



# Week of Prayer

Use this guide as a pattern and adapt your hour as you feel necessary. Spend as little or as long on each section as you need. This format of prayer comes from [How to Pray](#) by Pete Greig, founder of the 24/7 prayer movement worldwide. Learn more at [24-7prayer.com](http://24-7prayer.com).

## PAUSE

**Light a candle** to symbolize the presence of Christ with you.

**Begin in silence.** Quiet your heart. Thank God for His presence. Feel free to enjoy as much silence as you need.

## REJOICE

**Read Psalm 103** slowly and aloud, if possible. Pause after each verse or sentence and make it your own, expressing its thought to God in your own words.

Listen or **sing along** to 1-2 songs of worship. Use your own or search “BMMC 24/7 Prayer 2022” on Spotify for the playlist we created.

## ASK

Ask God for things for **yourself** like the wisdom God gives (Colossians 1:9), the fruit of the Spirit to be evident in your life (Galatians 5:22-23), or help in the situations and responsibilities you have.

Pray on behalf of **others** you know. Take a few minutes to make a list of people and their concerns, and then present them to God. If God brings any Scripture to mind, write that down as well.

Pray for our **church** as we a lead pastor candidate comes, for church leadership as we prepare for the next church year’s budget and elections, and for us as we seek to be a church that is Living the WORD, Loving through Actions.

Pray for our **community** as we head into the holiday season with the needs that exist, for lost friends and family to come to Christ, and for us to be the light of the world (Matthew 5:14-16) in our community.

## YIELD

**Confess** your sin, knowing that God hears you. Name it. Call it what God would call it, nothing worse, nothing better. Make no excuses for it. Express your desire to turn from it in repentance. Accept God’s forgiveness.

As you **reflect** on what you’ve prayed, ask,

What, if anything, is God calling me to do as a result of this hour of prayer?

What do I need to keep praying about in the days to come?

What might it look like if God begins to answer these prayers?