

# One Day of Prayer Guide

Three 30 minute Prayer Time Guides  
(Morning, Noon, Evening)

## Morning

Take a moment to, in your own words, thank God for His presence with you, and ask for grace to be attentive to the Spirit during this time.

Quiet your heart, and invite God to take control of this time with Him. If you feel the calling of God to read a passage of scripture, pray in a particular fashion or for a particular person or situation, or take some other particular course of action, put down this sheet immediately, and attend to whatever it might be that the Spirit would have you do.

If you feel no such particular leading you may proceed as below:

God loves you deeply. Take time to meditate on how you are beloved by God. Immediately below is the text to the song "No Longer Slaves." If you are able, sing it through, even if you don't consider yourself a singer. If you are unfamiliar with the song or are in a place where singing aloud would be inconsiderate, simply read the text slowly a few times and meditate on it.

You unravel me with a melody  
You surround me with a song  
Of deliverance from my enemies  
Till all my fears are gone

I'm no longer a slave to fear  
I am a child of God  
I'm no longer a slave to fear  
I am a child of God

From my Mother's womb, You have chosen me  
Love has called my name  
I've been born again into Your family  
Your blood flows through my veins

You split the sea so I could walk right through it  
My fears were drowned in perfect love  
You rescued me so I could stand and sing  
I am a child of God.

**Give thanks.** Can you think of 10 things for which you are thankful? Write them down and give praise to God in your heart as you do.

**Confess your sin to God.** Ask the Spirit to reveal to you ways in which you have failed to live up to God's holiness – things you did or failed to do, things you said or failed to say, thought patterns you entertained that were not pleasing to Him. Confess them to God, confident of His unshakeable love for you. Read I John 1:9 (aloud, if appropriate). Know in your heart that you are forgiven.

**Intercede for yourself and your loved ones and the church.** Are there needs that you know of – physical, material, spiritual, relational. Take time and bring these things before God. Do so with confidence, knowing that our needs, our thoughts, our feelings matter to our Heavenly Father.

### **Recite the Lord's Prayer**

**Concluding Prayer:** Almighty and Everlasting Father, You have brought me in safety to this new day. Preserve me with your mighty power, that I might not fall into sin, or be overcome by adversity, and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.

## **Midday**

Again, take a moment to, in your own words, thank God for His presence with you, and ask for grace to be attentive to the Spirit during this time.

Once again, quiet your heart, and invite God to take control of this time with Him. You may want to pause in this moment for a few moments or minutes of silence.

### **A Prayerful Reflection:**

Of the three passages of scripture below, choose one. If you are unfamiliar with the passages, don't even bother looking them up first. Don't worry, don't think about it too much; just pick one.

**Isaiah 12:1-6**

**Psalms 4:1-8**

**Ephesians 1:3-14**

Read your chosen passage slowly, prayerfully – aloud, if appropriate – three times, with the following ideas in mind:

1. Before reading the first time, invite the Holy Spirit to draw to your attention, to highlight for you, one or two words or phrases. Refrain from trying to read too much into these words or phrases; don't worry about trying to draw doctrinal or theological conclusions at this point. For some of us, this can be difficult. We are often conditioned to view scripture as a source of instruction, of dogma, and of behavioral imperative. This is not the time for that. At this point, simply read, and listen for words or short phrases that jump out at you. Write them down.
2. Before the second reading, ask the Holy Spirit to reveal to you a particular truth or idea through the passage of scripture. Is there something you learn about the nature of God in this passage, or about yourself, or about the nature of the world or the people around you? This may have very much or very little to do with the key words or phrases that were highlighted for you during the first reading of the passage; don't worry about that too much. As things occur to you, simply write them down.

3. Before the third and final reading, invite the Holy Spirit to reveal to you one – or two, at most – specific course(s) of action that God would have you take in response to this passage of scripture. Is there an act of generosity or charity to be undertaken? Is there a wrong to be made right or forgiveness that needs to be offered or asked? Is there something God would have you say to a brother or sister, or perhaps even to share with the leadership of the church – a word of encouragement or instruction? Is there justice that needs to be sought? Are there habits or patterns of thinking that you need to, in cooperation with the Holy Spirit, undertake to alter or have healed? Are there definite ways (from the seemingly very large to the seemingly very small) in which you are being invited to participate in the in-breaking of the kingdom in your life, your family, your community, your world? What might be a specific response to what God has revealed to you through His Word?

### **Recite the Lord's Prayer**

**Concluding Prayer:** Blessed be the God, and Father of my Lord Jesus Christ, who has not rejected my prayer, nor withheld his love for me.

### **Evening**

Once again, take a moment to, in your own words, thank God for His presence with you, and ask for grace to be attentive to the Spirit during this time.

Yet again, quiet your heart, and invite God to take control of this time with Him. If you feel the calling of God to engage Him in some other way, put down this sheet immediately, and attend to whatever it might be that the Spirit would have you do.

If you feel no such particular leading you may proceed as below:

Slowly read the following Psalm.

Show us your unfailing love, Lord,  
and grant us your salvation.

<sup>8</sup> I will listen to what God the Lord says;  
he promises peace to his people, his faithful servants—  
but let them not turn to folly.

<sup>9</sup> Surely his salvation is near those who fear him,  
that his glory may dwell in our land.

<sup>10</sup> Love and faithfulness meet together;  
righteousness and peace kiss each other.

<sup>11</sup> Faithfulness springs forth from the earth,  
and righteousness looks down from heaven.

<sup>12</sup> The Lord will indeed give what is good,  
and our land will yield its harvest.

<sup>13</sup> Righteousness goes before him  
and prepares the way for his steps.

Psalm 85:7-13

**Intercede for Hillside Community Church.**

- Pray for God to pour out his Spirit on our whole community in a fresh and powerful way.
- Pray for God's continued leading, and for our continued attentiveness to His voice. Pray for our leaders, the eldership, and the staff.
- Pray for our life as a church beyond the pandemic. Pray for members who have been disconnected or impacted by the pandemic.
- Is there a particular individual Hillsider that the Spirit would bring to mind to pray for, or a particular ministry? Lift these things and people up in prayer.
- Pray for our worship services, and our community's testimony to the community, that the Lord's name would be glorified through our words and actions.

**Intercede for your world.**

- Are there particular world events that have occurred in the last day, the last week?
- Are there particular individuals or groups in our communities, our province, our country, our world that particularly needs God's touch? How do these things make you feel? Share that with God. How would you like to see God respond? Share that with God.
- Pray for Hillside's Global Outreach work and workers.

**Give thanks.** Can you think of 10 more things for which you can be thankful? Write these things down as well, giving thanks to God as you do.

**Silence.** Spend some time without distraction or other stimuli, and invite God to speak to You. If you are unaccustomed to this, you may find this particularly difficult. Be patient with yourself. If you find your mind wandering, gently bring it back. If you feel the Spirit saying anything, write it down. Use such time as you have available to you.

**Thank God for His presence with you during this time and throughout this whole day, whether or not you actually felt it, and ask that He would help you to continue to be more mindful of Him in the days and weeks to come.**