

# One Church One Day May 2021 Prayer Guide

When we first began our 1 Church 1Day efforts more than a year ago, you may have received a guide similar to the one below. It is a basic guide outlining some strategies for how to pray for an entire hour. This month, we are returning to “the basics” by focusing not so much on specific prayer concerns, as looking at ways to make the entire prayer hour meaningful and effective. Remember, this is simply a guide. If you have already found your “stride” keep going. The most important thing is to connect to God’s heart (Jeremiah 29:13).

## **PRAYING FOR AN HOUR**

### ***BEFORE YOU GET STARTED***

- The main thing is to connect with God’s heart. (Jeremiah 29:13)
- Ask God to speak His words to you (Luke 11:1-4)
- Find a location where you’ll be focused. Whether you are praying with your family, small group, or on your own, make space to give the Lord your full attention.
- It might be helpful to keep your Bible, a pen, and paper close to refer to God’s Word & record insights He gives you.

### ***BEGIN WITH PRAISE AND THANKSGIVING (5-10 MINS)***

- You can sing, speak your praise; play a worship song in the background or use scripture (Psalm 100:4-5).
- Speak the names of God, and praise Him for who He is. (Matthew 6:9)
- Thank God for what He has done and what He is doing and for what He promises to do. (I Thessalonians 5:18)

### ***CONTINUE WITH CONFESSING YOUR SINS TO GOD: (5 MINS)***

- Psalm 51: 1-6
- 1 John 1:9

### ***PRAY FOR YOUR FAMILY (10 MINS)***

- Ask God for more understanding so you can know Him more. Ephesians 1:17-19
- Pray for strength, increased faith and knowledge of Christ’s love. Ephesians 3:14-19
- Ask God to convict you and give you a pure heart.
- Pray for your needs and those of your family. Matthew 6:11
- Trust Him to care for you and your family. 1 Peter 5:7

### ***PRAY FOR YOUR COMMUNITY (15 MINS)***

***(Health Care Systems, Education, Business, Government, First Responders, Arts, Media, Technology)***

- Proverbs 11:11a, Jeremiah 29

### ***PRAY FOR YOUR CHURCH (10 MINS)***

- COLOSSIANS 1:9-11
- Pray for your pastors, leadership team and their families.
- Pray for outreaches, missionaries and the harvest.
- Pray for other families in your church by name.

***IN CLOSING (5-10 MINS)***

- Colossians 4:2-6
- End this prayer time praising God for listening to your prayers
- Ask God to help you be watchful for His response and use you to be a part of His plan.