pray. Find a distraction-free environment to pray out loud, perhaps have some worship music playing in the background.
3. **Plan** → Go into your prayer time with a plan. If it changes that's okay. When Jesus taught His disciples how to pray, He gave them what we call "The Lord's Prayer." This outline along with several other tools are available in this booklet.

## Praying The Examen

### What is the Examen?

The Examen is an ancient prayer practice that uses prayerful reflections of your day's events, in order to help you center on God's presence and discern His direction. It's a simple, four-step way of reflecting and praying through the day.

"The Examen is an immediate solution to the problem of 'what do I pray about?' The answer is: everything that's happened to you today. You might have the impression that your everyday life is the dreary same old, same old. It isn't. Daily life is rich and meaningful. Every encounter, every challenge, every disappointment, and every delight is a place where God can be found." - Jim Manney

### How to pray the Examen?

The Examen can take five minutes or one hour. If you do it once, it will be useful. If you do it every day, it can bring transformation.

Follow these four simple steps:

1. **Replay** - Think back over your day, the big events and the minor details. Tune in to the things that stood out. What emotions did you feel? What made you happy? What made you anxious? What made you angry?
2. **Rejoice** - Bring your gratitude for things both big and small to God. The things that went well during the day but also the general things you are thankful for, like

friendship, health and provision. Don't rush, but sit and enjoy these moments of gratitude to God.

3. **Repent** - As you review the day, bring to God the things that you're sorry for and that you regret. Things like getting caught up in gossip, being snappy with someone, being selfish, or not responding to a need or a prompting of the Holy Spirit. As you hand these things over to God, receive His forgiveness.
4. **Reboot** – Make a decision in your heart to live for Jesus tomorrow and ask for grace to hear His voice and know His presence more clearly.

## Fasting

Throughout the Scriptures, the people of God have embraced the practice of fasting. Moses fasted, Esther fasted, Daniel fasted, the entire nation of Israel fasted. In Matthew 6:16, Jesus says, "When you fast..." Fasting is not just for the "radical." Every Christian should be a fasting Christian. Prayer with fasting develops and strengthens one's spirit and helps facilitate growth in powerful ways. Fasting isn't often easy or fun, but it is always a worthwhile investment in our apprenticeship to Jesus.

When fasting, a person denies the desire of the body for food with the intent to concentrate on God and to know Jesus as the Living Water and the Bread of Life in a greater way. Fasting also helps one to develop the strength to say "yes" to the Spirit and "no" to our selfish desires.

During a fast, one becomes much more sensitive to the spiritual world, both positive and negative. So when you fast, expose yourself to the Scriptures, prayer, and strong Bible teaching while limiting your intake of TV, movies, internet, and social media.

If you have never fasted before, start by going without food for twelve hours. Then, try an eighteen-hour fast. Next, try a 24-hour fast. Once you have done a 24-hour fast, try a two-day fast, and so on. Look at making fasting a lifestyle by setting it into your monthly schedule. Always check with a physician if you are contemplating an extended water fast.

If you get headaches or other body aches during your fast, simply rest and let your body work out the toxins in your system. Your body energy has switched from digesting foods

to cleansing your body. Your body is detoxing, so drink lots of water. In addition to the spiritual benefits, fasting produces positive health benefits. You probably won't "feel" better while you fast, but obvious results will become evident after you fast.

- **Taste and see that the Lord is good;** Psalm 34:8
- **Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."** John 6:35
- **Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."** John 4:13-14
- **Blessed are those who hunger and thirst for righteousness, for they will be filled.** Matthew 5:6
- **Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord.** Joel 1:14
- **Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.** Matthew 26:41

## Praying The Lord's Prayer

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

**One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..."** Luke 11:1

**"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. Forgive us our**

**debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom, and the power and the glory forever.”** Matthew 6:9-13

### **CONNECT WITH GOD RELATIONALLY**

“Our Father in heaven...”

You have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, “Abba, Father.” Romans 8:15 NLT

God invites you to relate to Him as Father. He is a perfect Father who loves you and has your best interest in mind. Ask Him to remove any distortions you might have about who He is and thank Him for the relationship you have with Him.

### **WORSHIP HIS NAME**

“Hallowed be Your Name...” God’s name is a place of protection — the righteous can run there and be safe. Proverbs 18:10 MSG

God’s name is above any and every other name. Speak God’s names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

- **Righteousness** – He makes me clean
- **Sanctifier** – He has called me and set me apart
- **Healer** – He makes me whole
- **Banner of Victory** – He has defeated my enemy
- **Shepherd** – He speaks to me and leads me
- **Peace** – He is my calm in every storm
- **Provider** – He supplies all of my needs

## **PRAY HIS WILL AND WAY**

“Your Kingdom come, Your will be done, on earth as it is in heaven...”

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern. Luke 12:31 TLB

To pray God's will is to ask for life to come where there is death, for beauty to rise from brokenness, for hope to replace despair, and for justice to overtake all that is wrong... for heaven to touch earth.

## **DEPEND ON HIM FOR EVERYTHING**

“Give us this day our daily bread...”

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!

Psalms 121:1-2 NLT

Ask God for what you need and want and then trust Him for the answer.

## **GET YOUR HEART RIGHT WITH GOD AND PEOPLE**

“Forgive us our debts, as we also have forgiven our debtors...” If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Ask God to search your heart and motives. Repent and receive His forgiveness for any area that He brings to mind. Forgive anyone who has offended you in any way. You can

even forgive people in advance.

## **ENGAGE IN SPIRITUAL WARFARE**

“And do not lead us into temptation but deliver us from the evil one...” For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth. Take your stand against the enemy. Ask God to expose the lies you have believed and replace them with the truth of God's Word.

## **EXPRESS FAITH IN GOD'S ABILITY**

“For yours is the Kingdom, and the Power and the Glory forever.”

“Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.” Jeremiah 32:17

Remind yourself that God is great and He is able. Return to praise and make the following faith declarations.

- **“Yours is the Kingdom”** – all rule belongs to You
- **“Yours is the Power”** – all might flows from You
- **“Yours is the Glory”** – Your victory is complete

## **Lectio Divina**



“Blessed is the one... whose delight is in the law of the Lord, and who meditates on his law day and night.” Psalm 1:1-2

“Faith comes from hearing the message, and the message is heard through the word about Christ.” Romans 10:17

Lectio Divina is a Latin phrase meaning ‘divine reading’. It is a simple, contemplative way of praying and reflecting on scripture. Using prayerful meditation on God's word, we learn to tune in to what God might be saying, allow scripture to transform us, and inform our prayers.

### **How to pray the Lectio Divina?**

Lectio Divina can be done individually or as a group. There are four basic steps:

Lectio: **Read and Listen** - choose a scripture, read it. Ask God to speak to you through it. Take time to listen.

Meditatio: **Meditate** - explore the passage and the questions it raises for you and the world around you.

Oratio: **Pray & Respond** - come to God with your requests and repentance.

Contemplatio: **Rest in God's Word** - spend a few moments in silence. Imagine the scripture sinking in, nourishing you, healing you and transforming you.

## **Prayer and Scripture Devotional**

This is a prayer outline mixed with Scripture readings. Simply pray through the outline while you look up the passages of Scripture.

1.

**THANKSGIVING AND PRAISE** (Psalm 63:3-4)

Think of a fresh reason to thank God. (Psalm 100:4, 118:24) Present your body in worship to God by:

- Kneeling before Him as your Lord
- Lifting your hands to Him as your Source
- Standing in praise before Him as your King
- Clapping your hands with rejoicing
- Dancing with joy like a child
- Bowing your head in humility
- Singing a new song to God. (Psalm 96:1-2; Colossians 3:16)
- Inviting Holy Spirit-assisted praise. (Jude 20; 1 Corinthians 14:15)

## **2. CONFESSION AND CLEANSING** (Psalm 139:23-24)

Ask God to search your heart for:

- Sin – receive cleansing and righteousness
- Selfishness – receive holiness and sanctification
- Stress – receive life and power
- Sickness – receive healing and strength

Remember the danger of self-deception. (Jeremiah 17:9; 1 John 1:6-10)

Set a monitor on your mouth and heart. (Psalm 19:14, 49:3)

Ask God to help you keep His purposes and goals in view.

(Psalm 90:12; Philippians 3:13-14)

## **3. ORDER AND OBEDIENCE**

(Psalm 25:4-5; 31:14)

**Present the day's details:**

(Psalm 37:4-5, 31:14-15; Deuteronomy 33:25)

- Choose the fear of the Lord
- Commit your works to God

**Indicate your dependence upon God.**

(Proverbs 3:5-7; Psalm 131:1-3)

**Request specific direction for actions and decisions.**

(Psalm 25:4-5; Isaiah 30:21)

**Choose to obey God's explicit instructions.**

(Matthew 6:11, 7:7-8)

- In the Word of God
- By choosing to do His will

## **Warfare Prayers**

Prayer is not only communion with God; it is confrontation with the enemy. These prayers based on scriptural truths are very helpful in spiritual warfare.

Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:11-18

## **THE ARMOR OF GOD (Ephesians 6:13-17)**

*"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."*

### **Prayer:**

Thank You, Lord, for my salvation. I receive it in a new and fresh way from You and I declare that nothing can separate me from the love of Christ and the place I have in Your kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all assaults against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me the truths I need today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.

## **THE WEAPONS OF WARFARE (2 Corinthians 10:4-5)**

*When we are aware of spiritual warfare, we can be active in praying through it. God has given us victory and power to fight through the blood of Jesus.*

## **Prayer**

Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of commission and omission, in what I have done and in what I have failed to do. I lay down at Your feet all of the sins of my flesh, my tongue, and of my heart, and all unholy thoughts and actions. Thank You, Lord, for shedding Your precious blood for me. I stand on Your Word. The enemy is driven out from before me, above me, around me, and below me; from my home, workplace, church and its ministries, children, and loved ones; from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will prosper, for the Spirit of the Lord shall raise a standard against them. I declare all of these things accomplished by Your Word. Jesus, my Lord, I give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to me by Your Word on my behalf. I declare all of these prayers accomplished and brought to pass by trusting you through faith and expectation in the name of Jesus.

## **PROTECTION PRAYER**

(based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1-2)

Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ. I pray and thank you for a sound mind, the mind of Christ. Today and every day I ask for protection over my spouse; each of my children; our immediate family members, relatives, friends, acquaintances and myself. I also ask today for protection during all of our travels; for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.

## **GENERAL CONFESSION PRAYER**

(based on Romans 10:10; James 5:16; 1 John 1:7-9, 3:8)

Almighty God, I acknowledge and confess that I have sinned against you in thought, word, and deed; I have not loved you with all of my heart, soul, mind, and strength; I have not loved my neighbor as myself. Deepen within me my sorrow for the wrong I have done, and the good I have left undone. Lord, you are full of compassion and grace, slow to anger, and plenteous in mercy; there is always forgiveness with you! Restore to me the joy of your salvation; bind up that which is broken, give light to my mind, strength to my will, and rest to my soul. Speak to me, and let your word abide with me until it has wrought in me your holy will.

### **FORGIVENESS PRAYER (Matthew 6:14-15)**

*For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ.*

### **PRIDE PRAYER**

(based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6)

*When pride comes, then comes disgrace, but with humility comes wisdom. Father, I come to You in the name of the Lord Jesus Christ. I know you oppose the proud. I renounce anything that would cause me to have pride in my heart in dealing with other people. I renounce these and turn away from them. I humble myself before You and come to You as a little child. Study Proverbs 6:16-19 and remember that fasting is a means by which a person humbles themselves before the Lord.*

### **GENERAL BONDAGE PRAYER**

(based on Exodus 20:4-6, 34:7; Numbers 14:18)

You shall not make for yourself an image in the form of anything in heaven above or on

the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments. In the name of the Lord Jesus Christ, I now renounce, break, and loose myself from all bondage, curses, and hexes; physical, mental, or emotional upon me, my family or family line for any reason including the actions of my parents or any other ancestors. I thank You, Lord, for setting me free.

## Prayer-walking

“I am giving you every square inch of the land you set your foot on.” Joshua 1:3

Many people find prayer-walking an engaging alternative to praying at home in quiet and solitude or in a church gathering with others. There's something that happens to us as we walk around our neighborhoods with hearts turned to Jesus but eyes open to our outside world.

Prayer-walking forces us to resist the temptation to stay inward-focused, it stirs us to keep our mission front and center and engages all of our senses, rousing us to cry out to God as we walk with defiant hope into every crack and crevice of our cities.



**How to Prayer-walk:** This uses WALK as an acronym and contains 4 simple steps:

### **W – Worship**

As you begin to prayer-walk, start with Worship. Declare the name of King Jesus under your breath, sing a worship song to yourself, or bring to mind some verses of psalms.

### **A – Ask**

Start asking God for His Spirit to fall on the streets you walk on, the homes, businesses, schools and churches you walk past. Be led by the Spirit as you ask for the specific needs of your community.

## L – Listen

As you worship and pray, leave space to listen to what God might want to say to you - then pray that back to Him.

## K - Know your Land

Be informed about the area you are prayer-walking; research some of its history, some of its ongoing problems so you can pray for breakthrough.

## Emotions & Prayer

God speaks to us in many ways, but a common thread through scripture is God making space for - and speaking through - our emotions.

Here's a list you can use to help identify what you're feeling.

### ▼ Happy

- Cheerful
- Delighted
- Elated
- Encouraged
- Glad
- Gratified
- Joyful
- Lighthearted
- Overjoyed
- Pleased
- Relieved
- Satisfied
- Thrilled

### ▼ Traumatized

- Shocked
- Disturbed
- Injured
- Damaged
- Unloved
- Unlovable
- Hated

### ▼ Angry

- Annoyed
- Controlled
- Manipulated
- Furious
- Grouchy

### ▼ Betrayed

- Deceived
- Fooled
- Duper
- Tricked
- Mislead
- Skeptical

### ▼ Confused

- Baffled
- Perplexed
- Mystified
- Bewildered
- Misunderstood
- Disoriented



- Secure
- Optimistic
- ▼ Loving
  - Affectionate
  - Cozy
  - Passionate
  - Romantic
  - Sexy
  - Warm
  - Tender
  - Responsive
  - Thankful
  - Appreciative
  - Refreshed
  - Pleased
  - Comforted
  - Reassured
- ▼ High Energy
  - Energetic
  - Enthusiastic
  - Excited
  - Playful
  - Rejuvenated
  - Talkative
  - Pumped
  - Motivated
- Grumpy
- Irritated
- Provoked
- Frustrated
- Hateful
- Cold
- Icy
- Bitter
- Cynical
- ▼ Low Energy
  - Beaten Down
  - Exhausted
  - Tired
  - Weak
  - Listless
  - Depressed
  - Detached
  - Withdrawn
  - Indifferent
  - Apathetic
  - Lazy
  - Bored
- ▼ Alone
  - Avoidant
  - Lonely
  - Abandoned
- ▼ Ashamed
  - Guilty
  - Mortified
  - Humiliated
  - Embarrassed
  - Exposed
  - Stupid
- ▼ Disappointed
  - Let down
  - Disheartened
  - Disillusioned
  - Distrustful
- ▼ Invisible
  - Forgotten
  - Overlooked
  - Unimportant
  - Disregarded
  - Lost
- ▼ Despised
  - Ridiculed
  - Dumb
  - Belittled
  - Mocked
  - Scorned
  - Shamed
  - Hated

- Driven
- Determined
- Obsessed
- Jittery
- ▼ Amazed
  - Stunned
  - Surprised
  - Shocked
  - Jolted
  - Enlightened
- ▼ Anxious
  - Uneasy
  - Embarrassed
  - Frustrated
  - Nauseated
  - Ashamed
  - Nervous
  - Restless
  - Worried
  - Preoccupied
  - Scared
  - Tense
  - Fearful
  - Terrified
  - Insecure
  - Indecisive
- Deserted
- Isolated
- Cut off
- Detached
- Disconnected
- Unwanted
- ▼ Sad
  - Unhappy
  - Crushed
  - Dejected
  - Depressed
  - Desperate
  - Hopeless
  - Grieved
  - Despairing
  - Heavy
  - Weepy
- ▼ Peaceful
  - At Ease
  - Calm
  - Comforted
  - Cool
  - Relaxed
  - Serene
- Detested

- Cautious
- Hypervigilant
- ▼ Confident
  - Positive
  - Secure
  - Self-assured
  - Assertive
- ▼ Overwhelmed
  - Apprehensive
  - Boxed In
  - Burdened
  - Confused
  - Distressed
  - Guarded
  - Hard Pressed
  - Panicky
  - Paralyzed
  - Tense
  - Weighted Down
  - Edgy

We encourage you to not stop at identifying your feelings though - once you can say *what* you feel, ask "why" - and then investigate to see where God is in that emotion.

## Daily Prayers

## **GOD THE FATHER**

O Father God, I begin by worshiping You. I say with the psalmist that the heavens declare Your glory, God, and the skies show your handiwork. You are mighty, and You are due strength and adoration and glory. I worship You, Lord, in the beauty of Your holiness. You reign, and I praise Your great and awesome name, for You are holy. You love justice. You are righteous. I exalt You, Lord, and I worship at Your footstool. You are great. You are always good. Amen.

## **GOD THE SON**

Jesus, God has highly exalted You and bestowed on You the name that is above every name, so that at the name of Jesus, every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord. Worthy are You, our Lord and God, to receive glory and honor and power, for You created all things, and by Your will they exist and were created. Amen.

## **GOD THE HOLY SPIRIT**

O Holy Spirit, You are eternal. Your presence is everywhere, and Your hand leads us, and Your right hand holds us. You search all things, even the deep things of God, and You reveal these things to those who love You. You are our helper, Holy Spirit, and the Father sent You to us in Jesus' name, saying that You will teach us all things and bring to remembrance all things that Jesus said. Amen.

## **DRAW NEAR**

O Lord, I am reminded in Scripture that You invite us to draw near to You, and that You will draw near to us. I enter Your gates with thanksgiving and Your courts with praise. I give thanks to you and bless Your name. Amen.

## **HEAR YOUR VOICE**

Lord, Your Word tells us that You bring out Your own sheep, and You go before them, and the sheep follow You, for they know Your voice. Help me to hear and know Your voice, O Lord. I want to quiet myself to anything except You, Jesus; I am reminded that You call us Your friends and that the things You hear from Your Father You make known to us. O Lord Jesus, help me to live as Your friend always. Amen.

## **LIGHT**

God, Your Word is a lamp unto my feet and a light unto my path. I pray now for the light of Your Word in my life; You long to both meet with me and speak with me, and I pray for that kind of close relationship with You. I boldly come before Your throne of grace, that I would obtain mercy and find grace to help in times of need. Amen.

## **LISTENING EARS**

I pray the same words as Samuel, "Speak Lord, for your servant hears." I pray I would hear nothing except Your voice. I pray that You would confirm to me Your voice by Your Word. Take me to the scripture You want me to read. Bring to mind Your word that You want me to know. Direct my paths and make them straight. Impress upon my heart Your word for my life. Amen.

## **PEACE**

I pray for the peace of God that rules in my heart – that Your Word and peace would be the deciding factor in how I live. I am reminded in Scripture that You are a good God. Every good gift, every perfect gift is from above, and comes down from the Father of Lights, in whom there is no variation or shadow of turning. Amen.

## **OBEDIENCE**

I pray now for the strength and power by Your Holy Spirit to obey Your Word. I declare in

prayer the words of Scripture that I am God's workmanship, created in Christ Jesus to do good works, which you prepared in advance for me to do. Amen.

## REVIVAL

Lord, I have heard of your fame; I stand in awe of your deeds, Lord. Repeat them in our day, in our time make them known; in wrath remember mercy. Habakkuk 3:2

## Praying Ancient Prayers

Ancient prayers are full of history, theology and truth, and they are repeated by millions of Christians around the world. They remind us of our unity and that we are part of something bigger: a faith that stretches across time and beyond individuals. Ancient prayers can be a powerful tool, especially when words fail us.

### **Here are five ancient prayers you can use individually or as a group.**

Look upon us, O Lord, and let all the darkness of our souls vanish before the beams of thy brightness. Fill us with holy love, and open to us the treasures of thy wisdom. All our desire is known unto thee, therefore perfect what thou hast begun, and what thy Spirit has awakened us to ask in prayer. We seek thy face, turn thy face unto us and show us thy glory. Then shall our longing be satisfied, and our peace shall be perfect.

*(Augustine, 354 - 430)*

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference, living one day at a time; enjoying one moment at a time; taking this world as it is and not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen.

*(Reinhold Niebuhr)*

Blessed are you, Lord our God. How sweet are your words to the taste, sweeter than honey to the mouth. How precious are your commands for our life, more than the finest gold in our hands. How marvelous is your will for the world, unending is your love for the nations. Our voices shall sing of your promises and our lips declare your praise. Blessed be God, Father, Son and Holy Spirit. Blessed be God for ever.

*(An Anglican 'Prayer of Thanksgiving')*

We beseech thee, Master, to be our helper and protector. Save the afflicted among us; have mercy on the lowly; raise up the fallen; appear to the needy; heal the ungodly; restore the wanderers of thy people; feed the hungry; ransom our prisoners; raise up the sick; comfort the faint-hearted.

*(Clement of Rome, 1st Century)*

O Lord, who hast mercy upon all, take away from me my sins, and mercifully kindle in me the fire of thy Holy Spirit. Take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore thee, a heart to delight in thee, to follow and to enjoy thee, for Christ's sake.

*(Ambrose of Milan, c 339-397)*

## Personal Prayer Targets

"I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth." 1

Timothy 2:1-4

Make a list of those in authority, and connected to you. Pray spiritually and intentionally for them.

## **GOVERNMENT**

- President Biden
- National Leaders
- State Leaders
- City Leaders

## **MY FAMILY**

- Spouse
- Children
- Parents
- Siblings
- Extended Family

## **MY CHURCH**

- Pastor Aaron Stern and Jossie Stern
- Staff Leadership
- Lift Team Leaders

## **MY LIFE**

- Friends
- Co-workers
- Employees
- Employer
- Teachers and Professors
- Neighbors

## **MY CITY**

- Schools → Lincoln Middle School, Bauder, CSU, Front Range, CCU
- City of Fort Collins
- City of Windsor
- City of Greeley
- City of Loveland

## **MY CITY**

- Larimer County Jail and Correctional Facilities
- Hospitals and Healthcare Workers
- Small Local Businesses
- Law Enforcement
- Churches
- Elderly and Residential Care Facilities



## Praying for the lost

God desires for everyone to know Him, to be in right relationship with Him, and to experience full life. The Scriptures say He would leave the 99 to go after the one who doesn't know Him. As followers of Jesus, we are called to partner with Him in prayer and action to bring His lost kids home.

### Pray for Three

Every year in our house we ask people to choose 3 people to pray for that don't yet know Jesus. Write the names down and commit to praying for them.



Heavenly Father, I pray for my friends, my family, and for the people in my city who don't know You yet. Lord, let Your Kingdom come and Your will be done on Earth as it is in Heaven. Holy Spirit, come fill me today and help me to share the love and hope of Jesus with those around me. Amen.

Use the following to help you in your daily prayers for them.

- **PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS**

No one can come to me unless the Father who sent me draws him. John 6:44

- **ASK FOR BLIND EYES TO BE OPENED**

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God. 2 Corinthians 4:4

- **RELEASE THE SPIRIT OF ADOPTION**

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, “Abba, Father.” Romans 8:15

- **PRAY THAT OTHER BELIEVERS WILL CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIPS WITH THEM**

Ask the Lord of the harvest, therefore, to send out workers into his harvest field. Matthew 9:38

- **ASK FOR THE SPIRIT OF WISDOM AND REVELATION**

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. Ephesians 1:17

## Praying for NoCo

We reached out this year and asked people with positions in our cities what we can be praying for. Let's pray for NoCo 🙏

### For Our Cities

- That we heal and recover together as a community, especially those who have been most impacted by the pandemic.
- That our cities serve as a beacons of peace and loving kindness in how we treat each other during this time.
- That we come together to build back stronger with resilience and adaptability and even more connected to a common purpose.

## Small Business Owners

- Staff to come to know Jesus
- Pray for the right staff
- Pray for business to increase and profit.

## Larimer County Jail

- Relief for over- stressed/worked deputies
- Spiritual health for inmates & staff
- Mr. Gibbons (an 18 year inmate going to prison to serve a 13 year sentence) Pray the he can connect with the right people and learn about God and turn from the path he is on.

## Local Law Enforcement

- Wisdom in decision making.
- Protection for all the women and men that go to work everyday and have to deal with being a target.

## Social Workers

- Wisdom in making hard decisions
- Pray for the social workers doing this work day in and day out. That they'd have the motivation to keep going even when it's hard and frustrating.
- For the clients or people that we all work with. The ones that are significantly less

fortunate than others. I think about their quality of life all the time. I pray that they too would have the motivation to keep going...even when it's hard... and peace, sound minds, and patience.

## Teachers

- For encouragement, strength, joy in their lives as they continue the emotional rollercoaster and carry the physical stress of teaching this year- remote.
- Against burnout and the feeling of "I can't do this anymore" that the Lord would strengthen and uphold them, that parents would be quick to encourage and slow to criticize.

## Healthcare Workers

- Pray for that the ongoing staffing crises will be a time that leads to innovation and teamwork  
A prayer: Lord, give these workers a sense of purpose and creativity in new ways to show kindness to their colleagues and their patients.
- Pray for anyone who feels a calling to show empathy and care to go into the healthcare profession.
- Pray for those at risk for social isolation and decline due to mask wearing and visiting restrictions.

## Kids Prayer Guide



**Tell Jesus how great He is!**

A jump start to praying this way is below. Fill in the blanks and add your own praise and worship as you talk to Jesus about how great He is.

Look up Scripture as you walk through the outline.

Hi Jesus!

I love You so much!

1. Thank You (Psalm 100:4, 118:24)
2. When I'm outside, I notice in your beautiful creation!
3. God, You made me. Thank You for my ability to... (Mark 12:30)

You love me for who I am, no matter what.

Thank You for being my God and my friend. I love You.

In Jesus' name, Amen.



### **Give thanks every day!**

Having a thankful heart is something that Jesus loves. Giving thanks to God makes even bad days, good. A jump start to praying this way is below. Fill in the blanks and add your own words of thankfulness.

Hi Dad!

I am so thankful for You and all that You have given me.

Today, I thank You for my family.

I pray that for my family You would .

I thank You that I get to wake up and have a new day!

Thank You for the food I get to eat, the clothes I get to wear, and the house I get to live in.

Thank You for dying for me and saving me.  
Help me be more like You, Jesus.  
I am so thankful for You! I love You! (Psalm 96:1-2)  
In Jesus' name, Amen.



### **Ask God to lead you everyday!**

Have you ever been lost and not known where you were going? It's not a fun feeling. The easiest way to avoid this is to ask for directions from someone with a map. Jesus has the map to life and has the best plan for our life.  
(Proverbs 3: 5-7; Psalm 131:1-3, Isaiah 30:21)

Follow the numbers 1-5 and ask Jesus to lead you today.

1. Thank You, Jesus, for the plan you have for me!
2. Today I choose your plan for my life, because I know it's the best plan there is.
3. Lead me. Give me words to say. Help me think good thoughts.
4. Help me to be kind to people, be wise, and make good choices.
5. Jesus, please make me more like You every day. In Jesus' name. Amen.



### **Pray when you need help!**

#### **Pray through the armor of God.**

Read Ephesians 6:11-18 and then say a prayer to God like the one on the next page to put on your armor!

“Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”  
(Ephesians 6:11-18)

Lord, today I put on the full armor of God. I am protected.

I put on the belt of truth to speak and walk honestly.

I will put into place the breastplate of righteousness to do what is right.

I will strap onto my feet, and be ready with, the Gospel of peace.

On my arm I will carry the shield of faith and block the attacks from the evil one. I know God is with me.

On my head I will wear the helmet of salvation. Jesus loves me and I belong to Him.

With my shield in one hand, I will carry the sword of the Spirit with me in the other. It is the Word of God.

I will pray on all occasions, everywhere, for anything. I will be alert

and never stop praying daily for those around me.  
In Jesus' name, Amen.



### Pray when you feel alone!

Jesus,  
Thank You that You are my best friend.  
Thank You that You never leave me, and that I never have to feel alone.  
As You are with me today, help me follow You and make good choices.  
Help me forgive anyone who has hurt me.  
Thank You for the comfort that Your Spirit brings me.  
Help me be like You and choose to love people the way You would love people.  
In Jesus' name, Amen.

Jesus,  
Thank You that I am important to You.  
Thank You that You are always watching over me and protecting me.  
I pray that You will cover me with the protection of Your blood and surround me with Your angels.  
I run to the name of Jesus, my strong tower.  
Thank You for being my rock and strong defender.  
Please protect my family and me from every evil attack.  
In Jesus' name, Amen.



Read out loud Psalm 91 when you are finished praying.



### **Pray for others!**

Fill in the lists below with names of those in each category that you can be praying for.

- My government
- My church
- My school
- My family
- My friends
- People who don't know Jesus