

Abide Prayer Guide:

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/>

Faith to Pray Part 1

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, “God, you are faithful.”

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 Thanksgiving and Praise

Because of the LORD's faithful love we do not perish, for his mercies never end. They are new every morning; great is your faithfulness! (Lamentations 3:22-23)

The LORD is faithful. As God's sons and daughters, we have a Father who is faithful. We can trust our Father at all time and in every season of our lives. Our Father is completely, one-hundred percent trustworthy.

Let's take a few moments and remember some of the ways our Father has shown His faithfulness to us in the past and how He is showing us His faithfulness today.

Prayer: Father, I praise you for being faithful! Thank you for your faithfulness in _____ (fill in the blank with what the Spirit brings to mind as you consider how



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your Father has been faithful to you). I am grateful for the way you are showing me your faithfulness today in _____ (fill in the blank with ways your Father is showing you His faithfulness today).

Prayers for My Heart

Your kingdom is an everlasting kingdom; your rule is for all generations. The LORD is faithful in all his words and gracious in all his actions. (Psalm 145:13)

What are you walking through today that is perhaps creating feelings of uncertainty, anxiety, confusion, fear or sadness? What is your family walking through that may feel overwhelming at times?

Our Father is always with us and desires that we trust in His faithfulness. We are never alone. Our Father is all-powerful and His Kingdom is everlasting. He is faithful and gracious in His words and through His actions.

Let's bring our hearts to our Father today and ask Him to help us trust Him with whatever we are feeling or walking through today and ask Him to help us trust in His faithfulness.

Prayer: Father, help me to trust you and your faithfulness with _____ (fill in the blank with whatever is on our heart).

Prayers for Other's Hearts

We are surrounded by people who have not experienced the LORD's faithful love. Past hurts, present hurts and lies from the enemy are some of the ways that walls are built in our relationship with God. Disappointments, rejection, pain and lies from the enemy about the heart of God keeps people from believing that the LORD is faithful – that our hearts are safe with Him.

As the Spirit brings people to mind, pray Lamentations 3:22-23 over them.

Prayer: Father, help _____ to believe the truth that *“because of the LORD's faithful love we do not perish, for his mercies never end. They are new every morning; great is your faithfulness!”* Tear down the walls in their hearts and help them to receive your faithful love. In Jesus' Name, Amen.

Closing Prayer

Father, thank you for being faithful. Thank you that you are always faithful. Your faithfulness does not depend on me. You will remain faithful even when I am unfaithful and struggling to trust you. Help me/us overcome any walls that I/we have put up in my/our relationship with you. Help me/us to receive your faithful love more deeply and trust you with my/our whole heart. In Jesus' Name.



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