

HERITAGE CHURCH OF CHRIST

49000 MINUTES

of prayer



A GUIDE FOR PRAYING



Prayer is an exciting journey in our relationship with God. We actually encounter our loving God and in dialogue with him and time together, become changed. Find a helpful gap of time to pray. You want to block off your minutes- give yourself permission, time and the space to pray. Above all, find the routine that fits you well. A routine to pray; to be with God. This guide can help find structure or focus, if you want.

When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life.

This is a guide. A resource. It is not intended to be used sequentially. And each part of the guide is only intended to help. Rearrange as you need to aid in your prayer time. Look through the entire guide and pinpoint the suggested prayers you may want to pray this week. These are resources gathered from a variety of places with some original. The idea is all the same: a help.

Whatever your goal is for 4900 minutes of total prayer, the idea is not to simply meet the goal. But, to meet God within your goal.



How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

Very early in the morning, while it was still dark, Jesus got up, left the house and went of to a solitary place, where he prayed (Mark 1:35).

A CERTAIN TIME Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

A CERTAIN PLACE Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

A CERTAIN PLAN Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline along with several other tools are available in this guide.



Jesus was active while he prayed. Can you find one reference where Jesus folded His hands or bowed His head when He prayed? He had open and free communication with the Father. Most of the time he looked up, not down. Practice being active in your prayers. Wherever you are, lift up your eyes to God. There is no need to be in a specific place to pray, such as a church. Pray wherever you are.

- Looking toward heaven- Matthew 14:19, John 11:41
- Sitting- Mathew 26:26
- Prostrate (lying face downwards)- Matthew 26:39
- On the cross (when in deepest agony)- Matthew 27:46
- Hands raised in a blessing- Luke 24:51

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THE LORD'S PRAYER



Unsure of where to start? The Lord's Prayer is never a wrong place to begin praying. The prayer Jesus teaches can be used each time you pray or as a guide to centering your thoughts and heart. Use the prayer and the guided thoughts to dwell more deeply with the Lord's Prayer.

“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. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever”

OUR FATHER IN HEAVEN

CONNECT WITH GOD RELATIONALLY

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father" (Romans 8:15 NLT).

- God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

HALLOWED BE YOUR NAME

WORSHIP HIS NAME

God's name is a place of protection—the righteous can run there and be safe (Proverbs 18:10 MSG).

- What are His Names? Righteousness – He makes me clean Sanctifier – He has called me and set me apart Healer – He heals all my diseases Banner of Victory – He has defeated my enemy Shepherd – He speaks to me and leads me Peace – He is my peace in every storm Provider – He supplies all of my needs

YOUR KINGDOM
COME, YOUR WILL
BE DONE ON
EARTH AS IT IS
IN HEAVEN

PRAY HIS AGENDA FIRST

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern (Luke 12:31 TLB).

- God's priorities: Share Jesus' love, Following His footsteps, Sharing to the Lost, Guiding those in authority - parental, spiritual, governmental, workplace His will in us

GIVE US THIS
DAY OUR
DAILY BREAD

DEPEND ON HIM FOR EVERYTHING

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!

(Psalm 121:1-2 NLT).

- Ask God for what you want and need and then trust Him for the answer.

FORGIVE US
OUR DEBTS AS
WE FORGIVE
OUR DEBTORS

GET YOUR HEART RIGHT WITH GOD AND PEOPLE

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1:9).

- Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind. Forgive anyone who has offended you in any way.

AND DO NOT
LEAD US INTO
TEMPTATION
BUT DELIVER
US FROM THE
EVIL ONE

ENGAGE

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms (Ephesians 6:12).

- Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word. Repeat truth, look for truth in scripture and say aloud.

FOR YOURS IS
THE KINGDOM
AND THE
POWER AND
THE GLORY
FOREVER

EXPRESS FAITH IN GOD'S ABILITY

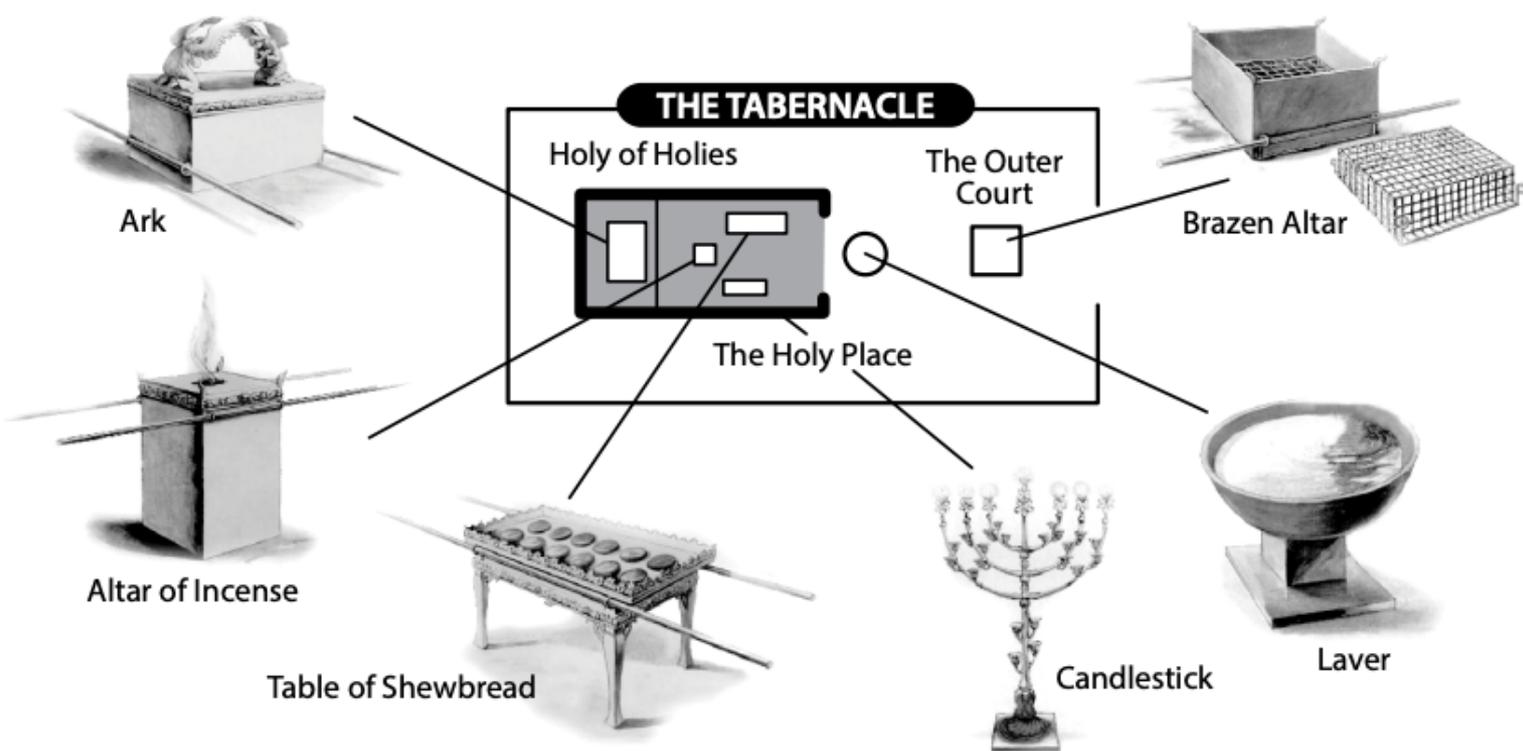
“Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you” (Jeremiah 32:17).

- Remind yourself of God's ability. Return to praise and make your faith declarations. "Yours is the Kingdom" – all rule belongs to You "Yours is the Power" – all mightiness flows from You "Yours is the Glory" – Your victory shall be complete

THE TABERNACLE PRAYER



The Tabernacle was the dwelling place of God where He met His people. As they entered the Tabernacle, they passed through seven stations as a protocol to God's presence. Today, these same steps can help us to connect with God and lead us through important elements of prayer.



OUTER COURT

THANKSGIVING AND PRAISE

1

Enter his gates with
thanksgiving and his courts with
praise; give thanks to him and
praise his name (Psalm 100:4)

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Take time now to give thanks. Think of a fresh reason why you love and appreciate God. Share that with God.

THE BRAZEN ALTAR

THE CROSS OF JESUS

2

Praise the LORD, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's (Psalm 103:2-5).

In the Old Testament, everyone who had committed sin had to bring animal sacrifices. Jesus paid for all your sins once and for all. You simply need to receive the benefits of what Jesus did for you. Take time in prayer to reflect on the cross, confess your sins and ask for forgiveness.

THE LAVEN

CLEANSING AND PREPARING

3

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship (Romans 12:1).

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer

Offer your body to God:

Your tongue – to speak good and not evil
Your eyes – to see God and the needs of others
Your ears – to be sensitive to His voice
Your hands – to do good to others
Your feet – to walk in God's ways
Offer your mind to God (Philippians 4:8; Romans 12:2). Ask God to give you the fruit of the Spirit (Galatians 5:22-23).

THE CANDLESTICK

THE HOLY SPIRIT

4

The Spirit of the LORD will rest on him— the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD (Isaiah 11:2).

The next piece of furniture in the Tabernacle was a seven branched golden candlestick. The fire represents the Holy Spirit.

Invite the presence of the Holy Spirit into your life. The Spirit of the Lord, The Spirit of Wisdom, The Spirit of Understanding, The Spirit of Counsel, The Spirit of Might, The Spirit of Knowledge, The Fear of the Lord

THE TABLE OF SHEWBREAD

THE WORD OF GOD

5

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful (Joshua 1:8).

A table with twelve loaves of bread represents the importance of reading God's Word for daily sustenance.

With this in mind, here are ways to nourish your soul: Read God's Word. Claim His many great promises. Ask for fresh revelation of the Word. Take time to read and meditate on the Word. Open scripture and get a Word for the day.

THE ALTAR OF INCENSE WORSHIP

6

The name of the LORD is a strong tower; the righteous run to it and are safe (Proverbs 18:10).

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship.

The people of God literally entered God's presence worshipping the Names of God, including: God is My Righteousness - Jeremiah 23:6, God is My Sanctifier - Leviticus 20:7-8, God is My Healer - Exodus 15:26, God is My Provider - Genesis 22:14, God is My Banner of Victory - Exodus 17:15, God is My Peace - Judges 6:24, God is My Shepherd - Psalm 23:1, God is Always There - Ezekiel 48:35

THE ARK OF THE COVENANT

INTERCESSION

7

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others. We have Jesus who has interceded on our behalf.

- Those in authority – spiritual, civil, family, and workplace
- My family
- My church – small group, members, and vision/mission
- My city, nation, and world My needs



PRAYER AND SCRIPTURE

THANKSGIVING AND PRAISE – PRESENT YOURSELF TO GOD (MARK 12:30)

Think of a fresh reason to thank Him (Psalm 100:4, 118:24).

Present your body in worship (Romans 12:1; Psalm 63-3,4) by:

- Kneeling before Him as your Lord Lifting your hands to Him as your Source
- Standing in praise before Him as your King
- Clapping your hands with rejoicing
- Dancing with joy as a child
- Bowing your head in humility
- Sing a new song to Him (Psalm 96:1,2; Colossians 3:16).
- Invite Holy Spirit assisted praise (Jude 20; 1 Corinthians 14:15).

CONFESSION AND CLEANSING – PRESENT YOUR HEART TO GOD (PROVERBS 4:23)

Ask God to search your heart (Psalm 139:23,24) for:

- Sin – receive cleansing and righteousness
- Selfishness – receive holiness and sanctification
- Stress – receive life and power
- Sickness – receive healing and strength

Remember the danger of self-deception (Jeremiah 17:9; 1 John 1:6-10). Set a monitor on your mouth and heart (Psalm 19:14, 49:3). Ask God to help you keep His purposes and goals in view (Psalm 90:12; Philippians 3:13-14).

ORDER AND OBEDIENCE – PRESENT YOUR DAY TO GOD (PSALM 37:5)

Present the day's details (Psalm 37:4,5, 31:14,15; Deuteronomy 33:25):

- Choose the fear of the Lord.
- Commit your works to God.

Indicate your dependence upon God (Proverbs 3:5-7; Psalm 131:1-3). Request specific direction for actions and decisions (Psalm 25:4,5; Isaiah 30:21). Choose to obey God's explicit instructions (Matthew 6:11, 7:7-8).

DAILY EXAMEN

BY ST. IGNATIUS OF LOYOLA

We long to see God in our daily life. The Prayer of Examen is a great way to end the day by relinquishing our day to Jesus. It is also a helpful way to discern God's abiding presence with us during the day.

Best practiced daily for a few minutes before bed. Journal your examen, writing thoughts and responses to help articulate your words to God.



INVITING GOD'S PRESENCE

Pray: In the name of the Father, Son, and the Holy Spirit. Amen. Invite the Holy Spirit to help you during you walk through the day and shed his light.



CELEBRATING GOD'S GIFTS

Journal for a few minutes and recall God's gifts to you during the day (small and big things) in a spirit of gratitude. Give thanks for them.



REVIEWING THE DAY

Look back on your day in the presence of the Spirit like you are watching a video of the day unfold. Jot down the following: Consolations: In what way did you cooperate with God's grace during the day? How did you draw close to him? Desolations: In what way did you draw further away from God? What led you to withdraw from his presence? (Note not just things you did but experiences you had that may have caused this.)



OFFERING OURSELVES

Make an offering of your consolations and desolations to Jesus, whose presence is with you. Don't attempt to fix or explain. Just gift all the good and hard things of your day to Jesus.



PRAYING ONE THING

What is one thing you would pick among all your consolations and desolations that you want to talk to Jesus about? Invite Jesus into this area and process it with him. Pray: Glory to the Father and the Son and the Holy Spirit: as it was in the beginning, so now and ever more. Amen.

CONFESSION PRAYER

“Therefore confess your sins to each other and pray for each other so that you may be healed.” (James 5:16 NIV)

We are all troubled with thoughts, actions, and inactions that lead us away from God and the full, abundant life he has for us. The practice of confession is not for condemnation or so we can experience a deep sense of shame! No, it is for our freedom and for healing that we are invited to enter into the regular practice of confessing our sins to one another and God. Confession is an act of courage to tell the full truth of your brokenness and also to have faith in Jesus, who fully forgives you of your sins.

We need the help of the Holy Spirit and the community in understanding the exact nature of our sins and entering into freedom.



PREPARE YOURSELF

Pray asking the Holy Spirit to help you see areas you have grieved him. Examine your conscience against a passage of Scripture, like the Ten Commandments (Exodus 20) or the confession prayers in this prayer book, and honestly reflect on your behavior in the past day or week. If you have more time, you may want to use a passage like the Sermon on the Mount (Matthew 5–7).



SPEND TIME IN CONFESSION AND PRAYER

Start your time with prayer. Then confess your sins specifically and to the point without explanations and rationalizations. Pray for Christ's forgiveness and his blood to cover you. This is not a time to offer advice or justification but simply to take your sins to Jesus for healing.

Prayer during this time can be for healing and freedom but also prayers of faith in God's forgiveness and compassion. These can be powerful times when the Holy Spirit brings great insight and healing. Say to each other after each person confesses and prays: **Almighty God, have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit, keep us in eternal life. Amen.**

LISTENING PRAYER

“My sheep hear my voice, and I know them, and they follow me.”
(John 10:27 ESV)

It is a privilege of the children of God that we can hear the voice
of the Good Shepherd.

When we make new friends, we do not immediately recognize our friends' voices on the phone. But after a couple of times, their voices become so familiar that the next time they call, we instantly respond to them. God's voice is similar to that. We become familiar over time with God's voice and in what ways he chooses to speak to us. We are unique people, and God will use his own ways to speak with us.



THE PRESENCE OF GOD

God wants to speak to us. He desires to reveal himself to us. It is difficult to hear from God when we struggle with whether he loves us and don't see him as a kind and compassionate Father who is for us. It is also difficult to hear from God when we believe he is far away and doesn't care. It is important to know and affirm a personal God, who knows us by name, who lives in us and around us, whose presence never leaves us. As we walk through our day, it is important to, first and foremost, cultivate a constant sense that God is with us.



THE WORD OF GOD

Primarily, God speaks to us through the Scriptures. As we read, study, and meditate on the Word, the Lord speaks clearly to us in the convictions we experience in his Word. However, God is not restricted to the Scriptures in how he meets us. He may choose an infinite number of ways to speak to us, but whatever he says will not contradict the counsel of Scripture. His voice will not add in any way to his ultimate revelation: Jesus Christ of the Gospels. Therefore, it is crucial that the Scriptures have a central and regular place in our spiritual lives.

In addition, God can and will use a number of different ways to speak to us. He can speak to us through creation, a piece of art, the wise counsel of friends, visions, dreams, preaching, a deep sense or impression, a sudden thought in our minds. He can use what is ordinary and daily to communicate what is extraordinary and eternal.



HOW DO WE CULTIVATE A LISTENING EAR?

1. Soak yourself regularly in the Scriptures.
2. As you walk through your day, recall constantly that God's presence is with you and near you. It is easier to hear from God when you believe that he is near you rather than far away.
3. Invite God to speak to you.
4. Practice times of silence and listening when you pray, especially when you are praying for others.
5. Take a risk by sharing with your community what you may be tentatively hearing from God, inviting their feedback. For example, you may say, "I have an image in my mind's eye" or "I have a sense that God may be saying_____." If the word is from God, the community will confirm it.
6. Obey what God tells you to do.
7. Don't compare yourself with how others hear God.
8. Test what you are hearing against the counsel of Scripture and community.

PRAYER WALKS

Prayer walks are being physically present in the spaces for which you are praying and moving through. Praying as we walk from place to place helps us see how God connects with every part of our environment. We listen and allow the Spirit to lead us in praying for our surroundings. We pray for physical buildings and departments, spiritual issues, groups of people, areas of hurt, etc.



HOW TO DO A PRAYER WALK

- Block off at least 30 minutes to pray.
- Grab a friend to pray with you. Prayer walks are most easily done in pairs or alone.
- Start your time by inviting the Holy Spirit and begin walking. As you walk and pray conversationally, be open to places God might be calling you to walk to or images or words the Spirit is giving you—or even people he might want you to talk to and pray with.



HOW TO DO A PRAYER WALK, CONT.

- Keep your eyes open as you pray so that you don't run into telephone poles and also so that you can be inspired to pray by what you are seeing. You may pray for strangers, particular people groups, departments, etc. It is an amazing experience to see what God will lead you to pray for as your eyes are open.
- You do not have to physically walk the entire time. As you feel led, you can stop, enter a building, sit down, or pray in a certain room. The point is to listen to the Spirit and interact with the campus for which you are praying.
- If you are with another person, alternate between silence and praying out loud but remain prayerful the whole time.
- Keep yourselves in prayer the whole time you are walking. Don't interpret or talk about other things. Just pray!
- Consider bringing a Bible in order to reference and pray Scripture. Also, bring a pen and paper to keep note of the topics of your prayer time.
- At the end of your 30 minutes, pray together to close.
- After your prayer time, you may want to talk with each other about what things God impressed on you during the prayer walk. If alone, debrief with God!
- Consider this question: is God calling you to respond to anything you prayed about?

LECTIO DIVINA

The advantage of meditating on Scripture is that it allows you to go deeper in one place in the Bible. You can really chew on and soak in a passage of Scripture till it becomes a deep part of your life. You are not primarily concerned with the quantity that you are reading and are okay moving at a much slower pace. For example, you may move slowly through several chapters of the Gospels over the course of several months.

This method is also known as Lectio Divina, which means Holy Reading.

If you are beginning in this journey, it is best to start with the Gospels or a portion of the Gospels. Set apart 15 minutes. Begin by asking God to speak to you. As you begin, use the steps below. But it's important to recognize that these steps are not stages in an orderly process. We may move from one step to another without realizing it, and we may find several steps coexisting at the same time. Also, be careful not to judge the quality of your experience. Sometimes our meditations take time to bear fruit. Below is a guide to what you should do.

READING

Read the Scriptures aloud to yourself, slowly savoring it as you read. When you come across a sentence, word, or phrase that catches your attention stop there. Linger on portions of the text that seem to speak to you in a special way. If nothing leaps out at you, pick a phrase.

MEDITATION

Lovingly and slowly repeat that small portion of text you have internalized. Through repetition, gently allow the text to percolate into your memory. Savor the text. Allow it to interact with your memories, hopes, and concerns. Meditate on how this text is being spoken personally to you by a loving God. Don't be afraid of "distractions." Simply acknowledge them and let go of them, always returning to the portion of the Scriptures you have taken into your heart.

PRAYER

Let the meditation on the Word lead you into a dialogue with the God who originally inspired the text and who has now used the Scriptures as a way of drawing you into his presence. Talk to him and share your responses to what he has said to you.

CONTEMPLATION

Rest silently in the presence of the Lord. Enjoy the sweetness of silent communion with the God who stands behind the Scriptures.

PRAYING PSALMS



Praying through the Psalms is an incredibly powerful way to connect to God, no matter what circumstance you're going through. You certainly don't have to use the Psalms as a prayer prompt, but when you do, it opens the doors for authentic connection – not just to God, but to your emotions and to biblical heroes of the past, too.

Although prayer can be intuitive, there is also so much wisdom in learning how the ancients did it. Praying through the Psalms can teach you a cadence with God – a rhythm to a healthy relationship. The Psalms can teach you how to present your requests to God, how to bring your heartache to God, and how to surrender to him no matter the outcome.

Have you noticed how many Psalms have the words “but” or “yet” in them? This alone teaches us that our prayers shouldn't just end with our complaints or desires, but should end in praise and trust in God no matter what.

A suggested breakdown of praying through psalms. This chart may be more than you need, but can be a helpful guide and starter for praying through psalms.

DAY	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
1	1	2	59	60	111	112
2	3	4	61	62	113	114
3	5	6	63	64	115	116
4	7	8	65	66	117	118
5	9	10	67	70	119:1-16	119:17-24
6	11	12	68:1-20	68:21-35	119:25-32	119:33-40
7	13	14	69:1-20	69:21-36	119:41-48	119:49-56
8	15	16	71	72	119:57-64	119:65-72
9	17	19	73	74	119:73-80	119:81-88
10	18:1-20	18:21-50	75	76	119:89-96	119:97-104
11	20	21	77	79	119:105-112	119:113-120
12	22	23	78:1-39	78:40-72	119:121-128	119:129-136
13	24	25	80	81	119:137-144	119:145-152
14	26	27	82	83	119:153-160	119:161-168
15	28	29	84	85	119:169-176	120
16	30	31	86	87	121	122
17	32	33	88	90	123	124
18	34	35	89:1-18	89:19-52	125	126
19	36	38	91	92	127	128
20	37:1-18	37:19-40	93	94	129	130
21	39	40	95	96	131	132
22	41	42	97	98	133	134
23	43	44	99	100	135	136
24	45	46	101	102	137	138
25	47	48	103	108	139	140
26	49	50	104:1-19	104:20-35	141	142
27	51	52	105:1-22	105:23-45	143	144
28	53	54	106:1-18	106:19-48	145	146
29	55	56	107:1-32	107:33-43	147	148
30	57	58	109	110	149	150

PRAYING ANCIENT PRAYERS



Listed below are short ancient prayers. Prayers that were prayed by the early church of the first and second centuries. These words can serve as a way to begin or focus your prayer times. It also is an ancient tradition of sharing the prayers of the early church and its people.

We beseech You, Master, to be our helper and protector. Save the afflicted among us; have mercy on the lowly; Raise up the fallen; appear to the needy; heal the ungodly; Restore the wanderers of Your people; Feed the hungry; ransom our prisoners; Raise up the sick; comfort the faint-hearted.

St. Clement of Rome, (c. 35-101)

Be kind to Your little children,
Lord; that is what we ask of You as
their Tutor, You the Father,
Israel's guide; Son, yes, but
Father as well. Grant that by
doing what You told us to do, we
may achieve a faithful likeness to
the Image and, as far as is
possible for us, may find in You a
good God and a lenient Judge.
May we all live in the peace that
comes from You. May we journey
towards Your city, sailing through
the waters of sin untouched by
the waves, borne tranquilly along
by the Holy Spirit, Your Wisdom
beyond all telling. Night and day
until the last day of all, may our
praises give You thanks, our
thanksgiving praise You: You who
alone are both Father and Son,
Son and Father, the Son who is our
Tutor and our Teacher, together
with the Holy Spirit.

St. Clement of Alexandria, (c. 150-215)

I appeal to you, Lord, God of Abraham, God of Isaac, God of Jacob and Israel, You the Father of our Lord Jesus Christ. Infinitely merciful as You are, it is Your will that we should learn to know You. You made heaven and earth, You rule supreme over all that is. You are the true, the only God; there is no other god above You. Through our Lord Jesus Christ...and the gifts of the Holy Spirit, grant that all who read what I have written here may know You, because You alone are God; let them draw strength from You; keep them from all teaching that is heretical, irreligious or godless.

St. Irenaeus of Lyons (c.130-202)

O Sovereign and almighty Lord, bless all thy people, and all thy flock. Give thy peace, thy help, thy love unto us thy servants, the sheep of thy fold, that we may be united in the bond of peace and love, one body and one spirit, in one hope of our calling, in thy divine and boundless love.

Liturgy of St Mark, 2nd century

Let us pray that Jesus may reign over us and that our land may be at peace-i.e., that our bodies may be free from the assaults of fleshly desires. When these have ceased, we shall be able to rest, beneath our vines, our fig-trees and our olives.

Father, Son and Holy Spirit will shelter us as we rest, our peace of mind and body once recovered. Glory to God the eternal, age after age. Amen.

Origen (c.184-253)

O Lord, who has mercy upon all, take away from me my sins, and mercifully kindle in me the fire of Your Holy Spirit. Take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore You, a heart to delight in You, to follow and to enjoy You, for Christ's sake.

St Ambrose of Milan (c.337-397)



SPIRITUAL WARFARE

Prayer is not only communion with God; it is an act that confronts the enemy. These prayers are very helpful in spiritual warfare.

This part of the guide helps give language for specific prayers in our spiritual warfare.

Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people

(Ephesians 6:11-18).

THE ARMOR OF GOD

“Thank You, Lord, for my salvation. I receive it in a new and fresh way from You and I declare that nothing can separate me from the love of Christ and the place I have in Your kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all assaults against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me the truths I need today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show Prayer Guide 19 me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.”

(Based on Ephesians 6)

THE WEAPONS OF WARFARE

“Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54:17). Therefore I declare that no weapon formed against me prospers this day or any day to come in Jesus’ name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore I declare that Satan cannot make trouble for me again, in this manner, as he did in the past in Jesus’ name. I declare all of these prayers accomplished and brought to pass by trusting you through faith and expectation in the name of Jesus.

Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of omission and commission, in what I have done and in what I have failed to do. I lay down at Your feet all of the sins of the flesh, the tongue, and of the heart, and all unholy thoughts and actions. Thank You, Lord, for shedding Your precious blood for me.

I stand on Your Word. The enemy is driven out from before me, above me, around me, and below me; from my home, workplace, church and its ministries, children, and loved ones; from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will prosper, for the Spirit of the Lord shall raise a standard against them. I declare all of these things accomplished by Your Word. Jesus, my Lord, I give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to me by Your Word on my behalf.”

(Based on 2 Corinthians 10:4-5)

PROTECTION PRAYER

“Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ. I pray and thank you for a sound mind, the mind of Christ.

Today and every day I ask for protection over my spouse; each of my children; our immediate family members, relatives, friends, acquaintances and myself. I also ask today for protection during all of our travels; for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.”

(Based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1,2)

GENERAL CONFESSION PRAYER

“Lord Jesus, I believe that You are the Son of God. You are the Messiah, come in the flesh to destroy the works of the devil. You died on the cross for my sins and rose again the third day from the dead. I now confess all my sins and repent. I receive your forgiveness and ask you to cleanse me from all sin. Thank You for redeeming me, cleansing me, justifying me, and sanctifying me in Your blood.”

(Based on Romans 10:10; James 5:16; I John 1:7-9, 3:8)

FORGIVENESS PRAYER

“Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ.”

(Based on Matthew 6:14,15; Leviticus 19:18)

PRIDE PRAYER

“Father, I come to You in the name of the Lord Jesus Christ. I know pride is an abomination to You. I renounce anything that would cause me to have pride in my heart in dealing with other people. I renounce these and turn away from them. I humble myself before You and come to You as a little child.”

Study Proverbs 6:16-19 and remember that fasting is a means by which a person humbles himself before the Lord.

(Based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6)

OUR COMMUNITY



In community, we share. We share life, experiences, worship, study and moments together. God gives us community and it is a blessing. In community we have the privilege to lift others up in prayer while we actively pursue life together.

Pray for your community.

A PRAYER FOR GOOD

“As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today. So do not fear; I will provide for you and your little ones.’ Thus he comforted them and spoke kindly to them.”

Genesis 50:20:

Lord, what the enemy means for evil against our church body, we believe You can use for good. Remind our hearts of this. When we are being attacked and crushed from all sides, remind us of Your faithfulness to use everything for Your good and Your glory. May we not fear but trust in Your provision for our church family. May we not only be readers of Your Word but believers and doers. Increase our faith, Lord. Amen

A PRAYER FOR UNITY

“I, therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.”

Ephesians 4:1-3

God, help our church body to walk in a manner worthy of the calling You have given us. Help us in all our interactions with one another to have humble and gentle hearts. Grant us patience for one another, bearing with one another in love. Grant the Body of Christ unity. May we walk humbly with You, God, allowing You to show us our wrongs.

May we be unified in you alone. Amen.

A PRAYER TO SEEK THE LORD

“If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land. Now my eyes will be open and my ears attentive to the prayer that is made in this place.”

2 Chronicles 7:14-15

Lord, You have told us in Your Word that You hear our prayers. We are crying out to You, we are humbling ourselves before You and seeking Your face. We come together as a church body to seek You. We repent and turn from our wicked ways, thank You for hearing us. Thank you for Your forgiveness and healing. In all we do, in all we seek to accomplish, in all and through all may we seek you. Amen.

A PRAYER TO PURSUE PEACE

“So then let us pursue what makes
for peace and for mutual
upbuilding.”

Romans 14:19

Father God, You desire peace and unity and encouragement for your body of believers. Help us, Lord, to pursue what makes for peace and for building one another up. To pursue the things You will lead to peace and unity. Give us discerning hearts to know Your will and give us the courage to be obedient. Lord, we know that without You and Your Holy Spirit indwelling each of us, we cannot do any of these things. But, with You and for Your glory, grant our body peace and unity. Amen.

A PRAYER TO FOLLOW JESUS

“And he said to all, “If anyone would come after me, let him deny himself and take up his cross daily and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will save it.”

Luke 9:23-24

Lord, You have given us what seems like an impossible task with this passage. You have asked us to deny ourselves, take up our cross and follow You. Even when our spirits are willing, the flesh is weak. You know our hearts, Father. Help us, with Your Holy Spirit, to examine our hearts and hear from You. The longer we walk with You, the more we look like You. We desire to become more and more like You, less selfish and more selfless, willing to deny ourselves in any and all situations. You have told us that when we lose our life for Your sake, we will save it. Save us from ourselves, God. Amen.

OUR FUTURE



It's not very often you simply know change is coming. The future of Heritage will be changed forever when we move into our new home. This knowledge provides opportunity to pray. In prayer we petition God while we center ourselves on God heading into the future.

PRAY FOR THE PHYSICAL

God, you are preparing our church for a new future. A home where we can be together- sharing life. With this move we anticipate something new. A gift from you. May we turn down our dreams and our desires. May we turn to you as we head into the future. May the building you are granting us with be only a piece of this prayer for the future. May it be used to bring glory to your name. May it be used to share the never ending love of your son Jesus. May every inch of the building be filled with your Holy Spirit and may we utilize it in only Kingdom focused endeavors. Amen.

PRAY FOR OUR KIDS

Lord, by your grace you have blessed our church with children. There are young ones all around. And while we pray for their future, we pray also for their present. May they know you. Learn of you through scripture and relationships at Heritage. Bless our Heritage Kids ministry. Bless the women who lead this ministry with love, compassion and knowledge. May every child that enters into our community know your love. May they be overwhelmed with compassion and care. Bless our children. Amen.

PRAY FOR OUR TEENS

Father, may our teenagers at Heritage know you. Simply know of your love, experience your presence and move with a love that only comes from you. Bring our youth group closer together. May they anchor themselves here, building relationships that encourage. May they not drift elsewhere, but find a community they know will always love them and build them up. Watch over them and lead them not into temptation, but may this be a place that delivers them into your loving arms. Amen.

PRAY FOR OUR YOUNG ADULTS

God, a tremendous blessing of this community are our young adults. The energy, passion and love they have for you trickles out to everyone. We are grateful for these college students and 20 somethings that challenge us, encourage us and bless us. Watch over them with grace. Walk with them and help us to allow them to minister and serve as they need to within our community. Amen.

PRAY TO BE UNCOMFORTABLE

Lord, we don't seek a building to be comfortable. We seek a home that anchors our community for ministry. May we never fall into the temptation that this building is a place to be comfortable. May we see the opportunities you provide. May we dirty this building constantly. May people who don't know Jesus feel welcomed inside those doors. May they be dirty and different from us. But in all and through all may they experience your love through us. Do not allow us to be comfortable at 4900, may we be ministry.

PRAY FOR TWIN BRIDGES

God, you have blessed our location next to a neighborhood of over 500 homes. May we be nothing but good neighbors. Help us to share you in neighborly ways. May every person in every single home next door to us know the reputation of this church as nothing other than your son Jesus. Help us love, even when it is hard. Help us comfort, even when it's inconvenient. Help us to aid, even if we don't know how. Give us the opportunity to move in the neighborhood as your children. Amen.

PRAY TO GROW

Father, we do not seek numbers. We seek souls, friends and family to join your church into the Kingdom work your Son established. Even if we never grow another person, may we grow in spirit, in love, in grace, in compassion, in patience and in gentle ways of Jesus. What you are giving us at 4900 North Broadway is enough. If there is never another square foot added, may we grow. And if you grant a future of more space, may the spirit and love of this church multiply ten fold.

Amen.

PRAY FOR YOUR HEART

God, show me how you would like me to join God's mission at Heritage Church and in our community. Help me prioritize my life in a way that shows you are my God. Reveal to me how you have gifted me and how you want me to use those gifts to serve your church and Kingdom. Fill me with hope and give me faith to follow you forward even when I do not know what the future holds. Help me to see people for souls, children you have created. May I act with grace first. Forgiveness second. And never ending love. Shape my heart as you like. Amen.



HOW TO PRAY FOR ONE HOUR

We often desire to develop a prayer discipline in our life but may struggle with knowing what to pray about longer than ten minutes. Though God does not have time requirements with regard to prayer, the more we pray, the more we get to know Him and the more we change our world as we co-labor with Him. The more we know Him, the more we can pray in His will and He can work through us. The more we commune with him, the more we can be like Jesus.

Here is a breakdown of praying for one hour. It's broken down in five minute segments- 12 total areas.

PRAISE (5 minutes):

Psalm 22:3; 63:3; Hebrews 13:15 - Begin your prayer with praise. Praise esteems God for His greatness and virtue, focuses on His nature, and builds our faith as we reflect on His goodness and faithfulness. You don't have to thank Him for the same things or everything you can think of each day. Rather, consider taking one or two of His attributes and talk with Him about how they have affected your life, or the lives of others. Though we should develop a consistent habit of praise unto God, we don't want to develop a rote method that becomes more rehearsed than meaningful. Praise is not a method to "sugar-talk" God into listening to us; it's bringing our mind back to seeing WHO He is, regardless of what's happening in our life.

FORGIVENESS (5 minutes):

Matthew 6:14-15 - Nothing blocks your spiritual progress more fatally than an unforgiving spirit. Forgiveness is a complete pouring out and release of any negative feeling that might be held against another person, church, or group. It's not holding a grudge, or desiring revenge. It's easy for us to become bitter against someone who has hurt us, but remember that you have also hurt others, including God. We all need to receive forgiveness, and we all need to give forgiveness. Include both of these areas during this time. In addition, accept God's forgiveness rather than holding onto your past mistakes. When God forgives, He releases, and we need to release ourselves as well. I've often prayed for those who were considered my enemies. As I have done that, I've seen those enemies and my situation change. There's too much effort needed to maintain bitterness and strife.

CONFESSION (5 minutes):

Psalm 139:23-24 Psalm 66:18 - If you hide sin in your heart God will not hear you. Repent of sin and you will clear the road for God to move. When there is nothing to hide or cause hesitation between you and God, you will be free to approach Him without fear and full of confidence. During this time, repent of things you have done that need addressed, but also ask God to show you anything else that He is not pleased with. Wait on Him and open your heart as He shares any issues with you. When He does, don't revert to feeling condemned. Scripture tells us that God corrects those He loves. He desires to commune with you, so when He shares issues, realize that it's His love, not Him condemning you for your faults.

PETITION (5 minutes):

James 4:2-3; Matthew 6:9-13 - This aspect of prayer deals with our personal needs and desires. God is interested in our personal life. He's interested in more than if we have a job, or good health. He also cares about our dreams, talents, and struggles. When I pray in this area, I talk to God about my frustrations, my thoughts, and things I'd like to do, even if they don't seem "spiritual". We need to remember that even the non-spiritual things of life can become spiritual when we bring God into them. When we make all of our lives spiritual, we'll begin seeing God more involved. He won't intrude where He's not invited.

INTERCESSION (5 minutes):

I Timothy 2:1-2; Matthew 9:37-38 - Intercession is prayer for others. This includes family, friends, our church, city, nation, and world. As you go through your week, write down issues that you hear about in these areas and pray over them during this time. Keep up with the news so you know what issues are happening in your world. Remember that God is bigger than your personal life. He cares about all nations. We co-labor with God to bring about His divine purposes when we pray, give, or go. Consider praying about missionaries, famines, natural disasters, wars, human trafficking, and so on. Try to feel what God would feel in these issues and pray accordingly. I also ask God what He wants prayed for. Sometimes He shares His heart with me about something that never crossed my mind.

READ THE BIBLE (5 minutes):

II Timothy 3:16; Psalm 19:9 - Read the Bible during prayer. The Word is enlightening to the eyes, giving us direction, understanding, and revelation. It is the primary way that God speaks to us. Don't rush through your reading. Read scripture slowly, thinking on what you are reading. When you get to a scripture that makes you pause or think, this may be God speaking to you. Reread it again, and ask God to reveal to you what He wants to share. Read scripture for your personal edification, but also be open to scriptures that you can share with others. God often speaks His Word through people to others who need to hear it. We are to be conduits of His truth, in kindness and grace. My bible is full of things I received from God as I read. I write them down in my bible, if possible, so I when I read that scripture later His Word is brought back to my mind again.

MEDITATION (5 minutes):

Psalm 1:1-2; 46:10; 77:12 - Take time to “think on these things.” This works well right after reading scripture. Ask God to give you understanding of what you read, and believe that He will. You will not hear if you don’t have faith God will speak. You must be open and willing to listen. We have to hear with our ears, and with our heart. Write down scriptures that God is dealing with you about and keep going back to them in your prayer time. I have a notebook full of things God shares with me. Sometimes during my prayer time, I open that notebook and reread those things. Sometimes they speak to me anew, and other times they bring a wealth of thanksgiving as I see how His words affected my life.

THANKSGIVING (5 minutes):

Philippians 4:6 - Spend time thanking God aloud for His provision and goodness to you. Even the smallest of things are miraculous when we see them as the goodness of God. Consider thanking Him for something you don’t often thank Him for, such as your talents, His thoughts toward you, music, silence, flowers, etc. Sometimes I simply thank Him for coffee, because I really enjoy it. And when God answers prayer, it would be good to record those answers so we can review them later. Sometimes our life situations can seem hopeless, but when we think about what God has done, our faith builds again. God doesn’t change. He is able to do the impossible. It’s natural for our human mind to easily forget what He has done in the past, so journaling and reviewing those things keep our faith fresh.

PRAY THE WORD (5 minutes):

Personally apply, out loud, the precepts of the Bible. Praying scripture is praying the Word and will of God. When you don't know what to pray for in a situation, find a scripture and pray it. God will not go against His Word, and is faithful to do what He said He would do. Pray His promises over your life. When we live in obedience to His Word, His promises are sure for us. When we delight in Him and His Word, He delights in us and is willing to bless us. I used to read my bible as a strict discipline, trying to hurry through my reading to check off another day. Now I read to simply know Him. It may be just a few scriptures, but even one scripture can bring revelation when you are truly searching to know Him.

SINGING (5 minutes):

Psalms 100:2; Ephesians 5:19 - Singing refreshes the soul. It lifts our spirits, and causes praise to erupt. It releases emotions and gives us words to express what we are feeling. You can sing to God yourself, or sing along with a recorded song. God doesn't care how you sound; to Him, your praise is always beautiful. Try singing in the Spirit, or writing your own song. I have several songs I've written that are mine and God's alone. They will never be recorded or shared because they are for Him only. And sometimes, we simply need to listen because He may sing a song back to us.

LISTENING (5 minutes):

1 Kings 19:11-12; Psalm 46:10 - Prayer is not all talking to God. Prayer is also listening. Quiet your mind and silence your words, even if it feels awkward. Remember, you will not hear if you don't have faith God will speak. And you cannot hear if you are doing all the talking. This is personal instruction time. When God shares things with you, consider writing down what He says in a journal. Review this often. If God speaks, it's worth rereading again, just like scripture. And not everything God shares with you is for all the world to hear. Sometimes what God speaks to me is personal, and other times He speaks, I feel the need to share it with others. The more you listen, the more you will find Him speaking.

PRAISE (5 minutes):

Matthew 6:13; Psalm 52:9 - Conclude every prayer with praise. It's not hard to praise Him again after everything you've just experienced. When He reveals more of who He is, we can't help but simply enjoy Him. We need time in our prayer hour to simply be with Him. To enjoy Him and to see Him in our everyday lives. When we do, we change. He no longer becomes a big God in the sky who might answer if we are good enough... He becomes personal - a loving father who delights in us, and we in Him.