

# Abide Prayer Guide:

## Fear Not

Our Father is always with us. No matter what we are walking through in our lives, we are not alone. Our Father, who is LORD, is with us and is for us.

Scripture tells us, *“Haven’t I commanded you: be strong and courageous? Do not be afraid or discouraged, for the LORD your God is with you wherever you go.” (Joshua 1:9)*

Let’s begin ABIDE by taking a moment to quiet our hearts and minds – to be still before God.

You may want to pray a “breath prayer” as you inhale and exhale, such as, “Father, you are with me”.

### Opening Prayer

**Prayer:** Father, we love you and we need you. Holy Spirit, fill us and lead us as we gather to pray and study Scripture. We dedicate this time to you and what you have for us to receive from you as your sons and daughters. Remove any distractions and help us to focus our hearts on you. In Jesus Name, Amen.

### Prayers of Thanksgiving and Praise

*For the LORD your God is the one who goes with you to fight for you against your enemies to give you victory. (Deuteronomy 20:4)*

Our Father is with us, fights for us and gives us victory. Consider what the LORD has done for us and who He is as we lift up prayers of praise and thanksgiving to our God.

**Prayer:** LORD, we/I praise you for \_\_\_\_\_. Thank you for the victory you give us/me \_\_\_\_\_ (fill in the blank with what the Spirit brings to mind). In Jesus Name.

### Prayer for Our Heart

*Haven’t I commanded you: be strong and courageous? Do not be afraid or discouraged, for the LORD your God is with you wherever you go. (Joshua 1:9)*

As God’s sons and daughters, we have the freedom to bring our hearts fully to God. Our Father does not want us to pretend that we don’t struggle with fears or discouragement but to bring our fears and discouragement to Him. As we do this in prayer, our Father enters those places and gives us His peace, His courage and His victory.

Let’s invite God into our fears today (yes – this takes honestly and humility) and ask Him to give us His peace, courage and victory.



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**Prayer:** Father, we/I invite you into \_\_\_\_\_ (fill in the blank with whatever fears you have – finances, future, family, job, change, illness, etc). Help us/me receive your peace, your courage and your victory over these fears. In Jesus Name.

## Prayer for Other's Hearts

*There is no fear in love; instead, perfect love drives out fear, because fear involves punishment. So the one who fears is not complete in love. (1 John 4:18)*

We have people in our lives – friends, family, co-workers, neighbors – who are walking through difficult trials and painful losses of all sorts, which opens the door to fear and discouragement.

Scripture tells us that God's perfect love drives out fear. As the Spirit brings people to mind, let's pray for them to be overwhelmed by God's love and for fear to be driven out by His love and presence in their lives.

**Prayer:** Father, we/I pray for \_\_\_\_\_ to be overwhelmed by your perfect love today. Drive out fear and help him/her to receive your perfect love. In Jesus Name.

## Closing Prayer

Father, we love you. Thank you for your faithful love and your presence in our lives. Thank you for never leaving us and for fighting for us. Thank you for your powerful love that sets us free from fear. Help us walk in your truth and trust you with our whole hearts. In Jesus Name. Amen



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