

Prayer Guidelines

Sunday 3rd February

- **May we become thirstier for God's presence**
 - John 7:37-38 – *“On the last and greatest day of the feast Jesus stood and said in a loud voice, ‘If anyone is thirsty, let him come to Me and drink. Whoever believes in Me, as the Scripture has said, streams of living water will flow from within him.’”*
- **May God increase His sense of presence upon us, individually and corporately**
 - Exodus 33:15-17 – *“Then Moses said to Him, ‘If Your Presence does not go with us, do not send us up from here. How will anyone know that You are pleased with me and with Your people unless You go with us? What else will distinguish me and Your people from all the other people on the face of the earth?’ And the Lord said to Moses, ‘I will do the very thing you have asked, because I am pleased with you and know you by name.’”*
- **May we become more aware of His presence in our lives**
 - Genesis 28:16 – *“When Jacob awoke from his sleep, he thought, ‘Surely the Lord is in this place, and I was not aware of it.’”*

Monday 4th February

- Today we are focusing on listening to God, so today’s prayer points are short sentences asking God to speak. Follow them with stillness and wait on Him. As the articles we’ve included on listening to God say, enjoy being in His presence even if you don’t hear anything. If He does bring a person, a verse or something to mind meditate on it and write it down.
 - Lord help me to focus wholly on You and hear from You.
 - *Psalm 46:10 “Be still and know that I am God.”*
 - Lord, what is on Your heart?
 - *Psalm 130:5-6 “I wait for the Lord, my soul waits, and in His word I put my hope. My soul waits for the Lord more than watchmen wait for the morning.”*
 - If you have something you are seeking God’s direction or wisdom on, or a situation you are finding overwhelming, bring it to Him and then wait on Him.
 - *Psalm 25:1, 4-5 “To You, O Lord, I lift up my soul, in You I trust O my God. Show me Your ways, O Lord, teach me Your paths; guide me in Your truth and teach me, for You are God my Saviour, and my hope is in You all day long.”*

Tuesday 5th February

Use either one or all of the following elements to guide your prayer hour together:

- 1) Open the time in prayer entrusting God with the next hour of your time.
- 2) Spend some time praying through the scripture provided using the guideline given in “Praying Scripture”

Ephesians 3:14-21 (NIV)

A Prayer for the Ephesians

14 For this reason I kneel before the Father,

15 from whom every family[a] in heaven and on earth derives its name.

16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,
17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,
18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,
19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.
20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,
21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

- 3) Spend a few minutes in quiet listening to what God may want to say to you personally or perhaps for someone in your group. Read the article on listening to God.
- 4) Now spend time praying for the prayer requests given by those in your group.

Thursday Prayer Guide 7th February

Use either one or all of the following elements to guide your prayer hour together:

- 1) Open the time in prayer entrusting God with the next hour of your time.
- 2) Spend some time praying through the scripture provided using the guideline given in "Praying Scripture"

1 Thessalonians 1:1-10 (NIV)

1 Paul, Silas and Timothy,

To the church of the Thessalonians in God the Father and the Lord Jesus Christ:

Grace and peace to you.

Thanksgiving for the Thessalonians' Faith

2 We always thank God for all of you and continually mention you in our prayers.

3 We remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.

4 For we know, brothers and sisters[b] loved by God, that he has chosen you,

5 because our gospel came to you not simply with words but also with power, with the Holy Spirit and deep conviction. You know how we lived among you for your sake.

6 You became imitators of us and of the Lord, for you welcomed the message in the midst of severe suffering with the joy given by the Holy Spirit.

7 And so you became a model to all the believers in Macedonia and Achaia.

8 The Lord's message rang out from you not only in Macedonia and Achaia—your faith in God has become known everywhere. Therefore we do not need to say anything about it, 9 for they themselves report what kind of reception you gave us. They tell how you turned to God from idols to serve the living and true God,

10 and to wait for his Son from heaven, whom he raised from the dead—Jesus, who rescues us from the coming wrath.

- 3) Spend a few minutes in quiet listening to what God may want to say to you personally or perhaps for someone in your group. Read the article on listening to God.
- 4) Now spend time praying for the prayer requests given by those in your group.

Friday Prayer Guide – 8th February

We are having a prayer meeting tomorrow night from 6pm (details under Events). This will be the best place for you to hear first-hand accounts of missions around the world and their prayer needs.

If you are unable to attend you can click the World Watch List <https://www.opendoors.org.za/christian-persecution/world-watch-list-2019/> where you will find the 50 countries currently experiencing the highest levels of persecution. Choose one or more countries, read about them and pray for them.

Secondly, below is a link to the prayer alerts that Open Doors posts. You can pray for specific people and what they are facing.

<https://www.opendoorsusa.org/take-action/pray/>

There is a beautiful song which speaks from the heart of someone facing persecution and how they need our prayers.

*Somewhere far away a prayer is being said
In that quiet place a heart is being led
Led to mention me by name
To Him who bore my guilt and shame
I've been remembered by someone far away*

*Someone far away is standing in my place
And asking that the Lord of love
Would smother me with grace
That I'd be deaf to Satan's lies
That I'd run the race and claim my prize
I've been remembered by someone far away*

*And my heart sings with the knowledge
That I do not stand alone
We are truly connected
Not by post or fax or phone
With a humble heart and bended knee
They ask the Lord to carry me
Through battles I dare not face alone
And my heart sings 'cause
I've been remembered by someone far away*