

# Abide Prayer Guide:

## Loving God with Our Minds

### *Opening Prayer*

Let's begin ABIDE by taking a moment to quiet our hearts and minds before God. Simply, take a deep breath and exhale slowly. You may want to pray a "breath" prayer as you inhale and exhale, such as, "Jesus, I trust you."

*Note: If you are leading a small group through ABIDE, pray the first prayer below over those you are leading. If you are praying ABIDE alone, use the second prayer.*

**Small Group Prayer:** Lord, we give our hearts and lives to you. We surrender all that is within us to you. We love you and we need you. Spirit, fill us and lead us as we pray. We consecrate this time of prayer to you. Remove any distractions and help us focus on you. In Jesus' Name, Amen.

**Prayer:** Lord, I give my heart to you. I surrender all that is within me to you. I choose to trust you with my whole heart and with everything in my life. You are my good, good, Father who loves me. Thank you that you are faithful, all-knowing and all-powerful. Remove any distractions for me and help me focus on you. In Jesus Name, Amen.

### Prayers of Love to God

There is a direct connection between our hearts and our minds. What we think directly impacts how we feel about God, other people, our circumstances and ourselves. Our thoughts matter and God wants us to love Him with our hearts and with our minds.

*He said to him, "Love the Lord your God with all your heart, with all your soul, and with all your mind." (Matthew 22:37)*

Let's begin ABIDE by thinking of what we love about our Heavenly Father and telling Him what we love about Him.

**Prayer:** Father, I love that you are \_\_\_\_\_ (fill in the blank with whatever you love about your Heavenly Father).

### Prayers for an Undivided Mind



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*Teach me your way, LORD, and I will live by your truth. Give me an undivided mind to fear your name. (Psalm 86:11)*

The enemy works hard to distract us from thinking about God and His Kingdom. The enemy tells us a variety of lies with the purpose of pulling us away from walking in God's truth.

Let's pray for God to help us recognize the enemy's distractions and focus our minds on God and His Kingdom.

**Prayer:** God, we are distracted by \_\_\_\_\_ (fill in the blank with what the Spirit reveals to you). Teach us your way and help us to have minds that are focused on you – your goodness, your promises, your truth, your Kingdom.

### **Prayers for Transformation**

Scripture tells us in Romans 12:2, *“Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.”*

The word transformed means to change one's form; transfigured. To be transformed means that we are not the same person that we once were because of what Christ did for us at the Cross. Our identity has been transformed but our minds don't always agree with the truth of Scripture.

As God's sons and daughters, let's ask God to help us believe His truth and transform our hearts and homes.

**Prayer:** God, I/we need you to transform \_\_\_\_\_ (fill in the blank with what the Spirit brings to mind).

### **Closing Prayer**

God, we love you! Help us and teach us to love you with our entire heart, mind, soul and spirit. Give us discernment to quickly recognize when we are being distracted and pulled away from you in our minds. Instead, transform us as we fix our thoughts on you. We want to love you with our whole hearts and with our minds! In Jesus' Name, Amen.



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