

# Abide Prayer Guide:

## FREE TO PRAY – Part 2

Beginning this week in ABIDE, we will be using [40 Days of Prayer](#) to guide us as we pray. We will use one prayer each week from [40 Days of Prayer](#) over the next 40 weeks. Our ABIDE prayers will not be the exact prayers in [40 Days of Prayer](#) but the focus and Scripture will follow **40 Days of Prayer**.

The following is the link to “40 Days of Prayer” if you would like access to it:

<https://empoweredhomes.org/resource/40-days-of-prayer/>

### *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 peace.”

*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 Praise & Thanksgiving

*How joyful is the one whose transgression is forgiven, whose sin is covered! How joyful is the person whom the LORD does not charge with iniquity and in whose spirit is no deceit! (Psalm 32:1-2)*

As God's sons and daughters, we are forgiven. Our past, present and future sins will not be held against us because Jesus gave His life for us and paid the penalty for our sins – past, present and future.

Take a moment and think about what it means to be completely forgiven by God and then pray prayers of praise and thanksgiving to God for His forgiveness.

**Prayer:** God, I/we praise you and thank you for forgiving me/us for \_\_\_\_\_ (fill in the blank with whatever the Spirit brings to mind that you are grateful for that God has forgiven you of in your life. You can pray silently or aloud if you are in a small group).



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## Prayer for My Heart

The enemy condemns us and wants us to keep our sins and struggles in the dark. He knows that we experience God's forgiveness, healing and freedom when we tell God our sins and seek His forgiveness. Read 1 John 1:9 and let the truth of Scripture set you free from condemnation.

*If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)*

Take a few moments in prayer and ask God to show you what sins that you need to confess to Him. As God speaks to your heart and shows you sins, confess them to God and ask His forgiveness and ask Him to cleanse you from the darkness of sin.

**Note: If you are in a small group, pray silently.**

## Prayer for Others Heart

Who do you know that has never experienced the love and grace of a personal relationship with Jesus Christ? As the Spirit brings people to mind who are "lost" and do not have a relationship with Jesus, let's pray for them.

**Prayer:** God, I/we pray for \_\_\_\_\_ and ask that you to draw their heart to you, open their eyes to see you and set them free from the enemy so that they may be rescued and set free. In Jesus Name.

## Closing Prayer

Father, thank you for forgiving us. Help us believe your truth over the enemy's lies and receive your grace as we reject the enemy's condemnation. We want to have your joy as we embrace the truth. *"How joyful is the one whose transgression is forgiven, whose sin is covered! How joyful is the person whom the LORD does not charge with iniquity and in whose spirit is no deceit! (Psalm 32:1-2)."* In Jesus' Name, Amen.



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