

## Prayer Guide 2021



Take time to quiet yourself in God's presence. Take a few deep breaths and relax. You may read some scripture verses to quiet your spirit or be silent. Sometimes we cannot stop our thoughts. Just let your thoughts go after briefly noticing them, or each time a distracting thought enters in, respond with "Be still and know that I am God" (Psalm 46:10) or another centering word. Declare your desire to rely on God by asking God to be with you during this prayer time.

1. **Adoration:** Read Psalm 46 and focus your heart on who God is, choosing a name or attribute of God that connects to your life.
2. **Confession:** Read Psalm 32 and begin by thanking God for the complete forgiveness that is ours through Jesus Christ who has covered our sins. Acknowledge our sin and brokenness as God's creatures and our need for God's healing, redeeming hand in our city, our nation, and in our world.
3. **Thanksgiving:** Read Psalm 107:8-9. Thank God for your blessings.
4. **Supplication (intercession) :** Read Psalm 91 and look to the Lord who is our refuge and fortress. Pray for our helplessness in the face of sickness and disease, our vulnerability to illness, and for the difficulty adjusting to all the change COVID-19 has brought. Pray about our fears and anxieties about the unknown future.  
Pray:  
For those already sick, to be healed  
For the families of those who have lost loved ones  
For the spread to be halted  
For vaccines and medicines to be developed to combat the disease  
For wisdom for leaders in decisions to protect and prevent spread  
For the church to express Jesus love and mercy  
For protection for those who serve

For God's help to provide for the financial impact of the virus  
For the generosity of the body of Christ  
For our Church, including Shalom ministry and Downtown Christian Fellowship  
For our pastors, staff and leaders of our church family.  
For friends and family  
For yourself  
For our community  
For the world

5. **Listening to God:** Now ask God to speak to you and take some time to listen. Write down what you hear God say- a word, a verse, a song, or an image. If nothing comes to mind, just sit quietly remembering how God has worked in your life, how God has blessed you, and how God has used others to teach you.

Close your time in a prayer of thanksgiving.