

# PRAYER GUIDE

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

*\*Monday, March 25<sup>th</sup> – 6A Grace Moms – No Prayer group today*

*\*Wednesday, March 27<sup>th</sup> – No 6A Prayer group today*

*Wednesday, March 27<sup>th</sup>, In Person and Noon*

*\*Friday, March 29<sup>th</sup> – No Prayer group today*

*\*Consider attending the Holy Week Gatherings: Monday – Friday, 7:30A in Grace Place*

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## ***Ecclesiastes - TO WHAT END? Week 5: “Embracing Our Created Limits”***

### **“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)

*We choose to rejoice today, with all God’s people, in the words from Psalm 90v12 -*

*“So, teach us to number our days, that we may get a heart of wisdom.*

Continuing from the Lenten series in Ecclesiastes – this week’s passage from the wisdom literature of God’s holy word, is from *\*Ecclesiastes 6v10-14 and 7v1-14 (\*NOT PRINTED)*

*REJOICE in the LORD, - embracing the limitations of human wisdom and knowledge, our limitations bring us to a greater reliance on a perfect, all-wise and self-sacrificing God this Holy Week. Our limitations are a gift – forcing us to look at the cross and depend on Jesus.*

### **Pause, Reflect and Rejoice quietly on this truth**

*Bring to mind that you are in God’s presence. You may begin by imagining God or Jesus looking at you and you looking at God loving you.*

*Maybe reflecting on your own humanity and the humanity of Christ.*

*Ask God for the grace to enter His Passion.*

*(See the Grace listed under the ASK]*

## **“A” ASK**

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

*To begin our ASK, we will ask Almighty God for the grace to enter into the Passion of our LORD; for a sorrow with Christ in sorrow; for a broken spirit with Christ so broken; for tears; and for interior suffering because of the great suffering, which Christ endured for me.*

*For Holy Week we will read John 18 and 19 in their entirety.*

### **READ THE CHOSEN PASSAGE, JOHN 18 AND 19**

*We will read the passage aloud together.*

*We will place ourselves in the passage with our imagination, placing ourselves in the scene – noticing the people, listening to them, watching what they are doing, and considering what we might do; who we may converse with and why. Pay attention to your feelings.*

### **ENTER INTO A CONVERSATION WITH CHRIST**

*You may find yourself moved to express your feelings to God.  
Speak and listen as one friend speaks to another.*

### **PRAY FOR EACH OTHER**

**PRAY** for those in your life that need-to-know Jesus.

After reading the Passion, remember how much Christ suffered for us on the cross. In Ecclesiastes, remember that everything in life is meaningless and futile without Him.

## **“Y” YIELD**

(Surrender, Contemplation and Listening)

### **YIELDING PRAYER**

Glory be to the Father and to the Son and to the Holy Spirit.  
As it was in the beginning and is now, world without end, Amen  
Go in peace. Remember who you are;  
God's Beloved.  
Amen

### **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.