

24-Hour Prayer Vigil // Prayer Guide

Feel free to use this guide to pray through the half-hour that you've signed up for and beyond. Spending 10 minutes on each letter in the P.R.A.Y. acronym. Below, there are specific ways to pray through each letter, and a Psalm given to read and inspire your prayers. Read through the guide before praying, so that you use minimal time reading and more time praying during your time! Try to increase your prayer life and spend 15-20 minutes in each Psalm.

P. R. A. Y.

Praise. Psalm 33

Remind yourself what God is like, remember Jesus' words "If you've seen me you've seen the Father". Remember what He means to you, thank Him for the good things you have. Thank God for his creation. Thank God for being a new creation. Give thanks for God Himself through Jesus.

If you find your thoughts wandering, use the Psalm by reading it through and choosing a set of 2 or 3 verses that stand out to you. Repeat them to yourself slowly, in your mind or out loud, 3-4 times. Close your eyes and envision what is being said as you recite them and put it into your own words – retelling what you have just read.

Repent. Psalm 130

Be honest with yourself and with God, He already knows all your wrongdoing, be specific as you ask for forgiveness. Do not brush over things that may come up that you didn't think you needed forgiveness for. God could be bringing them up! He offers forgiveness.

Take a few minutes to allow God to show you the reasons-behind your sin. Use the Psalm by picking out one or two verses to repeat slowly 4-5 times and listen for the thoughts that the Holy Spirit may interrupt with to show you those reasons. Beware of any self-condemning thoughts or shame, those are not God!

Ask. Psalm 123

Spend about 5 or-so minutes on requests for 1) yourself and those close to you, 2) our church community, as well as the people and local land where we live, and 3) followers of Jesus & other needs around the world.

Ask God to lead our church community to the places where we can best see Him transform people's lives. Pray for God to inspire you and each one of us to serve Him in some specific way in our church community to make disciples.

Yield. Psalm 131

Our prayers will have an impact, and now we can rest trusting that God is good. He has been, and will continue-to, work for the best-possible-outcome in every request we bring.

The analogy in Psalm 131 is of a child who is no longer just using his mother for food like infants do, but now is growing up, and is content just to be with her.

Take a few minutes to enjoy God, recite a portion of the Psalm if it helps to focus. For all who trust in Jesus as God, He promised that the Holy Spirit would live through us. The Holy Spirit is with you where you are, in this moment.