

60 MINUTE PRAYER GUIDE

MONDAY; PERSONAL RELATIONSHIP with GOD

You will need to have a bible.

PAUSE: (5 MINS)

Pray:

Read aloud (if possible) Psalm 139. This Psalm talks about our very being and the start of our life and how God created us in our Mother's Womb. Our very first personal relationship-

Be Still:

Spend a few minutes in quiet, emptying your mind of everything that would distract from spending time with your Father through Jesus Christ and welcome the Holy Spirit into this time

REJOICE: (5 MINS)

Pray:

Thank God for the relationship that you have with Him. Thank God for all the good relationships in your life

Sing:

Sing or listen to the Song "[I am a child of God.](#)" This song emphasises our acceptance into the family of God and how we can trust that we are children of God the Father

ASK: (30 MINS)

- Pray for our relationship with God and confess before Him anything that is hindering us getting close with Him. Focus on His great love for us and His grace and provision in sending Jesus to die in our place.
- Pray for people who have recently come into a relationship with Christ. That they would grow in Him and experience His grace and love in their lives. Pray especially for people who have recently attended the Alpha courses.
- Pray for the relationships within your life.

- Pray that our relationship with God will grow during this time of enforced isolation. May we use the time to establish a regular time with God each day.
- Pray for the discipline to read the bible each day and find time to meditate on what is saying to us through His word.
- Pray with confidence knowing that the words of Jesus are true and that with God, all things are possible.
- 2 Chronicles 7 v 14 says “if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. Come before God as part of the larger world church family and humble yourself before God so that He can heal our land. Pray that people around the world will find God in this situation of Coronavirus and be added to this wide church family.
- Pray that as a Church, our relationship with God and each other will grow and flourish as we show caring and practical love to each other and to those around us.
- We make new relationships every day. Pray that you will be Jesus to these people.

YIELD: (10 MINS)

As we yield or say yes to God, you may find the following prayers helpful as we find ways to show the love of Jesus to others;

- Heavenly Father, thank you that you are great and abundant in power, your understanding is beyond measure. Hear our prayer for relationship restoration. Where there is hostility, please bring kindness. Where there is conflict, please bring gentleness. Where there is sin, please bring forgiveness. You are the God of reconciliation, please help us to trust in your restoring power. You are the God of endurance and encouragement. Help us to live in harmony with others, that together we may with one voice glorify Jesus Christ. Through Jesus Christ our Lord, Amen.
- Mighty God, thank you that your word enlightens our eyes, purifies our souls and preserves us for eternal life. Your word says that we should keep loving one another earnestly since love covers a multitude of sins. Thank you that your love has covered our sin. We pray that you would fill us with the same love for others, so that we may restore relationships that have been affected by sin. You have loved us and have freed us from our sins by Jesus’ blood. To you be glory and dominion forever and ever. Through Jesus Christ our Lord, Amen.

- This is a wonderful prayer of St. Francis of Assisi.

"Lord, **make** me an instrument of your **peace**; where **there** is hatred, **let me** sow love; where **there** is injury, pardon; where **there** is discord, union; where **there** is doubt, faith; where **there** is despair, hope; where **there** is darkness, light; and where **there** is sadness, joy.

As you finish this time of prayer, remember that God has promised in his scripture that through Jesus Christ we have a relationship that can never fail:

Ephesians 3 v 20

"Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and Christ Jesus throughout all generations, for ever and ever Amen"

Jude v 24 and 25

"To Him who is able to keep you from falling and to present you before His glorious presence without fault and with great joy – to the only God, our Saviour, be glory, majesty, power and authority, through Jesus Christ, before all ages, now and forevermore.

Be still, breathe deeply and thank God for His presence. Release into His hands all that you have prayed for in this hour.

Don't forget to share both prayer requests and anything that you felt the Lord speaking to you during your prayer hour (this could be a verse or scripture passage, a picture, a strong word or a strong sense of something, or something else!) You can share on our dedicated 24/7 email address:

24-7prayer@uptonvale.org.uk

Thank you!