



prayer 360

Week of January 19 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.



prayer 360

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 online Bible studies.
- Pray for our monthly live prayer gathering.
- Pray for the other churches that we consult and coach in their online ministries.
- Ask the Holy Spirit to pour out afresh on each leader and that they would intentionally be His hands and feet in our community.

National

- Pray for God's divine protection over our nation.
- Pray for unity in the body of Christ nationally.
- Pray that online members would be filled with the Holy Spirit.
- Pray that the gifts of the Spirit would be safely and biblically practiced online.
- Pray the fruit of the Spirit would be evident.

Global

Pakistan

- Pray for the Church to multiply in the power of the Spirit as persecution intensifies.
- Pray for the strongholds of Islamist extremism and terrorism to be demolished and rendered powerless.
- Pray that spiritual oppression would be lifted off this region, resulting in hearts softened towards the Gospel.

Supporting Scripture

Trust in the LORD with all your heart, And lean not on your own understanding. - Proverbs 3:5

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