



# prayer 360

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## Week of May 25 Prayer Guide

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### **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 those who attended the Young Adults retreat—that the encounters they had with God would continue, and that they would strengthen the bonds they made.
- Pray for the Midweek groups that are coming to a close—that group members would continue to stay in God's Word and remember how He spoke to them and how He moved during this session.
- Pray that our church would continue to grow, and that families would find a place to call home and dive into community.

## National

- Pray for deep friendships—that high school students would form meaningful, Christ-centered friendships that support their growth and encourage them in their walk with God.
- Pray for Godly teachers and mentors—that students would be surrounded by adults who model Christ-like character, provide guidance, and support their growth both academically and spiritually.
- Pray for peace in the midst of uncertainty—that students and young adults would trust in God's plans for their lives, even when they face doubts about their future or struggles in the present.

## Global

### Tajikistan

- Pray for those who are still impoverished because of the civil war.
- Pray for the protected growth of the infant indigenous Tajik church.
- Pray for a full revision of the 2009 Religion Law, and for the removal of articles requiring state permission for any exercise of Freedom of Religion or Belief.

## Supporting Scripture

*Through the LORD's mercies we are not consumed, because His compassions fail not.* – Lamentations 3:22

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