

MAC PRAYER GUIDE

"Early in the morning, well before sunrise, Jesus rose and went to a deserted place where he could be alone in prayer." Mark 1:35 CEB

Pray through one, a few or all of the items listed on this guide and whatever else Holy Spirit puts on your heart. Papers are available to make notes, write or draw your prayer, etc. See reverse.

"I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. May you always be filled with the fruit of your salvation - the righteous character produced in your life by Jesus Christ - for this will bring much glory and praise to God."
Philippians 1:9,11

FRIENDS & FAMILY

- God's favour, health and protection over loved ones.
- Prodigals come home!
- Forgiveness and reconciliation.
- Peace in our homes.

"Let your servants see what you're best at - the ways you rule and bless your children. And let the loveliness of our Lord, our God, rest on us, confirming the work that we do."
Psalm 90:16,17

CANADA

- Integrity and leadership.
- God keep our land, glorious and free.
- For immigrants coming to find refuge, hope, and peace.
- Give us eyes to see our role in truth and reconciliation with Indigenous peoples.

"A child is born to us, a son is given to us, and authority will be on his shoulders. He will be named Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace. There will be vast authority and endless peace for David's throne and for his kingdom, establishing and sustaining it with justice and righteousness now and forever." Isaiah 9:6,7

OUR CHURCH

- We would be a light to a stressed out world.
- People would know their true identity as sons and daughters of Christ.
- For us to become more passionate followers of Christ, for baptisms, and revival in our church.

"When everything was hopeless, Abraham believed anyway, deciding to live not on the basis of what he saw he couldn't do, but on what God said He could do."
Romans 4:17

SCHOOLS

- A culture of joy, honour and respect.
- Peace for so many who are anxious.
- Health, hope and encouragement for staff.

How great is our God! There is absolutely nothing His power cannot accomplish, and He has infinite understanding of everything.
Psalm 147:5

ADVENT

- Pray that Emmanuel, God with us, will be experienced by all.
- People will come to know Christ this Christmas.
- For provision for all those who have needs this Christmas season. (physical, financial, mental, those who feel lonely...)

As you enter into a time of prayer this morning we want to help put you at ease. There is no right or wrong way to pray. Here are some of the ways you may wish to try if you're feeling stuck or unsure.

Some people put their prayers to a **pattern**. Beginning with praise, "Oh wow, God! You are...". Then move on to repentance, "I'm sorry for...please forgive me." Then on to requests, "Please help..." and finally, gratefulness, "Thank you for..."

Pray prayers from the Bible. For example, the Lord's prayer found in Matthew 6:9-13 pausing after each sentence to add your own words into it. There are also many Psalms that convert easily to prayers.

Psalm 23, 30, 42, 51, 63, 84, 91, 139, 145

Invite Christ's participation. The Bible tells us that when we don't know what to pray, "And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words."

Romans 8:26 Ask him to show you something; something about yourself that is worthy of praise, something you maybe need to confess, something you can be thankful for, someone you should pray for, and so on.

Listening prayers. Quiet your thoughts and invite God to speak to you. To reveal to you the things He wants to share with you, show you and invite you into.

Using your body in prayer. Some people will take a kneeling posture. To come to anyone in a kneeling posture is humbling. When we pray in this posture, we express humility and vulnerability. Some people walk while they pray, or pray with their arms open. Many Old Testament leaders prayed with their arms outstretched.

Writing/Drawing out prayers is a great way to communicate with God using our creativity. You can jot down words or names that come to mind or re-write a Psalm using your own words. There are no limitations.

These are just *some* of the ways that people come to the Lord in prayer. We hope you make this space and use this time in a way that draws you close to our Heavenly Father.