



**“Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape our worries into prayers.”** (Philippians 4:6–7, The Message)

Asking a parent for help is a child’s natural impulse when something is needed. Coming to our Father in Heaven for help is a Christ-follower’s inclination in a time of need. We remember especially when we cannot see the answer in sight that God does indeed still have the “whole world in His hands”.

We follow Jesus guidance as He taught his disciples in *The Lord’s Prayer*: “Your kingdom come.” Jesus inaugurated His kingdom here on earth and yet it is clear that it is not fully consummated throughout the earth. So we pray for what our hearts long for: each person, each relationship, every organization, every government — a whole world fully reflecting God’s kingdom — a world of peace, love, justice, righteousness, beauty, health, reconciliation, restoration, truth, graciousness and everything else that depicts the perfect rule and reign of our Sovereign King.

As we pray around-the-clock as a church family, there are many ways to pray during your hour. Here are some ideas for individuals, youth, and children.

As an added encouragement, remember there is no one right way to pray. So, we pray with confidence knowing that the Holy Spirit is interceding for us “with groans too deep for words” and “according to the will of the Father”. Romans 8:27

### **60 minutes of Guided Prayer**

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Consider these time suggestions – remember this is a guide and not a rigid schedule. Let the Spirit lead.

Preparation (one minute): Ask God to help you spend this time profitably with him. Give yourself to him for this hour and ask that God would be the guide to your time together.

Confession (four minutes): Spend a moment going over recent sins that weigh on you, but don't dredge up old ones. Read 1 John 1:9. Ask for God's cleansing, and then accept it by faith and thank God for it.

Praise and thanksgiving (nine minutes): Sing your adoration to the Lord using a hymnal or choruses. Thank him for his goodness to you and your loved one. God "inhabits" the praises of his people (Psalm 22:3). Make note when you are aware of God's presence and give thanks.

Petition (nine minutes): Pray about life's difficulties. Use this time to talk over with the Lord your own struggles. Discuss with him your relationship with your loved ones, your family, friends, your financial needs, your studies or job.

Intercession (nine minutes): Pray for friends, loved ones, relatives, neighbors, fellow workers. Don't just read a list of names but talk to God about their lives and needs. You can boldly ask him for their salvation. Ask God to bring Christians into their lives, to alter circumstances, and to give you opportunities for witness.

Prayer for the church (twelve minutes): Call on God for a deep renewal of love for him. Pray for church leadership. Intercede for children, youth, families, singles, widows, the sick and homebound. Call on God for an increase in giving so the church can accomplish its work. Pray for Christian organizations working with college students, children, military personnel, and homeless in your community.

Prayer for the nation (eight minutes): Pray that God will guide our president and legislators, our justices and judges, our governors and mayors, our police and firefighters. Pray for righteousness in government and a public policy sensitive to the needs of the oppressed both here and abroad.

Prayer for other nations (eight minutes): Pray for the work of Christ throughout the world. Intercede for unreached peoples. Pray for missionaries, for Third World pastors and churches, for the people of God who are suffering persecution. Pray for peace. Ask God to give food, shelter, and hope to the hungry.

## **Prayer during this Covid-19 Pandemic**

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**Prayer is never the last resort of God's people. It is our first point of action.**

1. For the sick and infected: God, heal and help. Sustain bodies and spirits. Contain the spread of infection.
2. For our vulnerable populations: God, protect our elderly and those suffering from chronic disease. Provide for the poor, especially the uninsured.
3. For the young and the strong: God, give them the necessary caution to keep them from unwittingly spreading this disease. Inspire them to help.

4. For our local, state, and federal governments: God, help our elected officials as they allocate the necessary resources for combatting this pandemic. Help them to provide more tests.
5. For our scientific community, leading the charge to understand the disease and communicate its gravity: God, give them knowledge, wisdom, and a persuasive voice.
6. For the media, committed to providing up-to-date information: God, help them to communicate with appropriate seriousness without causing panic.
7. For consumers of media, looking to be well-informed: God, help us find the most helpful local information to equip us to be good neighbors. Keep us from anxiety and panic, and enable us to implement the recommended strategies, even at a cost to ourselves.
8. For those with mental health challenges who feel isolated, anxious, and helpless: God, provide them every necessary support.
9. For the homeless, unable to practice the protocols of social distancing in the shelter system: Protect them from disease and provide isolation shelters in every city.
10. For international travelers stuck in foreign countries: God, help them return home safely and quickly.
11. For Christian missionaries throughout the world, especially in areas with high rates of infection: God, provide them with words of hope, and equip them to love and serve those around them.
12. For workers in a variety of industries facing layoffs and financial hardship: God, keep them from panic, and inspire your church to generously support them.
13. For families with young children at home for the foreseeable future: God, help mothers and fathers to partner together creatively for the care and flourishing of their children. For single mothers and fathers, to grow their networks of support.
14. For parents who cannot stay home from work but must find care for their children: God, present them with creative solutions.
15. For those in need of regular therapies and treatments that must now be postponed: God, help them to stay patient and positive.
16. For business leaders making difficult decisions that affect the lives of their employees: God, give these women and men wisdom, and help them to lead self-sacrificially.
17. For pastors and church leaders faced with the challenges of social distancing: God, help them to creatively imagine how to pastor their congregants and love their cities well.
18. For college and university students, whose courses of study are changing, whose placements are canceled, whose graduation is uncertain: God, show them that while life is uncertain, their trust is in you.
19. For Christians in every neighborhood, community, and city: May your Holy Spirit inspire us to pray, to give, to love, to serve, and to proclaim the gospel, that the name of Jesus Christ might be glorified around the world.
20. For frontline health care workers, we thank you for their vocational call to serve us. We also pray:
  - God, keep them safe and healthy. Keep their families safe and healthy.
  - God, help them to be knowledgeable about the diagnosis and treatment of this disease, as well as the changing protocols.
  - God, help them to stay clear-minded in the midst of the surrounding panic.

- God, deliver them from anxiety for their own loved ones (aging parents, children, spouses, roommates).
- God, give them compassion for every patient in their care.
- God, provide for them financially, especially if they fall ill and are unable to work.
- God, help Christians in health care to exhibit extraordinary peace, so that many would ask about the reason for their hope. Give them opportunities to proclaim the gospel.

God, we trust that you are good and do good. Teach us to be your faithful people in this time of global crisis. Help us to follow in the footsteps of our faithful shepherd, Jesus, who laid down his life for the sake of love. Glorify his name as you equip us with everything needed for doing your will. Amen. (Adapted from Jen Pollock Michel’s blog. Cited in *Christianity Today*)

### **The Lord’s Prayer as a Guide Matthew 6:9 – 13 (NIV)**

Our Father in heaven,  
 hallowed be your name,  
 your kingdom come,  
 your will be done,  
     on earth as it is in heaven.  
 Give us today our daily bread.  
 And forgive us our debts,  
     as we also have forgiven our debtors.  
 And lead us not into temptation,  
     but deliver us from the evil one

Pray through the prayer line-by-line using the suggested themes, praising, thanking, asking, confessing as this prayer leads.

### **Our Father in Heaven**

- “Father,” He is the creative source of us and all things.
- “Our Father,” we belong to a family of people created in His image.
- “In Heaven” God exists in the historic past, and is present, today, in the here and now.
- God is “in heaven,” a perfect place positioned above all powers and principalities.

### **Hallowed be Your Name**

Use these names of God from the Hebrew Bible (the Old Testament)

- Jehovah Jireh (Gen 22:13,14) the Lord will provide (El Shaddai) The all-sufficient one

- Jehovah Rapha (Exodus 15:26) the Lord that heals (Elohim) Strong One
- Jehovah Nissi (Exodus 17:15) the Lord our banner (Jehovah Sabaoth) Lord of Host
- Jehovah Shalom (Judges 6:24) the Lord our peace (El Elyon) Most High God
- Jehovah Ra-ah (Psalm 23:1) the Lord is my shepherd (Adonai), Lord
- Jehovah Tsidkenu (Jeremiah 23:6) the Lord our righteousness (M'Kaddesh) Lord My Sanctifier
- Jehovah Shammah (Ezekiel 48:35) the Lord is present (El Olam) The Everlasting God

**Your kingdom come; your will be done on earth as it is in heaven.**

- God's kingdom comes to me, to each member of my family, to my friends, to our church, and to our community, country, world.
- Pray for God's will to be done in every area of your life.
- Name persons for whom you're praying, and for those who are in authority. (pastor, mayor, governor, congress, president.)
- Praise God for His kingdom, power and glory manifested in our world. Name specifically where you see this now.

**Give us this day our daily bread**

- Pray specifically for God's daily provision for you and your family. Pray for discernment between "needs" and "wants".
- Pray specifically for others who God brings to mind for financial needs and other provision.
- Pray specifically for provision for your church, and other ministries.
- Praise God for His promised and provision of daily bread.

**And forgive us our debts, as we also have forgiven our debtors.**

- Release anyone who has wronged you by vocalizing forgiveness in God's presence.
- If you cannot do this, ask God to help you to forgive, or even ask for the desire to want to forgive. Sometimes this is an incremental process.
- Search your heart to confess any sin in your life and receive His restorative forgiveness.
- Praise God for the forgiveness of sin.

**Lead us not into temptation, but deliver us from evil**

- Pray that the Lord leads you through the day so you can avoid all the traps of temptation that are usual for you and also for any new temptation.
- Thank God for deliverance from the evil one — that our enemy is a defeated foe.

- Rejoice in the Heavens being opened. (Luke 3:21-22)
- Put on our spiritual armor (Ephesians 6:11-19)
  - Belt of truth
  - Breastplate of righteousness
  - Shoes of preparation of the gospel of peace
  - Shield of faith
  - The helmet of Salvation
  - Sword of the Spirit
- Praise God for guiding your steps so as to avoid the snares of the evil one.

**For Yours is the Kingdom and the power, and the glory forever. Amen (this is a traditional addition to the words of Jesus)**

- We declare all of these things. We declare that these truths are bedrock truths underlying all other things that seem to be true in the here and now.
- “So be it!” (meaning of the word Amen)

### **Psalm 23**

The LORD is my shepherd, I lack nothing.  
 He makes me lie down in green pastures,  
 he leads me beside quiet waters, he refreshes my soul.

He guides me along the right paths  
 for his name’s sake.

Even though I walk  
 through the darkest valley  
 I will fear no evil,  
 for you are with me;  
 your rod and your staff,  
 they comfort me.

You prepare a table before me  
 in the presence of my enemies.  
 You anoint my head with oil;  
 my cup overflows.

Surely your goodness and love will follow me  
 all the days of my life,  
 and I will dwell in the house of the LORD  
 forever.

This Psalm is written primarily in the “present tense” meaning that what is described in the Psalm is happening now. Thank God for how “I lack nothing” in each of the themes of this Psalm and ask God to show you how He is providing when it is unclear or when it has not happened yet.

### **John 17 - Jesus’ High Priestly Prayer**

It has been called Jesus’ farewell speech in addition to a prayer. He prays for Himself, his current disciples, and His disciples throughout the ages. It is worthy of our prayerful echoing of this profound prayer of our Lord.

After saying all these things, Jesus looked up to heaven and said, “Father, the hour has come. Glorify your Son so he can give glory back to you. <sup>2</sup> For you have given him authority over everyone. He gives eternal life to each one you have given him. <sup>3</sup> And this is the way to have eternal life—to know you, the only true God, and Jesus Christ, the one you sent to earth. <sup>4</sup> I brought glory to you here on earth by completing the work you gave me to do. <sup>5</sup> Now, Father, bring me into the glory we shared before the world began.

<sup>6</sup> “I have revealed you to the ones you gave me from this world. They were always yours. You gave them to me, and they have kept your word. <sup>7</sup> Now they know that everything I have is a gift from you, <sup>8</sup> for I have passed on to them the message you gave me. They accepted it and know that I came from you, and they believe you sent me.

<sup>9</sup> “My prayer is not for the world, but for those you have given me, because they belong to you. <sup>10</sup> All who are mine belong to you, and you have given them to me, so they bring me glory. <sup>11</sup> Now I am departing from the world; they are staying in this world, but I am coming to you. Holy Father, you have given me your name; now protect them by the power of your name so that they will be united just as we are. <sup>12</sup> During my time here, I protected them by the power of the name you gave me. I guarded them so that not one was lost, except the one headed for destruction, as the Scriptures foretold.

<sup>13</sup> “Now I am coming to you. I told them many things while I was with them in this world so they would be filled with my joy. <sup>14</sup> I have given them your word. And the world hates them because they do not belong to the world, just as I do not belong to the world. <sup>15</sup> I’m not asking you to take them out of the world, but to keep them safe from the evil one. <sup>16</sup> They do not belong to this world any more than I do. <sup>17</sup> Make them holy by your truth; teach them your word, which is truth. <sup>18</sup> Just as you sent me into the world, I am sending them into the world. <sup>19</sup> And I give myself as a holy sacrifice for them so they can be made holy by your truth.

<sup>20</sup> “I am praying not only for these disciples but also for all who will ever believe in me through their message. <sup>21</sup> I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me.

<sup>22</sup> “I have given them the glory you gave me, so they may be one as we are one. <sup>23</sup> I am in them and you are in me. May they experience such perfect unity that the world will know that you

sent me and that you love them as much as you love me. <sup>24</sup> Father, I want these whom you have given me to be with me where I am. Then they can see all the glory you gave me because you loved me even before the world began!

<sup>25</sup> “O righteous Father, the world doesn’t know you, but I do; and these disciples know you sent me. <sup>26</sup> I have revealed you to them, and I will continue to do so. Then your love for me will be in them, and I will be in them.”

### **Prayer Walk/Drive Through Your Own Neighborhood**

Walk or drive around your own neighborhood praying over every house, every neighbor as God leads. Here are some ideas to get you started:

- If you see signs of children in the house, pray for those children to grow up knowing God. Pray for the parents to have wisdom and patience in their job of parenting.
- If you see signs of teenagers in the house, pray for safety as those kids begin to stretch their wings. Pray they will find a sure path and stay well-grounded as they grow and leave the house.
- If you see a ‘for sale’ sign in the yard, pray for a smooth transition and move for the family and the new neighbors who will move in.
- If you see curtained windows and no signs of activity, pray for comfort, for provision, or openness.
- During this time of Covid-19 pray for all: protection, community, provision, and hope.

### **Prayer Walk/Drive Through Another Community**

- You can take a prayer walk or drive to another community in need of prayer.
- Fill that community with prayer, praying for each person you see, each home or business.
- If walking and someone asks what you’re doing, explain that you’re praying over the neighborhood. Then ask how you can pray for them.

### **Prayer Walk/Drive Around Your Neighborhood School**

- Pray over the teachers, administrators, and children in that school that God blesses them.
- Pray during this unprecedented time, that each student, each teacher, administrator, and school employee would be able to take one day at a time and they would have provision that is needed each day.
- For the families who depend on school for meals and child-care, that they would find alternate means during this difficult time and that employees would be kind and filled with grace and encouragement.



- For parents with children now at home constantly – for patience, for creativity, the development of a healthy routine, and for a growing and healthy relationship with their children and between the children.

### **Prayer Walk/Drive Around Church**

- Pray for the people who are a part of Hillcrest that they would continue to feel a part of this church while not physically together.
- Pray for God to speak into their hearts, to heal what's broken and comfort what ails.
- Pray that they would be grow deeper roots in Christ during this time.
- Pray that a growing love for the family of Hillcrest during this time apart.

### **Hospitals – for all hospital and medical personnel.**

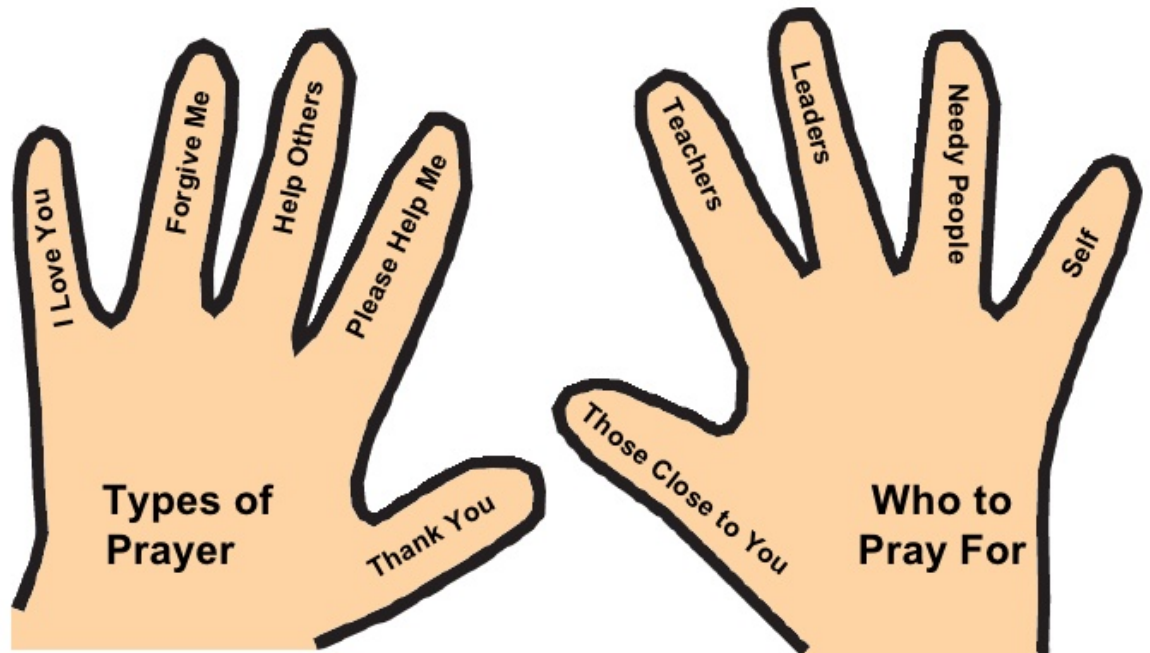
- For strength, patience, wisdom, endurance, compassion, protection and for hope.
- For a sense of strong collegiality particularly during this time.
- For creativity while working.
- For deep rest and refreshment when away from the job.
- For protection of their loved ones.
- As you consider those you know who work in the medical field, pray for them by name and for their colleagues, those they serve, and their families.

### **JOURNAL ENTRY**

#### **IDEAS:**

- USE THIS TEMPLATE TO WRITE PRAYERS TO GOD

# Hands For Prayer



**Coloring Prayer:** First, gather coloring utensils and coloring sheets. Second, decide what you'll pray for with each color. For example, use purple while praying aloud for animals, green for family members, blue for the Earth and the environment. Tailor the categories to your own family or classroom. (Also, looking for some fresh coloring sheets? Grab a free sample pack [here!](#))

**Prayer in Song:** One of the easiest ways to teach children to pray is through singing. There are several options out there. The doxology is one song used as a prayer of praise and thanksgiving. The lyrics are as follows:

*Praise God from whom all blessings flow.  
Praise God all creatures here below.  
Praise God above ye heavenly host.  
Praise Father/Mother, Son and Holy Ghost.  
Amen.*

**Prayer Journal:** Invite your children to begin drawing and writing their prayers to God. Even little ones can draw their prayers. For those who are older, they may want to write letters to

God. Additionally, giving children a prompt can offer needed structure. Perhaps encourage them to write God about their hopes for the coming school year.

**Prayer through Movement:** There are several ways to pray with kids that teach how their minds *and* bodies communicate with God. So, try this simple prayer below, especially useful for the kinesthetic learner. Additionally, yoga and dance are great options that can be done with children of all ages.

*(3 deep breaths)*

*God, you are above (reach toward the sky), below (touch your toes), inside (hands to heart) and all around (big arm circles).*

*I worship you (reach toward the sky), and give my life to you (touch your toes).*

*And I love you (hands to heart) with all that I am (big arm circles).*

*(3 deep breaths)*

**Fill in the Blank Prayer:** Take turns going back and forth or from person to person, if you're in a group, saying, "God is great, God is good, thank you God for \_\_\_\_\_." See how long you can keep it going. It's fun (and sometimes breathtaking) to hear what your children say. Discussing what is inside our hearts and minds with each other is a crucial way to build relationships. Consequently, this practice builds both relationships with God and with each other.

**Prayer Walk:** Go for a walk together in search of the things you're thankful to God for. Sidewalks, trees, bird songs, smiles from other pedestrians, flowers in bloom, passing cars and buses that make travel possible. So much to appreciate! Additionally, this is an excellent way to get outside, slow down the mind and get active together.

**Breath Prayer:** First, choose a word or brief phrase to repeat in one breath. Now, if it's a phrase, say one part on the inhale and one part on the exhale. For example, invite your children to think in their minds or whisper to themselves Psalm 56:3. Next, on the inhale, think or say, "When I am afraid." Then, on the exhale, think or say, "I will trust you." Repeating breath prayers is a meditative practice that can be done with children of almost any age.

**Scripture Prayer:** First, choose a Bible verse and use it as a prayer to begin and end each day with your children. Try John 3:18, Psalm 46:1 or Romans 15:13. Additionally, it may be helpful to have it posted by their bed to read together.

***Thank you for participating in this 24-Hour Prayer. We pray for you that you would sense God's presence, leading, and God's peace. We pray that this hour of prayer would deepen your sense of God's delight and love for you and will be sustaining in the days ahead. God bless and keep you!***