

# ABIDE Prayer Guide

## Rescued by God

*He brought me out to a spacious place; he rescued me because he delighted in me. (Psalm 18:19)*

Rescued by God. We were once in darkness but God rescued us from darkness and brought us into His Kingdom. Today's ABIDE is for every heart who needs to be reminded that we have been rescued and God continues to rescue us.

### Opening Prayer

As we begin ABIDE, take a moment to quiet your heart and mind – to be still before God. You may want to pray a “breath prayer” as you inhale and exhale, such as, “God, you are my rescuer.”

**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 Remembrance and Thanksgiving

*He remembered us in our humiliation*

*His faithful love endures forever.*

*And rescued us from our foes.*

*His faithful love endures forever.*

*(Psalm 136:23-24)*

Our Faithful, loving and all-powerful Father is our Rescuer. He is the One who saves us, delivers us and comes for us when we call out to Him.

What are you grateful for that your Father rescued you from in your past or is rescuing you from today? Let's thank God for rescuing us and for His faithful love that endures forever.

**Prayer:** Father, thank you for rescuing me from \_\_\_\_\_. Thank you for your faithful love that endures forever. In Jesus Name.

### Prayers for My Heart

*I love you, LORD, my strength. The LORD is my rock, my fortress, and my deliverer, my God, my rock where I seek refuge. (Psalm 18:1-2)*



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David spoke the words of this song on the day when the Lord rescued him from the hand of all his enemies and from the hand of Saul. If we're honest, there probably isn't a day that goes by that we do not need our Heavenly Father to rescue us from something or someone – even ourselves! Perhaps you need Him to rescue you from fear, negative thoughts, anger, sickness, worry... and the list could go on. Let's ask our Father to rescue us today.

**Prayer:** Father, rescue me from \_\_\_\_\_ (fill in the blank with whatever you need to be rescued from today - fear, pride, confusion, sickness, sin, spiritual warfare, a difficult situation in your family or work, etc). In Jesus Name.

NOTE: If you are using ABIDE alone and need (or would like) extended prayer for your heart, take a few moments to listen to the song "Rescue." Sit with your Father and allow His presence to bring His rescue to your heart today.

<https://open.spotify.com/track/0rbCIePwNYXpvD451ihkVO?si=bac12515e872494d>

## Prayers for Other Hearts

*He reached down from on high and took hold of me; he pulled me out of deep water. He rescued me from my powerful enemy and from those who hated me, for they were too strong for me. (Psalm 18:16-17)*

We have people in our lives (families, neighbors, co-workers, community) who are walking through all sorts of pain and challenges. The enemy sees trials, losses and even the daily challenges that we all face as opportunities to lie to us and make us feel alone, overwhelmed, hopeless and rob us of God's hope, joy and peace.

However, we can pray for God to rescue others and make His power, His peace, His love, His rescue known! As the Spirit brings people to mind, let's pray for God to rescue them and make Himself known to them.

**Prayer:** God, rescue \_\_\_\_\_ and make your power, presence and faithful love known to him/her today. In Jesus Name.

## Closing Prayer

Father, we praise you for being alive and working in us and all around us. Give us eyes of faith to see your power and glory in every situation we face. We choose to cling to You, our Rock and only place of safety and security. You are the God of our salvation and we exalt you as LORD over all!

Fill us with songs of praise to You that drown out the noise & chaos surrounding us. Use our lives to point others to You, so that they too will cling to you as both Savior and Rescuer. In Jesus Name. Amen.



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