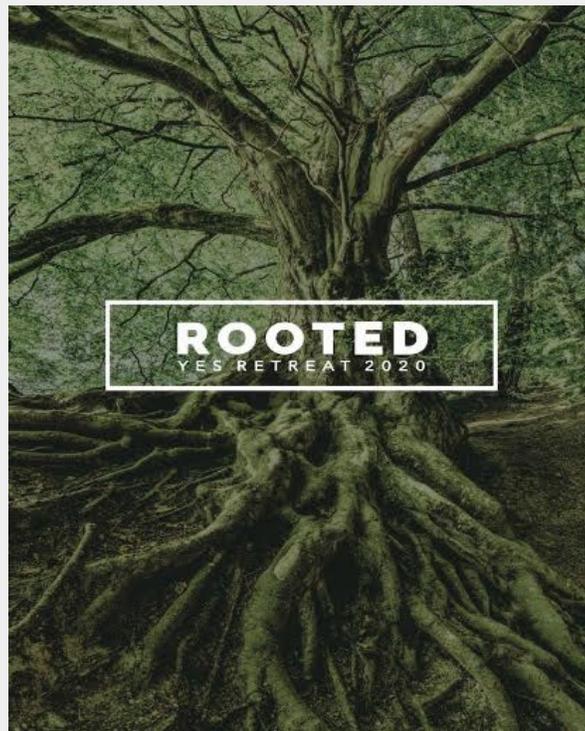


# ROOTED

Rooted Series  
Extended Daily Prayer Guide  
YES 2020



# Contents

Introduction to Daily Prayer

Prayer Models (Scripture Meditation & Acts)

Week 2: Rooted in Prayer

Adoration: Scripture Support & Ideas

Supplication: Intercession Examples

# Introduction to Daily Prayer...

*Dear YES participants,*

*We have developed the Rooted series as a follow up to the YES Retreat. Through this series we want to encourage you to participate in a month of daily prayer. The goal for this is to help develop some of the skills necessary for sustaining your own personal prayer time long term. Stuff we are all still learning! This leaflet has the first week to get you started! A few tips:*

- *Ask God to help you and don't be discouraged when you find it difficult, we all do! You will be grateful for each small step you take. It's all about nurturing your relationship with a God who knows you and loves you.*
- *Don't feel you have to spend loads of time doing this. Overdoing it can also leave you feeling overwhelmed and discouraged – the goal is to develop a sustainable daily habit. Start off by giving yourself 5 minutes of Scripture Meditation and writing down your thoughts and then 5 minutes to pray using ACTS below. 10 minutes every day is better than an hour every week! We've given you a detailed meditation for Saturday, and then just the scripture references for the rest of the week so you can try it out yourself.*
- *Get a journal/notebook - actual pen and paper. Not because this is more spiritual but because it is easier, less distracting and means you have it for future reference. It's worth trying if you haven't before. Record here your thoughts and prayers as you go through.*

*We're praying for all of you as you begin this journey! See the ACTS acronym I mentioned below, it's a great way to focus your daily prayer and help you get started.*

*Blessings,  
Peter & The YES Team*

# Prayer Models

## Scripture Meditation

Start by asking God to speak to you through His word. Pray that he will give you wisdom and understanding as you read it and seek to apply it. Use the Scripture Readings below, one each day for your time of scripture meditation.

- **Read** the passage, maybe copy it out.
- **Think & Apply:** What strikes you about this passage? Write down your thoughts about it. Then think about what application this passage might have for your life; the way you think, see/understand the world and the way you behave. Write that down.
- **Pray** and ask God to give you the grace/power to make whatever change or action is necessary in your life.

## **ACTS - Prayer Model**

**Adoration:** Spend a minute or two thinking about and praising God for an aspect of his Character. You can praise him for his Goodness, Mercy, Loving-kindness, Justice, etc. Pick one that is important to remember in whatever situation you face today. See section 9!

**Confession:** Spend the next minute or two recalling any sin over the last 24 hours and confess it to God knowing he forgives the repentant heart.

**Thanksgiving:** Thank God for all the blessings in your life, from big things like important relationships (family/friends) to small things like the warm tea in your hand or the weather outside today. Try to thank him for 2-3 different things each day, keep a list!

**Supplication:** This is asking God for whatever you want or need and offering prayers of intercession for others. Try to pray for a mix of things, your own personal desires or concerns but also those of others and situations in the world at large. See Section 10!

## 2. Rooted in Prayer (Day 1)

### **Step 1: Scripture Meditation (5 mins)**

Before you begin this meditation say a prayer and ask that God would speak to you through his word and help you to understand the scripture by the power of his Holy Spirit. Then Read the passage below:

1 Thessalonians 5:16-18

“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you”

### Reflection Questions

1. Why do you think it is God’s will for you to rejoice, pray and give thanks always?
2. Take some time to understand what it means to rejoice always. Read these verses to get a better understanding of this call: Hebrews 5:7, Romans 12:15, Hebrews 12:11, Romans 5:3-5 & Matthew 5:11-12.
3. Consider the things in your life that trigger your desire to pray. Are there ways that you can help yourself become more disciplined in daily prayer? Try some new things this week and share your experience with your group!

### **Step 2: ACTS (5 mins)**

Using the ACTs Prayer Model on the previous page, spend 5 mins working through each of the steps: Adoration, Confession, Thanksgiving & Supplication. You could then finish your prayer time with an Our Father.

**Daily Meditations for week following 'Rooted in Prayer' input  
by Laura Coyle.**

<b>Day</b>	<b>Daily Prayer Activity</b>
Day 1	Contemporary Praise music (Spotify some contemporary praise music 'Bethel' 'Hillsong' etc and immerse yourself in the Praise and Worship of God)
Day 2	Writing (Take pen to paper and write out your thoughts, just let the pen do all the work, once the first word is on paper, the rest will follow. E.g Dear God I don't really know what to write....)
Day 3	Prayer Walk in Nature (Go for a walk and pray as you do, just like the road to Emmaus, you won't be on your own)
Day 4	Meditative Chanting (Spotify some 'Taize Chant' its deliberately repetitive to allow you to meditate on The presence of God)
Day 5	Prophetic Art (You do not need to know how to draw, but bring to mind someone you wish to pray for and ask the Lord to speak to you about them, an image/sense/word He would have for them, you'll be surprised what you end up with. Then share it with that person...practise prophecy)
Day 6	Act of intentional service (Commit to some intentional service, Pray before doing so to ensure the right posture of heart and attitude, maybe it's as simple as washing the dishes...)

# Adoration

This is an aspect of prayer people often find difficult and it can take a bit of work and practise. yet it is really important and is really beneficial when you find your feet. Spend a minute or two thinking about and praising God for an aspect of his character. You can praise him for his Goodness, Mercy, Loving-kindness, Justice, Sovereignty, Power, Wisdom or Faithfulness for example. Pick one that you have experienced before, or that is important to remember in whatever situation you face today. Or simply just choose to bring these things to mind and praise him for it, simply because it is true.

The psalms are full of adoration and has been the Christian Prayer Book since the time of Jesus. Hare some passages that you can use as a individual prayers or as a springboard to help you get into the flow!

<b>1 Corinthians 10:13</b>	<b>Psalm 50:6</b>	<b>Psalm 33:11-13</b>
<b>1 John 1:5</b>	<b>Psalm 116:5</b>	<b>Exodus 34:5-7</b>
<b>2 Peter 3:9</b>	<b>Revelation 21:3</b>	<b>Job 12:7-10</b>
<b>Genesis 1:1</b>	<b>Romans 6:23</b>	<b>Deuteronomy 20:1-4</b>
<b>Hebrews 4:12</b>	<b>Psalm 68:19-20</b>	<b>Deuteronomy 4:24-31</b>
<b>Isaiah 40:23</b>	<b>Psalm 84:11-12</b>	<b>Deuteronomy 10:12-22</b>
<b>James 1:17</b>	<b>2 Chronicles 30:8-9</b>	<b>2 Samuel 22:27-37</b>
<b>John 3:16</b>	<b>Joshua 1:8-9</b>	<b>Psalm 18:30</b>
<b>Matthew 6:26</b>	<b>Micah 7:18-19</b>	<b>1 John 4:7-9</b>
<b>Numbers 23:19</b>	<b>2 Samuel 22:32-34</b>	

# Supplication (Intercession)

Supplication means: *the action of asking or begging for something earnestly or humbly*. Try to pray for a mix of things, your own personal desires, but also offer intercessions for others. It is good to pray for your loved ones, but it is also very important to pray for people who you don't like. Praying for someone is a great first step in trying to obey the command 'love your enemies! It is also really important to intercede for situations in the world at large that require the prayers of God's people. See below for some examples:

Pray for wisdom for our leaders as they seek the public's safety and manage the risks of COVID-19.	Pray for those who suffer from mental health illness, that God would be at work in their lives and bring them healing of mind and spirit.
Pray for your parents for Gods blessing and guidance in their work and service	Pray for those who are homeless, especially as we enter the winter months
Pray for those leading in your church or community that God would sustain, encourage and lead them.	Pray for those suffering because of the economic challenges caused by COVID and the lack of Jobs
Pray for other Christians in your church, friends or family that God would be at work in their life and enable them to submit their lives more fully to him.	Pray for those who are sick in hospital, in your family or in general- that God would draw near to them and they would know his presence and his ever present help in trouble.
Pray for the economic difficulties in Lebanon and the 50% of people who are living in poverty as a result without work. Pray for the community that they would have wisdom and grace to show God's love to those suffering.	Pray for the families who have lost loved ones or who are living in real fear because of their vulnerability in the face of the current pandemic. Pray that God would help them to find peace in trusting him.
Pray for peace and resolution to ongoing conflict in Afghanistan and for the Lord to be at work strengthening and encouraging his church there	Pray for Christians who are imprisoned or persecuted for their faith in Saudi-Arabia and other countries where Christians are discriminated against or persecuted.
Pray for families displaced by flooding in Sudan and for the relief efforts to those most affected.	Pray for those who go without food today, pray that God would provide for them both physically and spiritually

.For more global situations to pray for consider following this link:  
<https://www.incontextinternational.org/pray-for-the-nations/>