

PRAYER GUIDE

A SIMPLE GUIDE TO P.R.A.Y.

Monday, January 22nd – 6A Grace Moms prayer

Wednesday, January 24th – 6A and Noon

Friday, January 16th – Noon

TRULY HUMAN – The King's Pace - John 6:1-15 **"P" PAUSE**

(Slowing and Centering, Silence, Stillness, and Waiting)

Pause - Lord, as we enter our prayer time now, we pause to be still; to breathe slowly and to re-center our scattered senses upon Your presence.

"R" REJOICE and REFLECT (Adoration and Thanksgiving)

We choose to rejoice today in our God, who calls us to the simple place of resting in Him from Psalm 116, verses 5-7...

5 Gracious is the Lord, and righteous; our God is merciful.

6 The Lord preserves the simple; when I was brought low, he saved me.

7 Return, O my soul, to your rest; for the Lord has dealt bountifully with you.

Continue to rejoice from the Bible passage from Sunday, the 21st of January, John, 6v1-15. After this Jesus went away to the other side of the Sea of Galilee, which is the Sea of Tiberias. And a large crowd was following him, because they saw the signs that he was doing on the sick. Jesus went up on the mountain, and there he sat down with his disciples. Now the Passover, the feast of the Jews, was at hand. Lifting up his eyes, then, and seeing that a large crowd was coming toward him, Jesus said to Philip, "Where are we to buy bread, so that these people may eat?" He said this to test him, for he himself knew what he would do. Philip answered him, "Two hundred denarii worth of bread would not be enough for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish, but what are they for so many?" Jesus said, "Have the people sit down." Now there was much grass in the place, so the men sat down, about five thousand in number. Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated. So also, the fish, as much as they wanted. And when they had eaten their fill, he told his disciples, "Gather up the leftover fragments, that nothing may be lost." So they gathered them up and filled twelve baskets with fragments from the five barley loaves left by those who had eaten. When the people saw the sign that he had done, they said, "This is indeed the Prophet who is to come into the world!" Perceiving then that they were about to come and take him by force to make him king, Jesus withdrew again to the mountain by himself.

****SHARE and REJOICE** from what stands out to you from the passage; what shimmers and lingers; what do you notice about Jesus, being truly human and truly divine?

“A” ASK

(Presenting our Needs/Hurts/Laments/Requests to the Lord)

**CONSIDER: How can you have more intentional withdrawing as a regular rhythm?
PRAY FOR EACH OTHER:**

PRAY – for the ability to “Be with God yourself” and to “Be Yourself with God”

PRAY – for the ability to move from “LONLINESS” (helplessly alone) to
“SOLITUDE” (hopeful connection with God, with no conditions.)

PRAY - for the salvation of souls for friends, family and neighbors.

“Y” YIELD

(Surrender, Contemplation and Listening)

YIELDING PRAYER – from Pastor Mitchel’s benediction on 1/21/24

May God go before you, to guide you. May God go behind you, to protect you.

May God go beneath you, to support you. May God go alongside you, to befriend you.

Be not afraid. May the blessing of Almighty God,

Father, Son and Holy Spirit,

Descend upon you, settle in around you, and make its home in you. Be not afraid.

He sends us out, into an anxious, busy world, with the constant invitation,
come away by yourself, with me, to a desolate place. You will find rest for your soul.

May you experience that in your week, in your coming and going.

Go in peace. Remember who you are; God’s Beloved.

CLOSING PRAYER

As Jesus taught us, so we pray...

The Lord’s Prayer

Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come; thy will be done,
on earth, as it is in heaven.

Give us this day, our daily bread. And forgive us our trespasses,
as we forgive those who trespass against us.

And lead us not into temptation but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever and ever. Amen.