

## Prayer Guide 2018

### **Week of prayer: January 21-28**

This year we are going to 'book end' our week of prayer with two Sunday evening prayer events (Jan 21 and 28). The first will begin our week with a time of reflection, preparation and confession. The second will end our week with a time of worship, thankfulness and bold praying!

Throughout the week we are encouraging you to take time each day to pray. You can use this prayer guide to help direct you if you want. You may want to consider 'giving something up' throughout the week as you enter into prayer with sacrifice. This could be evening television, lunch time phone-surfing or perhaps a meal. Replace the time spent on this with your prayer time.

Here are some suggestions of how you might guide your times of prayer:

- Come into His presence

*Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Heb 4:16)*

- Take a few moments of silence to quieten your mind and focus your thoughts
- Worship through song
- Meditate on a psalm or another passage of Scripture

- Take some time to examine your heart

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 Jn 1:9)*

- Think though the last 24 hours – the people you've met, the things you've done. Ask the Holy Spirit to highlight things you've done wrong
- Confess and ask forgiveness

- Take time to be thankful

*Give thanks in all circumstances; for this is God's will for you in Christ Jesus. (1 Thess 5:18)*

- List all of the ways in which God has blessed you and turn the list into a prayer of thankfulness

- Present your requests to God

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Phil 4:6)*

- Pray for those in need
- Pray for your own needs and those of family/friends
- Pray for Sevenoaks Alliance Church and our city

Prayer requests according to our church values:

### Gospel

- Pray that the gospel will impact your life afresh and ask God how you can better center your life around it
- Pray for opportunities to share the hope you have with others

### Life

- Pray for a deeper encounter with Jesus in your life
- Ask God what you might need to remove from your life that is causing a blockage to the abundant life in Christ

### Family

- Pray for your immediate family and your church family
- Ask God to give you new ways to express love to your immediate family and church family

### Dependence

- Take time to listen to what God might want to communicate to you
- Pray for courage to trust God more
- Express your dependence on Him through prayers related to your own needs
- Ask God to show you where you are relying too much on yourself. Ask forgiveness. Ask the Holy Spirit to fill you and give you greater faith

### Mission

- Pray for your place of work, school and neighbourhood
- Pray for opportunities and courage to live out your missional identity
- Pray for our city, country and world
- Pray for those that have gone out from our community on mission