

# Hearing God in a time of trial and uncertainty: a 60-minute prayer guide

In this time people all over the world are going through turmoil and suffering, as governments scramble to get the situation under control, the nation is left in isolation witnessing it all play out- with mounds of free time and very little surety about when this pandemic will slow down in any way, it's easy to fall into the deception of laziness and anxiety, so this guide will give those who want to seek God a means of doing it, through a prayer guide following the format of 24/7 prayer international (P.R.A.Y.)- making room for God in our days, especially in a time like this.

## Pause (5 minutes)

Pausing is vital for Christians, we can so easily let fear and distraction fill our minds- so we should all make time to slow down and breathe so as to let the Hbly Spirit move in you in this 60-minute prayer time without all our busy thoughts interfering.

Pray: Psalm 62 (v. 5-7) aloud

Be Still:

Slow down, breathe and let the Hbly Spirit move within you.

## Rejoice (10 minutes)

Rejoicing is always good when directed to our wonderful saviour, but it's easy to get caught up in the sorrow of the world and when we've got a pandemic which puts us all at risk, anxiety and stress can easily seep in to our everyday lives and although this sadness and fear is grounded in something real, we must also accept the reality of a God who works for our good in all situations. If you need something to rejoice over: rejoice over the Churches that were once only accessible for a few hours on a Sunday, that are now all of a sudden online, rejoice over the communities being brought together throughout the country and most importantly, rejoice over the much needed time to let Jesus into our lives and truly get to know God better in ways that we could never think possible.

Pray: Psalm 40 (v. 1-3) aloud

Sing:

For more of a hymn style of worship:

Maranatha! - I Love You Lord

<https://www.youtube.com/watch?v=SYM0ce3ybEA>



For more of a contemporary style of worship:

Psalm 34 - Taste and See - by Shane & Shane

<https://www.youtube.com/watch?v=yOzf0VrDNGU>



## Ask (30 minutes)

Asking is the part of prayer which is most common and can seem the most complicated, if we pray just to ask God for what we want then God may as well be a vending machine; however, if we don't bring our worries to God then we are left anxious and troubled over the problems we haven't taken to God. To be clear, asking in prayer is by no means a bad thing, in Matthew 7:7 Jesus talks about how if you "keep on asking", "you will receive what you ask for" but it's easy to see that not every prayer is answered, due to our own motives getting tangled in our prayers, that is why just like Jesus in the garden of Gethsemane even if our issues and problems are huge, we should always leave them in the infinitely just, infinitely wise and infinitely loving hands of God with the simple phrase of "I want your will to be done, not mine" (Matthew 26:39b NLT) therefore giving our burdens to God and letting him move through them by his own judgement, not ours.

### Pray:

#### For continual meeting with God

Ask God to help you to stay with him in this time, to keep you on the right track in this quarantine despite all the temptations and distractions present all around us, to help us structure our day around him instead of trying to structure God around our own sinful nature and finally, ask God for continual pouring out of the spirit so that you could become more like our saviour Jesus Christ and come out of this quarantine looking back on a time of not only reassurance from the father, but of major spiritual growth by the power of the Holy Spirit.

#### For everything that might be burdening you

Lift all your worries to God so that you may know they are in the hands of the God of all creation, look at all these burdens and take them to the lord, it's okay to ask what you want of God, Jesus prayed for his burdens to be taken from him but remember to not only ask what you want, but for God's will to be done in these situations.

## Yield (15 minutes) or for those unfamiliar Yes (to God)

Now that we've Paused and stilled our mind; Rejoiced in the LORD's constant faithfulness and goodness even with all that's going on and Asked God to meet with us and take all of our burdens, we are in the perfect place to Yield to God, to those unfamiliar with this concept, what we are doing here is simply letting God move in our hearts by Yielding or saying Yes to him.

This is the most open section of this prayer guide, because people meet with God in different ways, but what I would recommend is just inviting God into your heart and letting him move, because our God is an awesome God, the pressure is taken from you and so you can just wait upon the LORD with an open heart, with all that could be burdening you lifted to God in this time.

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](mailto:24-7prayer@uptonvale.org.uk)

Thank you!