



prayer 360

Week of July 13 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 to let us know you prayed for the listed need.
- Pray for clarity in order to see and understand the truth clearly.
- Pray that God's light would shine in dark places, bringing hope and revelation.
- Pray for the exposure of Satan's tactics, so they may be recognized and defeated.
- Pray for a deeper understanding of God's promises and how they apply to our lives.

National

- Pray for mental health and emotional well-being, that peace, healing, and stability would prevail in every heart and mind.
- Pray for godly leadership and role models who will inspire and guide others in truth, love, and integrity.
- Pray for the restoration of broken families, that love, forgiveness, and unity would bring healing and renewal.

Global

Ethiopia

- Pray for a resurgence of the deep spiritual beliefs held by this nation from the earliest church history.
- Pray for those impoverished and displaced by drought and for the seasonal rains to be better than anticipated throughout the country.
- Believers are often denied resources and discriminated against when looking for work. Pray the Lord would provide for persecuted believers.
- Pray for reconciliation between the government and ethnic minorities.

Supporting Scripture

Be strong and of good courage; do not fear nor be dismayed. - 1 Chronicles 22:13

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