



Prayer Vigil 2020 Guide

Some Ways to Pray

Luther on Prayer

Prayer is like a garland of four twisted strands

This garland is especially true when using **Holy Scripture**, **Lord's Prayer**, or **Ten Commandments**. Each strand can be posed as a question:

- +What is the (petition, commandment, etc) teaching/meaning for me?
- +What prayer of thanksgiving does this prompt?
- +What confession or lament does it evoke?
- +What is the prayer petition?

Luther said, "Nothing can be said here about the part of *faith and Holy Scriptures* [in prayer] because there would be no end to what could be said. With practice one can take the Ten Commandments on one day, a psalm or chapter of Holy Scripture the next day, and use them as flint and steel to kindle a flame in the heart" (p.56). --*Quotes are from Martin Luther, A Simple Way to Pray, Louisville, Kentucky: Westminster Knox Press, 2000.*

A C T S

The following is a popular acronym & tool: **A** (*Adoration*); **C** (*Confession*); **T** (*Thanksgiving*); **S** (*Supplication*).

Adoration

Adoration is The God of creation has continually sought us out and *initiated* relationship with us. Our *response* to God's love is loving and adoring Him for who he is; His holiness, righteousness, justice, mercy, compassion, patience, faithfulness, longsuffering, and abounding in love. the *love language* or the love song of Christianity. The Psalms are full of adoration and praise.

Confession & Forgiveness

Self-examination or spiritual inventory, preceded by prayer for the help of the Holy Spirit, is a discipline essential for our spiritual health and growth. When we confess our sins and receive forgiveness, we can be assured that the Father keeps no record book to accuse us later. Confession involves:

- ** *Facing* up to or owning and admitting our sin through self-examination under the guidance of the Holy Spirit.
- ** *Agreeing* with God that our action/inaction is sin and then confessing it to Him.
- ** *Asking* and *accepting* God's forgiveness and pardon on the basis of the completed work of Jesus Christ.

Thanksgiving

Thanksgiving is the grateful acknowledgement of God's gifts--past, present and future. It is based on an expectant heart and a knowledge of God. The more we get to know God the more we are able to give him appropriate thanks and praise. I Thessalonians 5:16, "*In everything give thanks, for this is the will of God in Christ Jesus concerning you.*"

Supplication (Supplication = Intercession + Petition)

Intercession is a demonstration of the loving concern we have for the physical, spiritual and emotional well-being of *others*. The Lord seeks intercessors because our prayers are part of His plan for our lives and the lives of others.

Petition is perhaps the most common thing to pray for because it is about our personal needs, fears, hopes, dreams and desires. He wants us to discuss *everything* with Him.

⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Phil. 4:6

Guidelines for effective petition include

1. *Enter God's presence through faith in Christ and ask in Jesus' Name.* (Jn 14:6; 14:13) It is through Jesus that we have access by one Spirit to our Father.
2. *Ask the Holy Spirit to help you as you pray.* The Spirit is the interpreter of the needs of the human heart. The Holy Spirit always pray in accordance with the will of God. Luke 11:13 "How much more shall your heavenly Father give the Holy Spirit to them that ask Him" (Rom 98:26-27; Eph. 6: 8-18)
3. *Pray with expectant faith in God.* We need to believe that He exists and answers the prayers of those who come to Him in faith (Prov. 30:5; Mt. 9:23-24; Heb. 3:18; Phil. 4:19)
4. *Right relationships with God and man are necessary.* Is there unrepented and unconfessed sin in your life? Have you forgiven others? Mt. 5:23-24; Mk 11:25; Rom 12:18; I Jn 1:7-9.)
5. *Examine your motives in making your request.* Is your request God-centered or self-centered? Will others benefit and will God be glorified when your request is answered? (Jn 3:18-23)
6. *Be specific about what you are asking.* (Lk 18:35-41; Mt. 10:51)
7. *Search the Scriptures.* Search the scriptures to determine if your request is in harmony with the mind of Christ. God's will is revealed in his Word. 1 Jn 5:14-15).
8. *Persevere in prayer until the answer comes.* (Lk 11:5-8; 18: 1-8; 1 Pet. 2:6)

Meditations on Prayer

“Call to me and I will answer you and tell you great and unsearchable things you do not know.”
– *Jeremiah 33:3*

What if God does not demand prayer as much as gives prayer? What if God wants prayer to satisfy us? . . . Suppose prayer is primarily allowing ourselves to be loved, addressed and claimed by God? What if praying means opening ourselves to the gift of God’s own self and presence? -
- *Martin Smith*

“To pray is to let Jesus come into our hearts. This teaches us, in the first place, that it is not our prayer which moves the Lord Jesus. It is Jesus who moves us to pray. He knocks. Thereby He makes known His desire to come in to us. Our prayers are always a result of Jesus’ knocking at our hearts’ doors.” –*O. Hallesby*

When a man is born from above, the life of the Son of God is born in him, and he can either starve that life or nourish. Prayer is the way the life of God is nourished. We look upon prayer as a means of getting things for ourselves; the Bible’s ideas of prayer is that we may get to know God Himself.” –*Oswald Chambers*

“As we do come in Jesus’ name, it is the same as though Jesus prayed.” --*S.D. Gordon*

“And in the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words.”—*Rom. 8:26*

“If we would feed the fire of our prayers with the fuel of God’s Word, all our difficulties in prayer would disappear.” --*R.A. Torrey*

“By prayer man consents to the rule of God in his life. By prayer man seeks God’s will and yields to it. By prayer man asks God for that which he knows he needs and can receive only from God. . . . Prayer is that contact man has with the Heavenly Father to satisfy the deepest needs of his life.”
--Richard C. Halverson, *Perspective*, Nov. 1973

“God is gracious to give us the privilege of prayer that allows us to participate with Him in ministering to others.”
-- Cynthia Heald, *Becoming a Woman of Prayer*, 2005

“Delight yourself in the Lord;
And He will give you the desires of your heart.” --*Psalms 37:4*

“Men who delight in God desire or ask for nothing but what will please God.”
-- *Charles Spurgeon*

Some Prayers

Hear, O Lord, when I cry with my voice, And be gracious to me and answer me.
When Thou didst say, “Seek My face,” my heart said to Thee,
“Thy face, O Lord, I shall seek.”

David’s Prayer (Psalm 27:7-8)

“God, of your goodness, give me yourself; for you are sufficient for me. I cannot properly ask anything less, to be worthy of you. If I were to ask less, I should always be in want. In you alone do I have all.”
--*Julian of Norwich*

“I will bow down toward Thy holy temple,
And give thanks to Thy name for Thy lovingkindness and Thy truth;
For Thou has magnified Thy word according to all Thy name.
On the day I called Thou didst answer me; Thou didst make me bold with strength in my soul.”
--*Prayer of David, Psalm 138:2-3*

“Give us, O Lord, steadfast hearts that cannot be dragged down by false loves; give us courageous hearts that cannot be worn down by trouble; give us righteous hearts that cannot be sidetracked by unholy or unworthy goals. Give to us also, our Lord and God, understanding to know you, diligence to look for you, wisdom to recognize you, and a faithfulness that will bring us to see you face to face.” --*Thomas à Kempis*

Some things to pray for. . .

The Holy Spirit to guide us on our journey together as the Body of Christ at Peace.

The Holy Spirit to reveal gifts among us.

Those in our families who have not yet come to believe.

Courage and perseverance for those experiencing fear and trouble of any kind.

Those things for which you are thankful.

The faithfulness of the church and the courage to change.

Bishops, pastors, missionaries, and lay persons and their various ministries

For wisdom and guidance of our nation and secular leaders of government at all levels.

For those facing financial crises, unemployment especially during the current crisis.

For those who are ill physically, mentally and spiritually

For those without shelter, food, health care

For doctors and healthcare workers at all levels

For first responders and those who are risking their lives to serve the public during the COVID 19 crisis and any time.

For those who are alone, isolated, stranded (including refugees, in nursing homes, in hospital)