

# Abide Prayer Guide: Hope, Joy & Peace

## 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, you are my hope."

(If you are leading a small group through ABIDE, pray the next prayer over those you are leading.)

***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.*

## Prayers to Exalt God

Hope, Joy and Peace all come from the heart of our Heavenly Father. As God's sons and daughters, we can experience hope, peace and joy if we are willing to slow down, bring our hearts to God and receive from Him. To begin, let's slow down (pause) and acknowledge the greatness of our God. Scripture tells us, "***The LORD is exalted above all the nations, his glory above the heavens. Who is like the LORD our God – the one enthroned on high.***" (Psalm 113:4-5)

**Prayer:** God, we declare that you are great! You are exalted above \_\_\_\_\_ (fill in the blank of whatever the Spirit brings to mind, example – emotions, fear, pain, sickness, lies of the enemy, etc).

## Prayers for My Heart

***"Now may the God of hope fill you with all joy and peace as you believe so that you may overflow with hope by the power of the Holy Spirit."*** (Romans 15:13)

Hope is defined as a confident expectation, assurance. As God's children, we can hope (expect confidently), that God will fill us with His hope, joy and peace through the power of the Holy Spirit as we believe (put our trust) in Him.

**Prayer:** God, thank you for giving us hope, joy and peace as we put our trust in you. Fill us with your joy and peace as we trust you with \_\_\_\_\_ (fill in the blank with an area of your life, place of ministry, family where you are trusting God and putting your hope in Him). Fill me with your joy and peace as I put my trust in you!



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## Prayers for Other's Hearts

People all around us- in our families, church, community and around the world, are walking through pain and various trials who desperately need the hope, peace and joy that our God desires to give them. As we put our hope in God, it takes a huge burden off us. We aren't filled with a temporary peace and joy but God's peace and joy. God's peace and joy is from the power of the Holy Spirit. Let's lift the burdens of others to God in prayer as the Spirit brings people to mind.

**Prayer:** God, we pray for \_\_\_\_\_ to put his/her hope in you. Remind him/her of the powerful hope that you offer and help him/her to receive your hope, joy and peace.

## Closing Prayer

God, thank you for your grace, your goodness, your faithfulness and your power to change our hearts and lives. We love you. We trust you. You are our hope. Thank you for overflowing us with hope through your Spirit as we believe and put our trust fully in you. May your hope overflow through us to one another, our families, our community and beyond. In Jesus' Name, Amen.



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