

# PRAY FIRST

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PRAYER GUIDE

JANUARY 2024



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# PRAY FIRST

*"... But seek first his kingdom and his righteousness, and all these things will be given to you as well."*

**MATTHEW 6:33**

Dear Reader,

When we read a passage of scripture or a dive into a good novel, seeing the word 'but' should give us pause. That word is used to connect two ideas that are supposedly contrasting. In this passage, we read how Jesus is encouraging his listeners to not be worried, or walk in fear, but to instead take an appropriate first step.

As we kick off a new year, we are challenging our entire Gateway Church community to stop, pause, and to seek first "His" kingdom and to walk in God's righteousness. This booklet is a way for all of us to walk in unity and to allow our year to begin with seeking God first, by praying first.

Some of the resources in this booklet might be brand new concepts for some of us, and for others a mere refresher of what we may have already learned. No matter where you are on the experience spectrum of prayer, would you join us in praying first in 2024?

We have a big year ahead of us with so many unknown variables yet to unfold, but instead of trying to strategize, plan, or worry about what the future holds, let's all Pray First.

Praying together,

A handwritten signature in blue ink, appearing to read 'Carlos Ortiz'.

Carlos Ortiz, Senior Pastor

# THE LORD'S PRAYER

DAYS 1-7

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*When Jesus' disciples came to Him and asked Him to teach them how to pray, this is the prayer He gave them. It is a prayer that has echoed through the history of the church and is still recited all over the world. It does not just provide instruction for us, but a window into Jesus' heart and the Kingdom movement He is bringing on earth. It reflects God's greatest commandment to love God and one another. Therefore, Jesus intended for us to pray this regularly while we are alone with Him and in the community of believers, so that we might connect more with Him, our priorities would align with His and we would live more dependently on Him. We will walk slowly through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.*

*One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..."*

**LUKE 11:1 NIV**

*Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.*

**MATTHEW 6:9-13 NIV**

# 01. CONNECT WITH GOD RELATIONALLY

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## **“OUR FATHER IN HEAVEN”**

*God’s desire for us is that we would believe and live from the restored relationship of love He has bought for us through Jesus’ death and resurrection. Jesus uniquely addressed God as “Father,” and as His beloved son, Jesus reveals the very nature of this God who is generous, self-giving, loving, patient, and just. He is inviting us to know God and address Him with the same intimacy He experienced with the Father.*

*You have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when He adopted you as His own children. Now we call Him, “Abba, Father.”*

**ROMANS 8:15 NLT**

## **PRACTICE: MAKE THIS YOUR OWN**

*Talk to God like you would if He was your father. If you do not have a loving, earthly father as an example, picture the way you’d want your child, nephew, etc. to come to you and talk with you. Thank God for being a perfectly loving Father.*

## **END WITH PRAYER:**

*“Father, I come to You in prayer today thankful that I am Your child. I know I don’t always do what’s right, but You have forgiven me and adopted me as Your own, and I am so grateful to call You my Father. Thank You for loving me. I love You.”*

## 02. WORSHIP HIS NAME

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### **“HALLOWED BE YOUR NAME”**

*By beginning with these words, we are proclaiming and petitioning for God’s name to be honored, revered, and holy (set apart) in our lives and throughout the world. It is a request for God to act in ways on earth that bring glory to His name here as it is in heaven.*

*Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness.*

**PSALM 29:2 NIV**

### **PRACTICE: MAKE THIS YOUR OWN**

*Ask for God’s name to be honored in your life and people in your sphere of influence - in the way we think, act, and speak. Invite Him to examine your life for any ways that you have not been living in accordance with who He is and what He wants. Acknowledge where you see the world around you dragging God’s name through the mud and ask Him to move in those places, showing His goodness, power and grace. Share with others how you can honor God with your life.*

### **END WITH PRAYER:**

*Almighty God, you alone are perfectly good, perfectly wise, perfectly just. The whole world is in your hands, and yet, it doesn’t honor you and acknowledge you for who you are and the glory due your name. Come and change that, beginning with my heart and the hearts of your people.*

### 03. PRAY HIS AGENDA FIRST

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**“YOUR KINGDOM COME. YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN”**

*Part of being a child of God is caring about what He cares about and loving who He loves. If He is perfect love, which Scripture tells us He is, we know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.*

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

**PROVERBS 3:5-6 NIV**

#### **PRACTICE: MAKE THIS YOUR OWN**

*Spend time focusing on what God is focused on. His priorities include:*

- *Us knowing and loving Him and being loved by Him*
- *Drawing near those who are far from him or don't know him*
- *Accomplishing His purpose in our lives*
- *Wisdom and guidance for those in every context of authority— parental, spiritual, governmental, vocational*
- *Caring for the poor and marginalized*
- *Unity that celebrates differences and commits to reconciled relationships across class, creed, gender, and ethnicity*
- *Justice and equity*

#### **END WITH PRAYER:**

*“God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in our world and in my life (name*

*the areas of your life where you need more of God's presence today). This world is broken and needs You desperately, and I pray for every person to know You as their Lord and Savior. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, governmental leaders, employers, and any other leaders in your life), that You would show them Your will and give them increased wisdom and discernment as they lead.*

*God, I pray that Your heart for justice and unity would be seen in our world; that those who are in bondage will be set free; that the needs of the poor and marginalized will be met. Show me what my role is in seeing the realities of heaven come to earth. Make Your priorities my priorities. Help me love who You love and see value in all people. I give my life to You again today; have Your way in me. Please give me wisdom and clarity as You show me my next steps."*

## 04. **DEPEND ON HIM FOR EVERYTHING**

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### **"GIVE US THIS DAY OUR DAILY BREAD"**

*God promises to supply all our needs, and He wants us to come to Him with our problems, worries, and desires as we trust Him to provide.*

*I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!*

**PSALM 121:1-2 NLT**



### **PRACTICE: MAKE THIS YOUR OWN**

*Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. Bring them to God, and trust Him enough to hand them over to Him fully. Open your hands before God to physically show your surrender to Him.*

*God has given us the church (God's people) to walk through life with. Ask him to show you one person or a group of people you can share honestly with in your struggles, so they can help you to press on in your faith.*

### **END WITH PRAYER:**

*“Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I’m dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to You to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”*

## 05. FORGIVE AND BE FORGIVEN

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### **“FORGIVE US OUR DEBTS, AS WE FORGIVE OUR DEBTORS”**

*When there is a wrong that is done, a debt is owed to make it right. We are God’s creation and our rebellion against God has left us with a debt owed. God has offered us complete forgiveness through Jesus’ life, death, and resurrection, and we can receive it at any time. When we turn away from our sins (which simply defined are places where we miss the mark of what is good and right as defined by God) and receive His forgiveness, we begin to heal and our hearts are more prepared to forgive others as well.*

*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

**EPHESIANS 4:32 NIV**

### **PRACTICE: MAKE THIS YOUR OWN**

*Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.*

### **END WITH PRAYER:**

*“God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be free again. Please*

*forgive me for my sin. Thank You for showing me unfailing grace.  
As You have so freely forgiven me,*

*I also want to freely forgive others. Help me let go of the things  
that have offended me and acknowledge when I have offended  
others. I release to You those who have hurt me (talk to God  
about any ways that you've recently been hurt by someone), and  
I trust You to handle those situations according to Your perfect  
will.*

## 06. ENGAGE IN SPIRITUAL WARFARE

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**“AND DO NOT LEAD US INTO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE.”**

*Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us.*

*As we pray, we take our stand against the enemy and fight from a place of victory that was won for us through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.*

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

**EPHESIANS 6:12 NIV**

### **PRACTICE: MAKE THIS YOUR OWN**

*By recognizing that there is an enemy and that he wants to destroy you, you can shed light on his lies and claim God's truth over your life. Ask God to show you any lies you're believing or areas of warfare happening in your life. Share these lies with a trusted and safe friend in your life. (A lie would be anything that goes against what God says is true through Scripture). Ask God to help you understand and receive His truth. Simply speaking the name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us.*

*Through prayer, we can resist him and walk forward in freedom. If you have any questions about this and need help, come up after any Sunday Service and our prayer team would be happy to pray alongside you. We also have groups for healing, growing, belonging, and serving where you can begin or continue to practice speaking God's truth.*

**END WITH PRAYER:**

*“God, I recognize that my struggles today aren’t against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no spiritual weapon formed against me will prosper. I choose to listen to trusted friends who speak God’s truth over my life. I don’t have to fear the enemy because the One who is in me is greater than the one who is in the world.” (2 Corinthians 10:3-5, John 10:10, Isaiah 54:17, 1 John 4:4)*

## 07. EXPRESS FAITH IN GOD'S ABILITY

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***“FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER.”***

*God is more than able to move in every situation and one day He will make right all wrongs. Ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.*

*Ah, Sovereign LORD, You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.*

**JEREMIAH 32:17 NIV**

### ***PRACTICE: MAKE THIS YOUR OWN***

*Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him: (Use the prompts below or make it your own)*

- *“Yours is the Kingdom” – all authority belongs to You*
- *“Yours is the Power” – all mightiness flows from You*
- *“Yours is the Glory” – Your victory will be complete*

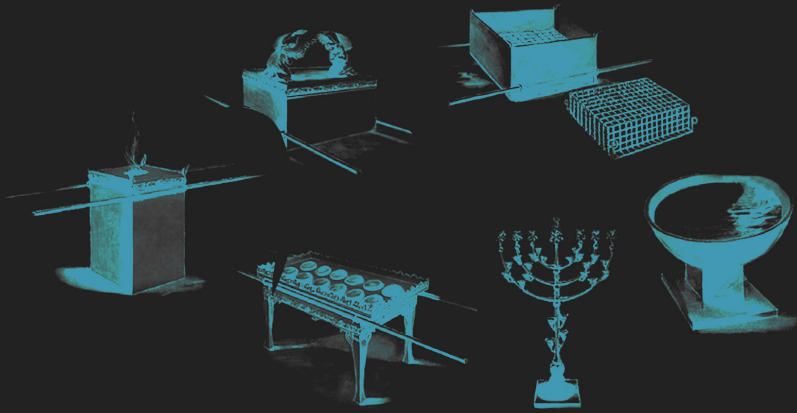
### ***END WITH PRAYER:***

*“Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are*

*amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise.”*

***PUTTING IT ALL TOGETHER:***

*For generations, the church has prayed the Lord’s prayer. Consider engaging with the Lord’s prayer during quiet times with the Lord and use the structure you’ve learned over the last seven days to guide your time. Incorporate praying the Lord’s prayer alongside others as you continue to learn to pray.*



# TABERNACLE PRAYER

DAYS 8-14

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*In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations, following God's instructions, to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. This prayer model will take us through each station of the Tabernacle and use the purpose of each station to guide our prayers.*



## 08. THE OUTER COURT

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### **THANKSGIVING AND PRAISE**

*The outer courts were the place where all people, even those who weren't Jewish could enter the Temple to be near God. The people were to enter the Tabernacle with thanksgiving and praise, and giving God the attention He was owed.*

*Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.*

**PSALM 100:4 NIV**

### **PRACTICE: MAKE THIS YOUR OWN**

*Spend some time really thinking about all the blessings in your life for which you're thankful. You can write down a list, sing your own song of praise, or just spend quiet moments reflecting on your gratitude and praise toward God.*

### **END WITH PRAYER:**

*"Father God, You are good, and You deserve all my praise and more. Thank You for the many ways You have blessed me and for watching over me (tell Him specific things in your life that you're grateful for. Thank Him for something new that you've never thanked Him for before). I want to experience Your presence and Your love in a fresh way today, Jesus. I thank You that Your mercies are new every day. I thank You for who You are and all You have done for me." Thank you, God, for the ways you have provided for my (friend, co-worker, spouse, etc). List or speak out the ways God has provided for them."*

## 09. THE BRAZEN ALTAR

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### THE CROSS OF JESUS

*In the Old Testament, The Brazen (or bronze) altar stood as the first thing people would see in the outer court to remind them that they (as sinful people) were not worthy to approach a holy God without a sacrifice. You would bring an unblemished male animal for sacrifice so that you may be considered pure and cleansed before God on behalf of the animal's blood. (It was a life for a life). Today, we don't have to do that because Jesus paid for our sins once and for all with His sacrifice (his life for ours) on the cross.*

*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*

**JOHN 3:16 NIV**

### **PRACTICE: MAKE THIS YOUR OWN**

*Thank God for the gift of Jesus. Thank Jesus for His sacrifice and love. Let the power of the cross and what it means for your life settle into your spirit. You don't have to work to be clean enough, good enough, or perfect enough because Jesus was all of this for you. In addition to expressing your gratitude, invite Jesus to bring healing and transformation in every area of your life.*

*The cross provides us with four major benefits:*

- *Salvation - God forgives all my sins*
- *Reconciliation - God restores relationship to Him*

- *Redemption - God rescues me from the power and control of sin*
- *Transformation - God changes me into His likeness*

#### **END WITH PRAYER:**

*“Thank You, God, for making a way for me through Your Son. Jesus, thank You for the sacrifice You made for me on the cross. You saved me, and You set me free. I praise You for being my Healer. In any area, where I have not given You control, I release control and ask for Your healing and transformative power to work in me and through me. Thank You for being my Redeemer. You rescue me and give my life purpose. Thank You for transforming my life with Your love, for making me new. I want to grow to be more like You (give Him access to every area of your life). Thank You for blessing me. I know You have good plans for me and all that I have comes from You (thank Him for specific blessings in your life). Help me be a blessing to others in my sphere of influence and those I meet.”*

## 10. THE LAVER

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### **CLEANSING AND PREPARING**

*Only the Priests (those who went before God for people) could go further into the Tabernacle. Once they passed, the Brazen Altar reminded them they needed something to cover their sins so they could be in the presence of a Holy God. In the Tabernacle was a bowl of water, called a laver, made for the priests to wash themselves before going to meet with God. People were reminded of their sinfulness at the altar and then their need to be cleansed and forgiven by God at the laver. Checking our hearts and motives and surrendering our lives to God is an important part of daily prayer.*

*I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.*

**ROMANS 12:1 ESV**

### **PRACTICE: MAKE THIS YOUR OWN**

*Because of what Jesus did on the cross, we can confess our sins to Him and receive complete forgiveness and a fresh start. In prayer, acknowledge where you've sinned or rebelled against God and humbly and sincerely turn away from your sins and allow God's forgiveness to help you turn back to Him. Then, continue to walk with God and allow Him into every part of your life. Invite your safe and trusted friends into the areas of your life where you experience temptation so they can pray alongside you.*

### **END WITH PRAYER:**

*“God, I confess my sins to You and turn away from them (tell God any sin you know is in your life and confess it to Him with a sincere heart. Ask Him to show you any other areas that need His cleansing). Thank You, God, for freely forgiving me. As I turn away from my sin, I turn toward You, and I offer myself to You:*

- *I give You my tongue, to speak good and not evil*
- *I give You my eyes, to focus on You and the needs of others*
- *I give You my ears, to be sensitive to Your voice*
- *I give You my hands, to do good for others*
- *I give You my feet, to walk in Your ways and follow Your footsteps*
- *I give You my mind, to be transformed and used by You*
- *I give You my heart to soften the places I’ve become hardened*

*I ask You, Lord, for the fruit of the Spirit found in Galatians 5:22-23, so that I can grow closer to You and make a difference in the lives of others. I ask for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control.”*

## 11. THE CANDLESTICK

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### **THE HOLY SPIRIT**

*The next piece of the Tabernacle was a seven-branched golden candlestick. It was the only light in the Tabernacle so the priests could still work on their various tasks and it burned perpetually as a reminder of the continual presence and guidance of God's life-giving Spirit. For us, we have Jesus, the true light that came into the world and called all His followers to be light in the world, as well.*

*When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

**JOHN 8:12 NIV**

*"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

**MATTHEW 5:14-16 NIV**

### **PRACTICE: MAKE THIS YOUR OWN**

*Jesus was called the light of the world. He showed us what God the Father was really like. When Jesus left the earth, Christians were given the gift of the Holy Spirit. He calls the Holy Spirit our "Advocate." We cannot do what God has called us to do without His supernatural power. It is through the Holy Spirit that*

*God comforts us, guides us, and empowers us. Take some time and reflect. Are you making space for God's Spirit to lead you throughout your day? Consider where you might add space in your day to acknowledge God's presence and ask for His guidance to bless neighbors, family, friends, and co-workers in your life.*

**END WITH PRAYER:**

*"Holy Spirit, I ask You to fill me up. I need Your presence in my life, guiding, directing, comforting, and counseling me. I know that You, Holy Spirit, are God, in the Trinity with God the Father and the Son, Jesus. You are the Spirit of Wisdom, Understanding, Counsel, Might, and Knowledge. Give me a holy fear of the Lord, helping me to be in awe of who God is and what God does. Jesus, you are the Light of the World, who illuminated the way to the Father, and gave us the gift of the Holy Spirit, our Helper.*

*Work in me, Holy Spirit. Teach and transform me (pray through any areas where you feel the need for transformation today). Empower me with Your spiritual gifts to strengthen the Church and to help bring the reality of the Kingdom of Heaven to earth."*

## 12. THE TABLE OF SHEWBREAD

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### THE WORD OF GOD

*Shewbread comes from a Hebrew word which means bread of presence. It was baked weekly and set before the Holy of Holies where God's presence was. Bread was a main staple in the people's diet at this time, so it was a source of life. The table of Shewbread had 12 loaves of bread representing the 12 tribes (all the people of God). On the Sabbath, the priests would eat the bread symbolizing communion with God. In the New Testament, Jesus says He is the bread of life and that anyone who comes to him will not be hungry (John 6:35). We get to know Jesus through His Word, the Bible. As we read the Bible we behold Jesus and He transforms us.*

*Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

**JOSHUA 1:8 NIV**

### **PRACTICE: MAKE THIS YOUR OWN**

*The Bible (also called God's Word) is an incredible gift that allows us to see and get to know God. It has great relevance and impact in our prayer life.*

*Pick one thing from this list to help you incorporate God's Word into your prayer time this week:*

- *Pick a Gospel (Matthew, Mark, Luke, and John) and start*



*reading as well as observing Jesus.*

- *Take time to read and think about a passage of Scripture. Talk with God and a few others about what you notice.*
- *As you read Scripture consider what God is saying and then look for ways to live out what you read.*
- *Ask Him for a fresh understanding of His Word each time you read.*
- *Ask Him for clarity and perspective to help you as you go throughout your day (maybe He will remind you of something you read).*
- *Ask Him to show you how to apply His Word with your family, friends, co-workers, etc. in your life. (How does it affect your thoughts, actions, feelings, and beliefs?)*

**END WITH PRAYER:**

*“Thank You, God, for giving me Your Word. I commit to reading it and I ask You to reveal Yourself to me through it. I want to know You more. Help me to grow more in love with Your Word and to be more dependent on it. I choose to believe the promises You have for me, and I meditate on the truth of Your Word (pray any Scriptures that are on your heart or that God has given you in your current season). Give me a deeper understanding of Your Word today and every day! Help me apply it so I can be Your ambassador for love, justice, and righteousness in the world.”*

## 13. THE ALTAR OF INCENSE

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### **PRAYER & WORSHIP**

*A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelled. The priests entered God's presence as they offered up prayers and worshiped His name. This altar represents prayer and the pleasure it gives God when we bring our request to Him in honesty and worship Him for who He is.*

*I call to you, Lord, come quickly to me; hear me when I call to you. May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.*

**PSALM 141:1-2 NIV**

### **PRACTICE: MAKE THIS YOUR OWN**

*In the time of the Tabernacle only the priests had access to God's presence and that only happened once a year for the High Priest. Now, because of Jesus, our Great High Priest, we ALL have access to God ALL THE TIME! Thank God for making His presence available to you. Talk to Him honestly about your life. Ask Him to move, bring change, healing, direction, and justice. Then, move to praising His name and worship Him personally and specifically for who He is and how He has moved in your life and in the lives of loved ones, co-workers, and neighbors.*

### **END WITH PRAYER:**

*“Thank You, God, for Your presence. I know that You are here with me. I worship You and You alone. I know God, that You are:*

- *My Righteousness - Jeremiah 23:6*
- *My Sanctifier - Leviticus 20:7-8*
- *My Healer - Exodus 15:26*
- *My Provider - Genesis 22:14*
- *My Banner of Victory - Exodus 17:15*
- *My Peace - Judges 6:24*
- *My Shepherd - Psalm 23:1*

*As you pray through the different names of God, focus on a few aspects of who He is that have been especially meaningful in your current season of life. If you are in a hard season in life and have felt like God is silent, ask Him to sustain you and enable you to endure with faith, knowing He is with you, even if you don't feel like it.*

*If you are in an abundant season of life, continue to thank God for the ways He has provided and look for ways to share your blessings with others.*

*I know that You are always with me, God, and Your presence is life to me. You give me breath, joy, and purpose. I love You, God.”*

## 07. THE ARK OF THE COVENANT

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### *INTERCESSION*

*The final place in the Tabernacle was the Holy of Holies, where God's presence dwelled. It was here on what was called the mercy seat that God would come and be with the priest. There were two angels on each end of the ark (on each side of the mercy seat.) There, the priest interceded by praying on behalf of the people of God. When Jesus was raised from the dead, Mary went to the tomb and found Jesus' body gone and on either side of where His body was laid was an angel. Jesus came down, and showed us perfect mercy, rather than giving us the punishment/ judgment we deserved, which opened up full access for us to God. So now, in the same way, we intercede on behalf of those around us.*

*I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth.*

**1 TIMOTHY 2:1-4 NIV**

### **PRACTICE: MAKE THIS YOUR OWN**

*We can make a difference when we spend time praying for others. Pray for those with whom you interact and connect, including:*

- *Those in authority - leaders in church, government (even*

*if you don't agree with their political stance), family, and workplace*

- *Those who are marginalized - those suffering injustice, the poor, the widowed, the weak*
- *Your family - both immediate and extended family members*
- *Your church - pastors, group leaders, members, and missionaries*
- *Your community - people in your city, nation, and world*
- *Your relationships - friends, coworkers, acquaintances*
- *Your adversaries - those with whom you disagree*

*Commit to praying for these groups of people regularly. Put it on your calendar or give each of the above a day of the week and pray then. (i.e. Monday - those in authority)*

### **END WITH PRAYER:**

*“Thank You, God, for creating a way through Jesus for me to have Your presence wherever I go. I want to specifically ask You to watch over those in authority over me — my spiritual leaders, governmental leaders, the leaders in my family, and my employers (pray for these people by name). Give them wisdom and grace, watch over and protect them, and help them to know and love You more.*

*I also ask You to watch over those who are marginalized in my nation and in my community. Our world is desperate for justice and reconciliation. Please meet the needs of the poor, the widowed, the weak, and those suffering injustice (pray specifically for people you know who need help, advocacy, and*

*intervention). Show me how I can be Your hands and feet to those who are hurting.*

*I ask You, God, to be present with my family. Bless them and keep them from harm (pray for any specific needs in your family right now). For those in my family who don't know You, please meet them where they are and guide their hearts toward You.*

*I ask You to watch over my church, God. Give our staff wisdom and vision, bless the groups and everyone who steps foot into our buildings. I pray that You will bring the lost into our church, and that they will have a positive experience and come to know You. Keep our vision rooted in who You are and moving toward Your truth.*

*I ask You to watch over my city, my nation, and our world. I pray for justice and equality for all and ask You to bring peace (name areas where you feel a burden for your city, nation, and the world). I pray for anyone who comes across my path to see Your light in me. I lift up my friends, neighbors, and coworkers. I thank You for them and pray for Your blessing over them (pray for any specific needs of others). I also pray for my adversaries, as the Bible teaches. Let me be a bridge through which You can bring unity and reconciliation.*

*Lastly, God, I ask You to provide for my needs. I know that You sustain me, and that You care for me. I lift up my physical, emotional, and spiritual needs to You (share the needs on your mind right now).*

*I lay my cares at Your feet. Thank You for loving me, choosing me, and calling me Yours. Amen.”*

### **PUT IT ALL TOGETHER:**

*We can pray using the outline of the stations in the Tabernacle anytime. Consider praying through the Tabernacle prayer -*

- 1. Thanksgiving and praise*
- 2. Thankfulness for Salvation through Jesus*
- 3. Confessing my wrongs (sin)*
- 4. Inviting God's Spirit to lead me*
- 5. Engaging God through Scripture*
- 6. Telling God what I need and worshiping Him for who He is*
- 7. Interceding for those around me and around the world*

*- as a daily guide or use the structure you've learned over the last seven days to guide your time in prayer. Try this guide with your trusted friends, running partner(s), or community group.*



# THE DAILY PRAYER OF EXAMEN

DAYS 15-21

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## ***THE DAILY PRAYER OF EXAMEN:***

*For the next seven days, this prayer guide will take you through one prayer that you are encouraged to engage in every day (and hopefully continue to long after!) Be sure to read the content that follows before utilizing the video resources on this prayer. Video Resources can be found on our “Gateway Church Austin” app. [gatewaychurch.com/app](https://gatewaychurch.com/app)*

*The Prayer of Examen is an ancient practice originated by Spanish St. Ignatius of Loyola in 1522 when he wrote a small volume called*



*Spiritual Exercises while battling a painful injury from the war. The purpose of this prayer was to promote a regular practice of examining the conscience with the guidance of the Holy Spirit.*

*This form of prayer helps us draw attention to the whole of ourselves and how the circumstances of life impact us on a variety of levels. It helps us remain attentive to the presence of God in every area of life and become more aware of how God is inviting us to live more fully in it. Making this a daily practice of prayer can open your eyes to the beauty of the mundane. You might be surprised that you are complaining less and expressing thanks more, that the normal things in your day have more color and intricacy than you've noticed before. The prayer of Examen could lead you to greater attentiveness toward others and a genuine care for their well-being. Ultimately, it will pull you closer to the heart of God and prepare you to anticipate His activity in the day to come.*

### **HOW TO BEST PRACTICE THIS PRAYER:**

**TIME OF DAY:** *the structure works best at night since your day is fresh on your mind, but it can easily be adjusted to the morning or really any time of day you can create a moment to yourself.*

**LOCATION:** *The best place for this prayer is in a quiet place where you can be alone with God and your thoughts.*

**DURATION:** *This prayer takes 15-18 minutes, so plan accordingly. This is meant to be prayed daily so that it might become a natural habit in the way you engage with God and experience transformation.*

**STRUCTURE:** *There are five movements to this prayer with questions to consider. Don't rush this process and be ok with sitting in the silence and listening. **If you are following along with the videos, they will serve as an audio guide where you will pause the video after each of the five prompts.***

- 1. BECOME AWARE OF GOD'S PRESENCE.** *Settle into a comfortable quiet place where you won't be interrupted. Invite the Holy Spirit to come and bring clarity to your day and to help you see where God was present and at work.*
- 2. REVIEW THE DAY WITH GRATITUDE.** *As you picture your day from beginning to end, note the things that happened. Where did you go? Who did you see? Express your thanksgiving to God for each gift that you came across. Scripture meditation: Psalm 9:1-2*
- 3. PAY ATTENTION TO YOUR EMOTIONS.** *What emotions did you experience during the day? Did you feel frustration? Elation? Surprise? Anger? Anxiety? Ask the Spirit to reveal what He is trying to say through your emotions.*
- 4. CHOOSE ONE FEATURE OF THE DAY AND PRAY FROM IT.** *What event, interaction or emotion stands out the most for you from the day? Was it positive or negative? Allow your prayer to arise from whatever it was. Does it bring up a prayer of confession and repentance? A prayer of praise? A petition?*
- 5. LOOK TOWARD TOMORROW.** *Finally, think about tomorrow. What is coming up the next day? Ask God to prepare your heart to greet the day. Will you need His wisdom? Will you need patience? Grace? Provision? Invite the Lord to go before you in the day to come that it might be an offering of praise to Him.*





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