

30 Minute Guided Prayer

Step One:

Worship (5 min)

"Our Father in Heaven, hallowed be your name..."

Create space to center yourself on who God is, his presence in your life and in the room. Take a few deep breaths and adjust to a more comfortable position, relaxing into his presence around you.

Reflect on an aspect of who God is, or his character, that he may be highlighting for you. Maybe it is his peaceful presence, his Father's heart, or something else. Take some time to thank him for those things and for ways you're seeing him move in the world and in your own life recently. Choose one area of gratitude specifically and thank God for it.

Step Two:

Intercession (20 min)

"Your kingdom come, your will be done, on earth as it is in heaven, give us this day our daily bread..."

Shift your posture of prayer to a time of intercession. Where is God leading you to intercede on behalf of the world? Your community? Your life?

Spend some time praying using the prompts below or intercede on behalf of anything else the Lord is bringing to mind. Ask the Holy Spirit what he is doing and how you can join in.

- Pray for those directly affected by the coronavirus: for those who are isolated, ill, or particularly vulnerable. Pray against the spread of the virus and that it would be contained.
- Pray for the local and national leaders, health professionals, and for all those working to keep the world moving in a time of disruption.
- Pray for our church, our leadership, and that the people of Rockharbor would carry Hope and discover new opportunities to reach the one and encourage the church
- Pray for your friends, family, neighbors, co-workers, and acquaintances to draw closer to God.

Step Three:

Look Ahead (5 min)

"Forgive us our sins as we forgive those who sin against us, lead us not into temptation but deliver us from evil..."

Consider the last 24 hours, are there any areas to confess? Make space to receive God's forgiveness. Look ahead to the next 24 hours and the ways you may be tempted to be run by fear, to isolate, or to disengage. Ask for courage to face what may come. And ask for the work of the Spirit to continue to move throughout the community around you and the rest of the world. Before you end, ask the Lord to highlight a person in your life to encourage, pray for, or bless.

Step Four:

Closing

Close your time praying the last line of the Lord's prayer. "For yours is the kingdom, the power, and the glory. Forever and ever, Amen."