

# ABIDE Prayer Guide

## Adopted by Our Father

*For you did not receive a spirit of slavery to fall back into fear. Instead, you received the Spirit of adoption, by whom we cry out, "Abba, Father!" The Spirit himself testifies together with our spirit that we are God's children. (Romans 8:15-16)*

As we walk through life, we need to hold onto the truth that we belong to God. We are God's adopted sons and daughters and that truth has the power to set us free from the fear that attempts to steal our hope, joy and 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, "God, I belong to 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:** 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.

**Personal Prayer:** Father, 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

Slowly read Romans 8:15-16 and consider the amazing gift that we have been given by our Heavenly Father.

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God adopted us and we are His children. We are rescued, redeemed, set free, given new life and eternal life because we belong to God. We are His children. Consider the depth of your Father's love for you and how your life has forever changed because He adopted you.



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**Prayer:** Spend a few moments thanking God for His love for you and how your life is changed because you are His adopted son/daughter.

## Prayers for Our Hearts

Scripture tells us in 1 John 4:9-10, God's love was revealed among us in this way: God sent his one and only Son into the world so that we might live through him. Love consists in this: not that we loved God, but that he loved us and sent his Son to be the atoning sacrifice for our sins.

The evidence of God's love for us is the Cross. He gave us His Son so that we could have a relationship with Him. God revealed His love to us through Christ and He continues to reveal His love to us through our relationship with Him.

**Prayer:** Ask God to help you receive more of His love for you. Ask God to help you walk in the truth that you are His adopted son/daughter and are blessed with every spiritual blessing in Christ.

If you are in a small group, take a couple of moments for everyone to pray silently for their own heart.

## Prayers for Others' Hearts

Scripture tells us in 1 John 4:11, Dear friends, if God loved us in this way, we also must love one another. As we receive God's love for us, our hearts are filled with His love that we are called to extend to others.

Let's ask God to help us love others – our family, friends, neighbors and beyond. May the love of God be known to others through us. As the Spirit brings people to mind, let's pray for God to empower us to love these people and show His love to them.

**Prayer:** God, empower me to love \_\_\_\_\_ and show me specific ways that I can make your love known to him/her. In Jesus Name.

## Closing Prayer

Father, thank you for loving us and revealing your love to us through Christ. Thank you for adopting us and giving us every spiritual blessing in Christ. We are in desperate need of you. Forgive us of our pride and independence, and help us walk in greater dependence on you and receive more of you in our lives. In Jesus' Name, Amen.



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