



prayer 360

Week of May 5 Prayer Guide

Preparing Your Heart (5 minutes)

Take some time to be still before the Lord. Quiet your heart before the Lord and get your mind ready to pray. Also use this time to welcome God and His presence. Invite Him into your time of prayer. Some practical ideas are to sit in silence or take deep breaths. You can also say something like:

“Holy Spirit, I invite You to this time of prayer.”

“Lord, I'm here for You. Speak, I am listening.”

Worship and Thanksgiving (5 minutes)

Use these five minutes to think of the many things that have been good from the day. Then begin to thank God for those things. You can also use a gratitude journal and write down things you're grateful for. Begin to worship Jesus for who He is and all that He has done for you.

Confession (5 minutes)

Take this time to reflect on the last 24 hours. Did anything happen that directly impacted you? Are there any areas of your life that have been dishonoring to God in thoughts, actions, or words? Bring those to God, confess to Him, and ask Him to restore the areas that are broken or don't reflect His character. Receive His vast love, forgiveness, and grace towards you.

Ask (15 minutes)

Personal

Who, or what, is on your heart today? Spend a few moments talking to God about anything personal in your heart that you'd like to share with Him before you move on to the next section.



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Local

- Go through the [Crossroads Prayer Wall Requests](#) and pray for the needs within our family of faith. Be sure to click the "Pray" button letting us know that you prayed for the listed need.
- Pray for our church body as we continue in the Forging Forward series.
- Pray that our church body would be quick to hear and obey the still small voice of the Holy Spirit.
- Pray that the Lord would continue to make us more like Christ.
- Pray that the body of Christ would remain united during this election season.
- Pray for the key leaders and volunteers of our church. Ask the Lord to continue to strengthen them, empower them, and lead them in His perfect will for their lives.

National

- Pray that the love of God would reign in our nation.
- Pray that our national leaders would lead with humility, love, and wisdom.
- Ask the Lord to surround our congressmen and congresswomen with God-fearing believers who would point them to the ways of the Lord.
- Pray that the light of Jesus would shine brightly in our nation and that those who don't know Him would come to know Him.

Global

Turkmenistan:

- Turkmenistan is considered one of the most restrictive countries in the world. Pray for increased freedoms in this former Soviet republic.
- Pray for new Bibles for house churches whose literature has been confiscated and destroyed.
- Pray for open doors for humanitarian organizations to meet practical as well as spiritual needs.
- Pray for governing authorities to abandon the strict policies controlling religious activity.

Supporting Scripture

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. ~ Isaiah 26:3

Finish by thanking the Lord for meeting your request. Meditate on what He may want you to take away from your time of prayer.