

ABIDE Prayer Guide

Invited to Rest

“Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28-30)

Jesus tells us to come to Him. We are invited into a relationship with Jesus and we are not asked to do anything or change anything before we respond to His invitation. Jesus welcomes us into His presence regardless of how we feel or the burdens of pain or sin that we are carrying. Jesus welcomes us and promises that He will give us “rest.” We can stop striving and depend on His grace, His power, His provision for our lives.

Opening Prayer

As we begin ABIDE, take a moment to quiet our hearts and minds – to be still before God.

You may want to pray a “breath prayer” as you inhale and exhale, such as, “Jesus, I rest in you”.

Prayer: Father, we love you and we need you. Holy Spirit, fill us and lead us as we gather to pray and study Scripture. We dedicate this time to you and what you have for us to receive from you as your sons and daughters. Remove any distractions and help us to focus our hearts on you. In Jesus Name, Amen.

Prayers of Surrender

Let’s ask God to help us receive His rest as we surrender our burdens and striving to Him.

Prayer: Father, I surrender _____ (fill in the blank with a burden you are carrying or any ways you are striving and performing that you need to surrender). Take my burden and help me receive your rest. In Jesus Name.

Prayers for My Heart

Psalm 63:1 says *“God, you are my God; I eagerly seek you. I thirst for you in a land that is dry, desolate, and without water.”* Our hearts are desperate for God yet we turn to many things in an attempt to quench our thirst in hope of receiving rest. What does your heart need to receive most from your Father today?

Prayer: Father, I need your _____ (fill in the blank with what your heart needs to rest in Jesus). Help me to receive from you and your Kingdom. In Jesus Name.



Provided by Kingsland Baptist Church

Prayers for Others' Hearts

Let's pray for those in our homes and in our community (work place, schools, neighbors) as the Spirit brings people to mind and ask God to work in their lives in such a way that they experience the rest that Jesus offers.

Prayer: God, we/I pray for _____'s heart to be drawn to you. Reveal yourself to _____ and help him/her to find rest in you. In Jesus Name.

Closing Prayer of Thanksgiving

Let's thank Jesus for His invitation to receive rest through our relationship with Him.

Prayer: Jesus, thank you for _____ (fill in the blank with whatever you are grateful for when you think of your personal relationship with Jesus).

We love you. We worship you. Thank you for the rest you offer us. Help us receive your rest and live our lives in such a way that leads others to find rest in you. In Jesus Name, Amen.



Provided by Kingsland Baptist Church