

Spend the hour praying for your neighborhood

You might need: Pen, Paper, and your imagination; if you are able, go for a walk.

Invite the Holy Spirit as you start to pray, and read Matthew 28:18-20

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Imagine that Jesus is physically present with you right now and asks you to step outside and show him around your neighborhood.

As you visualize your neighborhood. What do you notice about the streets and the people? Jesus wants to stop and speak to those that are often overlooked. Who do you introduce Jesus to?

Think of the people and places that go unnoticed, intentionally or unintentionally, in your neighborhood. Pray for these people now.

As you continue walking, you take Jesus to places where people work, shop, gather, or go to receive treatment – your local clinics, hospitals, places of business, grocery stores, cafes, bus stops, or offices. Who would Jesus visit here? What would He do? What would He say?

Think of the people in the neighborhood who need healing – emotional or physical. Pray for these people now.

You walk with Jesus to the places where people provide services to others in your neighborhood, to the local school, post office, police or fire station, library, shelter, or encampment. How does Jesus interact? How does He encourage them?

Think of the people in your neighborhood who serve others.

Pray for these people now.

After walking around, you introduce Jesus to your friends and family; those you live, work and socialize with. What do you and your friends talk about with Jesus? How does your family interact with Him?

Think of your friends and family – those who know Jesus and those who don't.

Pray for these people now.

As you end your time with Jesus, He asks you what you're passionate about in your town or city and your role. What is your response?

Think about the gifts and skills God has given you. Ask God how to use your unique character and nature to serve and transform your neighborhood.

THE LORD'S PRAYER

Spend an hour reflecting on the most famous prayer in history.

You'll need: paper and a pen.

APPROACH – 15 Minutes

"This, then, is how you should pray: Our Father in heaven, hallowed be your name" - Matthew 6:9

Think of all of the names that you use for God (Or perhaps read: Genesis 21:33, Exodus 3:14, Judges 6:24, Deuteronomy 7:9, Deuteronomy 10:17, Isaiah 5:16, Psalms 136:26, Isaiah 7:14, John 8:58).

Which name do you use most when you pray?

"What comes into our minds when we think about God is the most important thing about us" – AWTözer

How does your identity as God's child affect the way you approach him now?

ASK – 15 Minutes

"Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread." - Matthew 6:10-11

Write your name in the center of a sheet of paper, then surround it with the people, situations, and places that you want God to move in. Include anything that has been worrying you. Ask God for His will to be done in each of these situations.

REFLECT – 15 minutes

"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 6:12-13
Think back through the past 24 hours; the things you've done, people you've met.

Ask the Holy Spirit to highlight things you've done wrong or times when you should have acted and did not.

Is there someone you need to forgive today? Ask God to show you who.

PRAISE - 15 minutes

"...and has made us be a kingdom and priests to serve his God and Father – to him be glory and power forever and ever! Amen." - Revelation 1:6

Stand and speak the names of God aloud, adding after each one why this is true in your life

PRAYING FOR OTHERS

WHO ARE THE PEOPLE AROUND YOU?

Write your name on the middle of a piece of paper. Then, write the names of friends, family, neighbors, or colleagues that don't know Jesus and link them to your name with arrows.

How would knowing God impact the lives of these people? Write or draw something by each name to represent the change.

SEEING JESUS IN OTHERS

We are all made in the image of God. Think about each person on your piece of paper, and write down the good qualities God has given them. Thank God for the unique way each person was made and created.

INVITE THE HOLY SPIRIT

Think about the way that you interact and engage with the people on your piece of paper. Then, pause and welcome the Holy Spirit into every part of your day-to-day life. Pray for each person individually - that they will see something of Jesus through your interactions with them each day.

BE INTENTIONAL

Read through your list of people once more, and as you do so, allow the Holy Spirit to draw you to a person or a few people that you can engage with this week. Write down any ideas of how you can bless them or share hope with them when you see them next.

Take your piece of paper with you when you leave as a reminder to keep praying daily for your friends and family.

PRAYING FOR OUR NATION

Spend an hour praying for your nation

PRAYING THROUGH THE NEWS

Using the newspaper, read through the articles, and choose two things happening in your nation today. Take time to invite God's light and presence to move in these situations. Ask Jesus to move and for His Kingdom to Come and His will to be done.

PRAISE AND PETITION

In every nation there are things to thank God for, and things to ask for his help with. Using a newspaper or a website, which words that describe good and bad things about our nation. Praise God for the good things that you read, and ask for his help with the bad.

PRAYING FOR YOUR NATION

Think about the role that government plays in our lives today. Imagine a map of our country. Think of the places where our government meets (city hall, Olympia, Washington DC). Pray that the kingdom of Jesus would be the foundation of law and leadership in your nation.

Take some time to pray specifically for your leaders; for God to guide our local and national leaders in justice and wisdom.

Then, look at the different regions of our country and consider the people who live there. Ask the Holy Spirit to move in your nation. Write specific prayers for different parts of your nation on the post-it notes.

As you finish your time of prayer, you might like to take a post-it note away with you. Write a prayer for your nation or something God's said during this time. Stick it somewhere you'll see it and continue to pray for your nation this week.