

# Abide Prayer Guide:

## WORDS

*Death and life are in the power of the tongue,  
and those who love it will eat its fruit.  
(Proverbs 18:21)*

Scripture makes it clear that our words matter. The words we hear, the words we speak and the words we believe have power over our hearts and how we choose to live our lives.

Today's ABIDE focuses on "words." As God's sons and daughters, may we become more aware of the words we hear, speak and believe - and choose to speak and believe our Father's words!

### *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 the Word."

*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.

**Personal Prayer:** Lord, I give my heart to you. I surrender every area of my life 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 from me and help me focus on you. Holy Spirit, fill me and help me discern your voice as I pray. In Jesus' Name, Amen.

### **Prayers of Thanksgiving**

*I will sing about the Lord's faithful love forever; I will proclaim your faithfulness to all generations with my mouth. (Psalm 89:1)*

How has God demonstrated his faithful love to you? In what ways has God shown you His faithfulness in your life, family and church? Let's thank God for specific ways He has shown His faithfulness.



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**Prayer:** God, thank you for \_\_\_\_\_ (fill in the blank with what the Spirit puts on your heart).

## Prayers for My Heart

***May the words of my mouth and the meditation of my heart be acceptable to you, LORD, my rock and my Redeemer. (Psalm 19:14)***

Psalm 19:14 is a beautiful prayer. When we think about all that God has done for us and His faithfulness in our lives, it makes a difference in our hearts. As God's sons and daughters, deeply loved by our all-powerful, faithful, loving Heavenly Father, we want the words we speak to be acceptable (pleasing) to Him. However, the pain, sin and warfare within our lives can impact us in such a way that our words are not pleasing to God.

Let's humbly invite the Spirit to show us any sin that we need to confess as it relates to the words we speak. If you are in a group, confess your sins privately or you can confess them aloud.

**Prayer:** Father, forgive me for \_\_\_\_\_ (fill in the blank with whatever sins the Spirit brings to mind that are related to the words you speak).

Now, let's ask the Spirit to empower us to speak words that are pleasing to our Father and to speak words that are based on the truth of Scripture.

**Prayer:** Father, help me through your Spirit to speak words that are pleasing to you. Help me hear, speak and believe what you say through your Word, your Spirit and those who you are speaking through in my life. In Jesus' Name, Amen.

## Prayers for Others Hearts

Read the following Scriptures as you prayerfully think about the people in your life. Who in your life (family, neighbors, workplace, school, church, etc.) needs to be encouraged through your words?

***No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear. (Ephesians 4:29)***

***The word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart. (Hebrews 4:12)***



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- If you are in a small group, share the first name or names of those the Spirit brings to mind who needs to be encouraged or receive grace through your words.

Let's pray for God to speak to our hearts and give us a Scripture or words of encouragement to share with those He brought to mind.

**Prayer:** God, we/I pray for \_\_\_\_\_ and ask that you help me to know what Scripture or words of encouragement to share with him/her.

- **Send a text, email or written note to the person(s) who the Spirit put on your heart today. These are people who God loves and plans to use you in their lives to reveal His truth and love this week.**

## Closing Prayer

Jesus, thank you that you are faithful and true. Thank you for your word that sets us free, heal us and transforms our lives. Help me/us to hear, receive, believe and speak your truth over our hearts, families, lives and those we speak to each day. Give me/us a desire to be in your Scriptures daily, to receive deeply in my/our heart the truth of your words. I/we love you, worship you and give you all glory. In Jesus' Name, Amen.



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