

# Abide Prayer Guide:

## God's Peace

### 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

*For everything was created by him, in heaven and on earth, the visible and the invisible, whether thrones or dominions or rulers or authorities – all things have been created through him and for him. (Colossians 1:16)*

God is the Author and Creator of all things. He is responsible for the colors in a sunset, the unique patterns of every flower, the seasons in each year, and the peaceful sounds of trees swaying in the wind. He knows what steadies our hearts as we remember His creation and placed His beauty all around us so that when we slow ourselves and look up, we remember Him.

**Prayer:** Father, I praise you and give thanks to you for your creation and magnificent workmanship. God you are, (name an attribute of God that you are thankful for today) \_\_\_\_\_ . When I look at your creation, I am thankful for (name a part of God's creation you are thankful for) \_\_\_\_\_ .

### Prayers for My Heart

*And let the peace of Christ, to which you were also called in one body, rule your hearts. And be thankful. (Colossians 3:15)*



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Moving quickly throughout our day invites chaos to rule over our hearts instead of its rightful ruler, Peace. We can slow our pace and be thankful for each moment of our day as we see his constant provision, creating opportunity to share his love and grace to those around us.

**Prayer:** Lord, you are the Prince of Peace. My heart can so quickly get overwhelmed by the many pressures I face throughout my day. Help my heart to remember your peace as you open my heart and eyes to see your creation all around me. My heart is (name the current state of your heart. Ex: discouraged, wondering, hopeful) \_\_\_\_\_ and I need your peace to sustain me each day as I remain thankful for your presence in me and all around me.

## Prayers for Others Hearts

*At the same time, pray also for us that God may open a door to us for the word, to speak the mystery of Christ for which I am in chains, so that I may make it known as I should. (Colossians 4: 3-4)*

Each day as we see God's beauty surrounding us, we can remind others of who created such marvelous beauty! Sharing His creation with others reveals His love for them and the peace He offers as they enjoy all that He has created which brings joy.

**Prayer:** Father, I pray for \_\_\_\_\_ (name someone who needs to remember or be made known of His love for them). Would you overwhelm \_\_\_\_\_ with all that you've created this week which brings deep joy, peace, and thankfulness to their heart? Would your reminder bring a deep longing to draw near to you in a new way that sets their heart ablaze for your gospel?

## Closing Prayer

God, we love you. Thank you for creating everything in heaven and on earth that holds such captivating beauty and joy. Thank you that when we slow down to see the detail of all your hands have carefully crafted, our hearts are filled with the peace of your truth and promise that you are always with us. Father, make our eyes sensitive to your hands work, attune our hearts to yours.



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