

Abide Prayer Guide: Rest

I am at rest in God alone; my salvation comes from him. He alone is my rock and my salvation, my stronghold; I will never be shaken. (Psalm 62:1-2)

Let's begin ABIDE by lifting up prayers of praise and thanksgiving for the perfect rest God has made available to us through Christ alone.

Prayers of Praise & Thanksgiving

Because of the Lord's faithful love we do not perish, for his mercies never end. They are new every morning; great is your faithfulness! (Lamentations 3:22-23)

Prayer: Father, we praise you that in any circumstance or situation, our souls can find rest in you alone. Every morning you are faithful to renew and refresh us with your loving presence. You alone have been my strength and salvation in times of _____ (praise God for his faithfulness during specific times in your life.)

Prayers for our Hearts

Come to me, all of you who are weary and burdened, and I will give you rest. (Matthew 11:28)

Prayer: Jesus, I am weary from _____ and my heart is burdened by _____. (Share with him all that concerns you right now.) I admit that I have been looking to other things / people to provide the relief and rest that can only be found in you. I choose today to come to you and pour out my heart so that I can be refreshed and renewed in your presence. I release through prayer all the burdens I have been carrying in exchange for your perfect peace for my soul.

Prayer for Others

For I have given rest to the weary and joy to the sorrowing. (Jeremiah 31:25)

Prayer: Lord, I am surrounded by people who need you desperately. I pray that the situations they find themselves in would stir in them a holy hunger to know you and be known fully by you. I lift up in prayer _____ (silently name people in your life who need a relationship with the only source of true rest and complete joy). Holy Spirit, please satisfy and fill to overflowing the hearts of those around me who are weary and full of sorrow and pain. Reveal to me how you want to use me to extend to others the comfort you have given me. (2 Corinthians 1:4)



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For the Lord God, the Holy One of Israel, has said: "You will be delivered by returning and resting; your strength will lie in quiet confidence but you are not willing." (Isaiah 30:15)

Closing Prayer: *God, I declare today that I am willing! With the Holy Spirit's help, I will heed and submit to Isaiah's warning. Thank you that everything written in the Scriptures teaches me; so that, I can learn truth and immediately apply it to my own life. I choose today to return wholeheartedly to you for the rest my soul needs. Thank you for encouraging my heart with your Word. Father, continue to fill me with hope and confidence in your promises. You are my Rock and my Salvation!*



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