

Abide Prayer Guide:

Hope Through 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

And those who know your name put their trust in you, for you, O LORD, have not forsaken those who seek you. (Psalm 9:10)

God makes clear to His Sons and Daughters that He is near to us in our troubles and delighting with us in our joy. When we trust that God is who He says He is, the Great I AM, we can find rest in knowing that He will never leave or forsake us.

Prayer: Father, I praise you and give thanks to you for you are with me (name a place in your life where you need to be reminded that He is with you) _____.

Prayers for My Heart

And let us hold fast the confession of our hope without wavering, for he who promised is faithful. (Hebrews 10:23)

Our hearts can easily become overwhelmed by the all that we face, our hope can easily weaken in our own strength. But God is never overwhelmed and His hope endures forever, He strengthens our hearts and minds. He is where our Hope comes from, He is the Hope we cling to!

Prayer: Father you delivered Hope, and with us Hope remains. You are faithful to your promises. Help my heart to hold fast to my confession of hope, help me to remain hopeful that (name a place in your life where you need an strengthening of hope) _____.



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Prayers for Others Hearts

I lift up my eyes to the hills, from where does my help come? My help comes from the LORD who made heaven and earth. (Psalm 121:1-2)

There may be someone near to you whose heart needs to remember to look up for help from their Father in Heaven. Praying for others hearts is an honor and gift that God gives to us as a way to love and serve one another, to bring glory to God!

Prayer: Father, I pray for _____. In their time of need, would you come near to them and remind them that you are their great helper? Would you fill their hearts with hope for what you can do in their lives? Father, reveal yourself to _____, pour your love over them and remind them of who they are, that they can rely on you for every need in every hour of every day.

Closing Prayer

Lord, we love you. Thank you for never leaving us and providing us with your Spirit. You are worthy of all praise, glory and honor. Help us to remember that wherever we go, you are there and we can call upon you. Great is thy faithfulness. In Jesus' Name, Amen.



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