

PRAYER

Prayer is so much more than the sharing of words. Through our prayers, we reveal our heart, hopes, and disappointments – our whole being – to God. We allow space for him to heal and transform us more and more into the likeness of Christ.

Take some time to rest in your friendship with God. Use the prayer frames to process with the Lord in prayer. Trust that he knows, sees, cares, and is working all things for our good!



HELP

**GOD OF COMFORT, WE KNOW
YOU ARE GOOD AND FULL OF
CONSTANT LOVE FOR YOUR
CHILDREN. WE ASK FOR YOUR
MERCY...**

*(lift up to the Lord your fears
and circumstances that are
giving you anxiety)*

**PRESERVE US FROM OUR
FEARS AND ANXIETIES.
PROVIDE US WITH...**

*(petition God for what you need
today as your daily bread)*

**JESUS, JUST AS YOU
INTERRUPTED OUR LIVES WITH
YOUR LIGHT AND LOVE, MAKE
US HOLY INTERRUPTIONS IN
THE LIVES OF THOSE AROUND
US...**

*(ask God to reveal how you can
participate with him in helping
the world)*



HALLELUJAH

**FAITHFUL FATHER, THANK YOU
FOR YOUR STEADFAST LOVE...**

(praise God for who he is)

**WE RAISE A HALLELUJAH,
FOR YOU ARE OUR SAFE
PLACE. YOU SATISFY ALL OUR
INNERMOST NEEDS...**

*(share with God how you have
noticed him protecting and
providing for you)*



HOLD IN YOUR PRESENCE

**LORD, WE THANK YOU FOR
INCLUDING US IN YOUR TRIUNE
COMMUNITY OF LOVE. WE
HOLD OUR LOVED ONES IN
YOUR PRESENCE AND JOIN
YOU IN NOTICING THEIR
NEEDS....**

*(bring friends, family, and
community members into your
communion with God, hold their
needs in his loving presence)*

**IN YOUR PRESENCE IS HOLY
REST AND PEACE THAT LASTS.
MAY ALL OUR HEARTS BE
RESTLESS UNTIL WE FIND OUR
REST IN YOU.**

