

# PRAYER GUIDE

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

*Monday, January 29<sup>th</sup> – 6A Grace Moms prayer*

*Wednesday, January 31<sup>st</sup> – 6A and Noon*

*Friday, February 2<sup>nd</sup> – Noon*

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## **TRULY HUMAN – Family Relationships- John 7v1-13**

### **“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.*

**Prayer of Approach** – *Almighty God, King of the Universe, watch over us and make us open to your presence and love. Jesus Christ, our Lord, and Savior, open our eyes to see You alive, present, truly human and yet divine, and powerful today. Holy Spirit, one in being with the Father and Son, infuse all that we say and do with the hope of your counsel and everlasting power. Amen.*

### **“R” REJOICE and REFLECT**

(Adoration and Thanksgiving)

*As we consider our relationships with family, we consider God's forgiveness and love, therefore, in light of his grace, we choose to rejoice in God's loving and forgiving character, joining with the ancient praise of all God's people in the words of Psalm 30, verse 5*

For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

Continue to rejoice from the Bible passage from Sunday, the 28<sup>th</sup> of January, John, 7v1-13.

After this Jesus went about in Galilee. He would not go about in Judea, because the Jews were seeking to kill him. Now the Jews' Feast of Booths was at hand. So, his brothers said to him, "Leave here and go to Judea, that your disciples also may see the works you are doing. For no one works in secret if he seeks to be known openly. If you do these things, show yourself to the world." For not even his brothers believed in him. Jesus said to them, "My time has not yet come, but your time is always here. The world cannot hate you, but it hates me because I testify about it, that its works are evil. You go up to the feast. I am not going up to this feast, for my time has not yet fully come." After saying this, he remained in Galilee. But after his brothers had gone up to the feast, then he also went up, not publicly but in private. The Jews were looking for him at the feast, and saying, "Where is he?" And there was much muttering about him among the people. While some said, "He is a good man," others said, "No, he is leading the people astray." Yet for fear of the Jews no one spoke openly of him.

**\*\*SHARE and continue to 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:** Family relationships can be the hardest to navigate without losing ourselves. What about Jesus' example challenges you? What puzzles you? **PRAY FOR EACH OTHER**

### **Continue to PRAY FOR EACH OTHER:**

**PRAY** – for a Kairos rhythm (God's timing) and a practice of withdrawing to be with God.

**PRAY** – for the ability to stay connected with others, without losing yourself.

**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 give you the grace to be truly human, with Christ's life living in you, and overflowing out of you, for the sake of the world that desperately needs the Gospel.

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 very home in you. Be not afraid.

You are not an orphan; you belong to the King.

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.