

Abide Prayer Guide:

FREE TO PRAY – Part 4

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, I love 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.

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 for being 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

Therefore, there is now no condemnation for those in Christ Jesus, because the law of the Spirit of life in Jesus Christ has set you free from the law of sin and death. (Romans 8:1-2)

Jesus set us free from the impossible debt that we owed because of our sin. Jesus set us free from the law of sin and death and we are forever free from condemnation.

Jesus paid our debt in full. We can't earn forgiveness, acceptance, approval or a right relationship with God. Jesus gave all of this to us through his life, death and resurrection. We have been set free and we are forever free.

As you consider the freedom that Jesus has given you, spend a few moments praising Him and thanking Him for who He is and how your life is forever changed because of Him.



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Prayer: Jesus, I praise you and thank you for _____.

Prayers for My Heart

For freedom, Christ set us free. Stand firm then and don't submit again to a yoke of slavery. (Galatians 5:1)

The enemy knows that Jesus set us free. The enemy also knows that he can keep us from experiencing freedom if we believe his lies and become “yoked” in slavery by attempting to earn God’s love, approval, acceptance and forgiveness. Yet, Scripture tells us to “stand firm then and don’t submit again to a yoke of slavery.”

What lies do you need to reject so that you can experience freedom from a yoke of slavery?

Let’s ask Jesus to speak to our hearts and reveal to us any lies the enemy is telling us and ask Jesus to help us receive the truth that we are free!

Prayer: Jesus, please forgive me for believing the lie that _____ and help me to receive the truth that I have been set free. In Jesus’ Name.

Prayers for Others Hearts

As brothers and sisters in Christ, we get to fight for one another in prayer. We get to pray and ask Jesus to protect our brothers and sisters and to set them free from the enemy’s lies. We get to pray for our brothers and sisters' hearts to receive deeply the truth of freedom in Christ.

Let’s take a few moments and pray for our brothers and sisters. As the Spirit brings people to mind, let’s battle for their hearts through prayer.

Prayer: Jesus, I pray for _____ to be set free from any lies of the enemy. Help _____ to receive the truth that you have set them free and to stand firm against any yoke of the enemy. In Jesus’ Name.

Closing Prayer

Lord, we love you. Thank you for setting us free. You are worthy of all praise, glory and honor. Help us to quickly discern when the enemy is lying to us and attempting to yoke us back into slavery and give us the strength to stand firm in our freedom. May you receive much glory as we walk in your truth and freedom. In Jesus’ Name, Amen.



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