

# ABIDE Prayer

## God is Faithful

*But the Lord is faithful; he will strengthen you and guard you from the evil one. (2 Thessalonians 3:3)*

There is a lot going on in our world today that could easily cause us to become fearful, anxious and overwhelmed. The enemy would love for us to focus on the world and allow our hearts to be pulled away from our faithful Father and His promises.

As God's sons and daughters, we have a faithful Father who is all-powerful and has fought for us so that we can receive His grace, peace, hope, security and joy in the midst of the chaos of the world.

### 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, you are faithful."

**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

Read the following Scripture slowly and allow God to speak to your heart through His Word.

*For your faithful love is as high as the heavens; your faithfulness reaches the clouds. (Psalm 57:10)*



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What are some ways your Father has shown His faithfulness in your life? Take a moment to thank your Father for specific ways you have experienced His faithfulness in your life (example- his provision, comfort, strength, direction, peace, etc.).

**Prayer:** Father, thank you for your faithfulness in my life. I am especially grateful for the way you've shown me your faithfulness in \_\_\_\_\_ (fill in the blank with a time in your life – past or present – when you have experienced God's faithfulness).

## Prayers for My Heart

*My help comes from the LORD, the Maker of heaven and earth. (Psalm 121:2)*

What do you need your Father to help you with today? What burdens are you carrying and what are you trying to do in your own strength? Let's take a moment and surrender to God and ask Him to help us as we put our trust fully in Him.

**Prayer:** Father, I surrender my attempts at trying to do things in my life apart from you. I need your help with \_\_\_\_\_ (fill in the blank with whatever you need God's help with today). In Jesus Name.

## Prayers for Others' Hearts

*My help comes from the LORD, the Maker of heaven and earth. (Psalm 121:2)*

We all have friends, family, neighbors who are walking through all sorts of trials and painful seasons in their lives.

As the Spirit brings people to mind, let's pray for them. Let's ask God to remind them of His faithfulness and help them to receive all that God desires for them to receive from Him.

**Prayer:** Father, we/I pray for \_\_\_\_\_. Remind him/her of your faithfulness. Help them to receive your love, grace, peace and truth. In Jesus Name.

## Closing Prayer

God, thank you for being our faithful Father. Help us to trust you with our whole hearts and believe you over whatever messages the world is saying to us. We confess our need for you, our utter dependence on you. Thank you for being faithful to help us as we walk through life. In Jesus Name, Amen.



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