



WAYS TO PRAY FOR AN HOUR- National Day of Prayer

BEFORE YOU GET STARTED

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.

THE MAIN THING IS TO CONNECT WITH GOD'S HEART

BEGIN WITH PRAISE AND THANKSGIVING (5-10 MINS)

PSALM 100:4

- You can sing speak your praise or play a worship song in the background.
- Speak the names of God, and praise Him for who He is.
- Thank God for what He has done and what He is doing.

READ THE SCRIPTURE: ASK GOD TO SPEAK HIS WORDS TO YOU (5-10 MINS)

1 TIMOTHY 2:1-3

- Read and reflect on portions of God's word.
- Talk to the Lord about what you read; Ask Him to help you live according to His Words.

PRAY FOR OUR UNITY IN AMERICA (10 MINS)

EPHESIANS 4:3, 1 CORINTHIANS 1:10, EPHESIANS 2:14

- Call on the Holy Spirit to empower us to make every effort to live in unity and be cultivators of unity in America.
- Pray for God's power in the united demonstration and proclamation of the Gospel across Christ's churches in America. Pray His Church would come alongside each other, encourage and support one another so we will reflect unity, His love, mercy, and grace.
- Pray for unity among all ethnicities and people in America. Through the death of Jesus Christ on the cross, He has torn down the wall of division among all ethnicities and people. In Christ alone we unite and strive to live in peace and love with one another, standing as one people against all racial and ethnic division, denouncing it as sin and not God's will for us. (Eph. 2:14)

PRAY FOR OUR COUNTRY & COMMUNITIES (15 MINS)

- Pray God would grant wisdom, discernment and peace to our government leaders at the federal, state and local levels.
- Pray for our military leaders. Pray God would protect our troops, help them face challenges of their duty, give them favor in battle, help them have victory, and bless their families,
- Pray business leaders would lead with integrity. Pray for encouraging and wise relationships that build trust among our business, government and faith sectors. Pray business leaders would be givers of resources to the community.
- Pray for education in America would be truth-centered, excellence driven, and opportunity-afforded. Pray the Holy Spirit would equip and empower teachers and students to be salt & light in our communities. Pray for protection over schools and children.
- Pray for families in our communities. Pray parents will prioritize their families and provide secure loving homes for their marriages & children.

- Ask God to heal relationships in local families, and for entire families to turn and follow the Lord.
- Pray for children to walk in the ways of the Lord, to see that His ways are not a burden but bring life and goodness; to honor their parents so that it may go well with them.
- Pray for single people to embrace their singleness and use their time and resources in God honoring ways, to build up their lives, communities, and futures, and to build God's kingdom.
- Pray for our older generations and for ways to connect in relationship, mentor, and embrace the importance of 'grandpa & grandma' roles in their family and church community.

PRAY FOR YOUR FAMILY (10 MINS)

- Pray for strength, increased faith and knowledge of Christ's love.
- Ask God to convict you and give you a pure heart. Confess sins & receive His forgiveness.
- Pray for the needs of your family.
- Trust Him to care for you and your family. *Psalm 55:22*

IN CLOSING

EPHESIANS 3:14-21

Ask God to help you be watchful for His response and use you to be part of His plan.

REFLECTION

References:

One Church, One Day Rockingham County Community Prayer Guide, S.Crowell

<http://onehopenetwork.org/>

<https://www.lifeway.com/en/articles/how-to-pray-for-our-military-and-their-families>

<http://www.nationaldayofprayer.org/>