

Lord,
teach us to
pray ...

2019
Summer Prayer Challenge

Williamsburg Community Chapel

Summer Prayer Challenge

The disciples once looked at Jesus and said, “Lord, teach us to pray” (Luke 11:1). If learning to pray was easy, the disciples’ request is unnecessary. Their statement reveals both a desire to pray and their difficulty praying. This tension between our desire to pray and our difficulty in prayer is stated clearly in Job 23:3 “Oh that I knew where I might find him!” And yet, the Bible also teaches in Psalm 34:18 that, “The LORD is near to the brokenhearted.” How do we reconcile the truth that God draws near to all who seek Him with the sense of distance we often feel as we pray? Welcome to the Summer Prayer Challenge, where you will be challenged to sit in this tension and work this tension as you petition Jesus each day, “Lord, teach us to pray.”

How the Prayer Challenge works:

- Begin each time of prayer with the disciples’ request of Jesus in Luke 11:1: “Lord, teach us to pray...” Make the disciples’ request your request, your plea, your cry, your desire, and your prayer this summer.
- When your mind wanders (which it inevitably will), or when you feel stuck, simply repeat the prayer found in Psalm 40:13b: “O LORD, make haste to help me!”
- You will be challenged to pray three times a day in the biblical pattern of morning, midday, and evening prayer. The Psalmist writes, “Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.” (Psalm 55:17, KJV)
 - **Morning:** Pray through the Lord’s Prayer
 - **Midday:** Pray with God’s people and God’s Word—five different prayer exercises for each weekday as follows:
 - **Monday:** Pray for faith with the Apostles’ Creed.
 - **Tuesday:** Pray a historic prayer.
 - **Wednesday:** Wednesdays with Whitefield—Pray a prayer of George Whitefield and prayerfully walk through a series of questions Tim Keller developed based on this prayer that are designed to help us take a spiritual inventory and repent.
 - **Thursday:** Pray a Psalm.
 - **Friday:** Pray a prayer from Scripture.
 - **Evening:** Pray through the prayer from the previous Sunday’s sermon.

How to get the most out of the Prayer Challenge:

- **Go for it!** The Chapel’s late *Pastor Emeritus*, Dick Woodward, used to say, “Even God can’t steer a parked car.” It is normal to feel daunted by

a challenge like this. Our advice is to give it a shot. Get moving and see how and where Jesus steers the car.

- **Write it down!** If you are eager to deepen your prayer life, commit to taking what you learned each week and *write your own prayer that reflects what you learned*. Imagine at the end of the summer reflecting through all you have learned and using your own written prayers to connect with your Creator.
- **Gather together!** Prioritize praying in community each evening either with your family or small group.
- **Start small, but start today!** If you are having trouble thinking through how you can participate in this challenge, start with one prayer each day - morning, midday, or evening. If that goes well, consider moving from one prayer each day to two and so on. Don't let the difficulty of the challenge dissuade you from participating. Just start small but start today!

Final challenge before the Challenge:

In a famous scene from the movie, *A League of Their Own*, the manager of the baseball team, played by Tom Hanks, looks at his team and says, "If it wasn't hard, everyone would do it. It's the hard that makes it great." The reason the disciples said to Jesus, "Lord, teach us to pray" is precisely because prayer is hard. Jesus said in John 15:4, "Abide in me, and I in you." The word, "abide" is connected to our word, "abode," meaning home. Just take a moment to think about how difficult it is to build a home, make a home, and sustain a home. Is Jesus telling us we had better get ready for a rough road ahead in prayer? There is a key difference in the level of difficulty when it comes to making our physical homes versus making Jesus our home. In addition, for us to make our home in Him, Jesus is making His home in us! "Abide in me, and I in you." Yes, this Challenge will be a challenge, but Jesus stands ready not only to teach us to pray, but to make His home in us as we pray.

Anglican theologian, J.I. Packer, and Carolyn Nystrom wrote a book on prayer with the subtitle, "*Finding our way through duty to delight*." May this be our prayer as we begin this ten-week prayer challenge: "Lord Jesus, teach us to pray. Help us find our way from duty to delight as we abide in You and trust that You indeed abide in us."

Please turn to page 8 to start the Summer Prayer Challenge.

Daily Morning Instructions **(The Lord's Prayer):**

Pray according to an outline of the Lord's Prayer from Matthew 6:9-13

"After this manner therefore pray... 'Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.'" (KJV)

- **Adore:** God for who He is (v. 9)
- **Align:** your life with His will and commands (v. 10)
- **Ask:** God to provide and bring any concerns you have to Him (v. 11)
- **Admit:** our sin, our need for grace, and the requirement that we forgive others (v. 12)
- **Acknowledge:** that it is God who is in charge and that we need His help each day (v. 13)
- **Amen:** What I have said is true, therefore, let it be so.

"'Amen' is perhaps the most serious word you can utter. It means, 'yes, that is what I believe! That is what I hope to happen, and I'm going to live in such a way that reflects this belief and hope'...Much like a wedding...there is an 'I do-ness' to 'amen.'"

— Brent A. Strawn, *Professor of Old Testament*, Duke Divinity School

Monday Midday Instructions (Apostles' Creed):

Pray for your faith by praying the prayer of the father whose son was mute in Mark 9:24. Then, in faith, confess the Apostles' Creed.

"I believe; help my unbelief!" – Mark 9:24

I believe in God, the Father Almighty, creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
is seated at the right hand of the Father,
and will come again to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic* church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body
and the life everlasting. Amen.

*universal

Wednesday Midday Instructions (Wednesdays with Whitefield):

Ask yourself the following questions, which Tim Keller developed from a prayer contained in a George Whitefield letter dated January 9, 1738: "God give me a deep humility and a burning love, a well-guided zeal and a single eye, and then let men and devils do their worst!"

Deep humility (vs. pride)

- Have I looked down on anyone? Have I been too stung by criticism? Have I felt snubbed and ignored?

Burning love (vs. indifference)

- Have I spoken or thought unkindly of anyone? Am I justifying myself by caricaturing (in my mind or to others) someone else? Have I been impatient and irritable? Have I been self-absorbed and indifferent and inattentive to people?

Wise courage (vs. anxiety)

- Have I avoided people or tasks that I know I should face? Have I been anxious and worried? Have I failed to be circumspect or have I been rash and impulsive?

Godly motivations (a 'single eye')

- Am I doing what I am doing for God's glory and the good of others or am I being driven by fears, need for approval, love of comfort and ease, need for control, hunger for acclaim and power, or the 'fear of man'? Am I looking at anyone with envy? Am I giving in to any of even the first motions of lust or gluttony? Am I spending my time on urgent things rather than important things because of these inordinate desires? (Questions taken from *All of Life is Repentance*, Tim Keller)

Take some time to reflect on the good news that Jesus died that we might live.

Then pray, repent, and ask God to once again help you align your life with His will for the remainder of the day.

WEEK 1: June 17-21

Begin each time of prayer with the disciples' request of Jesus in Luke 11:1, "Lord, teach us to pray..." When your mind wanders (which it inevitably will) or when you feel stuck, simply repeat the prayer found in Psalm 40:13b, "O LORD, make haste to help me!"

DAY 1: Monday, June 17

He said, "Behold, I have undertaken to speak to the Lord..."
— Genesis 18:31a

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Pray the prayer of Mark 9:24, and confess the Apostles' Creed. (See page 6)

Evening: The Lord's Prayer for our Instruction — Matthew 6:5-15
Pray Matthew 6:5-13. In Luke 11, Jesus uses a similar prayer in order to teach His disciples to pray. What is at least one thing you can learn about prayer from the Lord's Prayer?

DAY 2: Tuesday, June 18

Moses said, "Please show me your glory." — Exodus 33:18

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Historic Prayer*

I am no longer my own, but Thine.
Put me to what Thou wilt, rank me with whom Thou wilt.
Put me to doing, put me to suffering.
Let me be employed for Thee or laid aside for Thee,
exalted for Thee or brought low for Thee.
Let me be full, let me be empty.
Let me have all things, let me have nothing.
I freely and heartily yield all things to Thy pleasure and disposal.
And now, O glorious and blessed God, Father, Son and Holy Spirit,
Thou art mine, and I am Thine.
So be it.
And the covenant which I have made on earth,
let it be ratified in heaven.
Amen.
— John Wesley's Covenant Prayer as used in the *Book of Offices*
of the British Methodist Church, 1936

Evening: The Lord's Prayer for our Instruction — Matthew 6:5-15
Read Matthew 6:10. Pray for some aspect of God's Kingdom to come on earth as it has already come in heaven.

DAY 3: Wednesday, June 19

And the people of Israel said to Samuel, "Do not cease to cry out to the LORD our God for us, that he may save us from the hand of the Philistines."
— 1 Samuel 7:8

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Wednesdays with Whitefield (See page 7)

Evening: The Lord's Prayer for Instruction — Matthew 6:5-15
Read Matthew 6:11. As you go to bed, share some of your concerns about tomorrow with God, and ask Him to provide for your needs for the upcoming day.

DAY 4: Thursday, June 20

"Moreover, as for me, far be it from me that I should sin against the LORD by ceasing to pray for you..." — 1 Samuel 12:23

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Psalm*
Psalm 2 — a Psalm of Kingship

Evening: The Lord's Prayer for Instruction — Matthew 6:5-15
Read Matthew 6:12. As you go to bed, reflect on your day. Ask God to forgive you, and ask Him to bring to mind others from whom you are withholding forgiveness.

Please remember to pray for our Next 40 Initiatives. To receive prayer updates, please text **NEXT4OPRAYER** to **41411**.

DAY 5: Friday, June 21

"Yet have regard to the prayer of your servant and to his plea, O LORD my God, listening to the cry and to the prayer that your servant prays before you this day, that your eyes may be open night and day toward this house, the place of which you have said, 'My name shall be there' that you may

listen to the prayer that your servant offers toward this place.”
— 1 Kings 8:28-29

Morning: Pray according to an outline of the Lord’s Prayer from Matthew 6:9-13 (See page 5)

Midday: *Pray a prayer from Scripture*
Pray Abraham’s Prayer for Mercy — Genesis 18:22-33
Is there anything you have been wanting to pray to God about but for some reason have held back? Take some time and offer that prayer now.

Evening: The Lord’s Prayer for Instruction — Matthew 6:5-15
Read Matthew 6:13. What temptations are you currently facing? Pray that God would guide you away from this temptation and toward the abundant life found only in Him.

**Consider joining us for our
Evening of Prayer and Worship
this evening from 6:30–7:30 p.m. at the Chapel.**

WRITE YOUR OWN PRAYER FOR THE WEEK:

WEEK 2: June 24-28

Begin each time of prayer with the disciples’ request of Jesus in Luke 11:1, “Lord, teach us to pray...” When your mind wanders (which it inevitably will) or when you feel stuck, simply repeat the prayer found in Psalm 40:13b, “O LORD, make haste to help me!”

DAY 1: Monday, June 24 _____

Then King David went in and sat before the LORD and said, “Who am I, O LORD God, and what is my house, that you have brought me thus far?”
— 1 Chronicles 17:16

Morning: Pray according to an outline of the Lord’s Prayer from Matthew 6:9-13. (See page 5)

Midday: Pray the prayer of Mark 9:24, and confess the Apostles’ Creed. (See page 6)

Evening: Hannah’s Prayer to be Remembered — 1 Samuel 1:1-20
Read 1 Samuel 1:1-20 to make sure you understand the context of Hannah’s prayers. Every evening this week, you/your family will look at a different part of her prayers. Re-read verse 8. What is making you sad? What has God provided in the midst of your sadness? This evening bring your sadness before God in prayer, and then close by thanking Him for what He has already provided.

DAY 2: Tuesday, June 25 _____

“But will God indeed dwell with man on the earth? Behold, heaven and the highest heaven cannot contain you, how much less this house that I have built! Yet have regard to the prayer of your servant and to his plea, O LORD my God, listening to the cry and to the prayer that your servant prays before you...” — 2 Chronicles 6:18-19

Morning: Pray according to an outline of the Lord’s Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Historic Prayer*
Grant O merciful God, that I may ardently desire, carefully examine, truly know and perfectly fulfill those things that are pleasing to You and to the praise and glory of Your holy name.

Direct my life, O my God, and grant that I might know what you would have me to do and for me to fulfill it as is necessary and profitable to my soul.

Grant to me, O Lord my God, that I may not be found wanting in prosperity or in adversity and that I may not be lifted up by one nor cast down by the other.

May I find joy in nothing but what leads to You and sorrow in nothing but what leads away from You.

May I seek to please no one or fear to displease anyone, save only You.

Grant to me, O Lord God,

- a vigilant heart that no subtle speculation may ever lead me from You;
- a noble heart that no unworthy affection may draw me from You;
- an upright heart that no evil purpose may turn me from you.

Give me a steadfast heart that no tribulation may shatter and a free heart that no violent affection may claim as its own.

And finally, grant me O Lord my God, a mind to know you, diligence to seek you, wisdom to find you.

Give me a way of life pleasing to You; perseverance to trust and await You in confidence that I shall embrace You at the last. Amen.

Evening: Hannah's Prayer to be Remembered — 1 Samuel 1:1-20
Read 1 Samuel 1:10-11. Hannah "wept bitterly" as she prayed. Our prayers can influence our physical posture, and our physical postures can influence our prayers. Choose a physical posture that is symbolic of your feelings as you come to the Lord in prayer this evening, and offer your prayer in that posture.

DAY 3: Wednesday, June 26

"If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." — 2 Chronicles 7:14

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Wednesdays with Whitefield (See page 7)

Evening: Hannah's Prayer to be Remembered — 1 Samuel 1:1-20
Read 1 Samuel 1:12-18. As Hannah continues praying, she is silent before the Lord. Offer your prayer in silence this evening.

DAY 4: Thursday, June 27

And when he was in distress, he entreated the favor of the LORD his God and humbled himself greatly before the God of his fathers. He prayed to him, and God was moved by his entreaty and heard his plea and brought him again to Jerusalem into his kingdom. Then Manasseh knew that the LORD was God. — 2 Chronicles 33:12-13

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Psalm*
Psalm 89 — A Psalm of Remembrance

Evening: Hannah's Prayer to be Remembered — 1 Samuel 1:1-20
Remember what Hannah was praying for in chapter 1, a child. Now, take some time to read Hannah's prayer from 2:1-10. Consider what is absent from this prayer of thanksgiving following God's direct answer to her prayer for a child. Pray Hannah's prayer from 1 Samuel 2:1-10 and continue in prayer focusing on the Giver and not the gifts we have requested from the Giver.

Please remember to pray for our Next 40 Initiatives. To receive prayer updates, please text **NEXT4OPRAYER** to **41411**.

DAY 5: Friday, June 28

While Ezra prayed and made confession, weeping and casting himself down before the house of God, a very great assembly of men, women, and children, gathered to him out of Israel, for the people wept bitterly. — Ezra 10:1

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a prayer from Scripture*
Pray Moses' Prayer for Israel in the Wilderness — Exodus 32:11-14
Take a moment to reflect on God's holiness and His just wrath against sin.

Evening: Hannah's Prayer to be Remembered — 1 Samuel 1:1-20
We get three glimpses of Hannah praying in 1 Samuel 1:2—1:10-11, 12, 2:1-10. Review these three prayers, and discuss which one most resonates with your life right now and why. Take some time to pray as an individual, group, or family. Try to let some of what you learned from Hannah this week influence how you pray.

WRITE YOUR OWN PRAYER FOR THE WEEK:

WEEK 3: July 1-5

Begin each time of prayer with the disciples' request of Jesus in Luke 11:1, "Lord, teach us to pray..." When your mind wanders (which it inevitably will) or when you feel stuck, simply repeat the prayer found in Psalm 40:13b, "O LORD, make haste to help me!"

DAY 1: Monday, July 1 _____

And they all plotted together to come and fight against Jerusalem and to cause confusion in it. And we prayed to our God and set a guard as a protection against them day and night. — Nehemiah 4:8-9

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Pray the prayer of Mark 9:24, and confess the Apostles' Creed. (See page 6)

Evening: Samuel's Prayer to Hear — 1 Samuel 3:1-21
Read 1 Samuel 3:1-21 to make sure you understand the story surrounding Samuel's prayer (Samuel's prayer is found in verse 10). Every evening this week, you, your group, or your family will pray Samuel's prayer and spend some time in silence listening. Pray Samuel's prayer from 1 Samuel 3:10, "Speak, for your servant hears." Spend some time in silence listening. Close your time of prayer thanking God, the Creator of all that is seen and unseen, who loves to speak to His creation.

DAY 2: Tuesday, July 2 _____

Then Job answered the LORD and said: "Behold, I am of small account; what shall I answer you? I lay my hand on my mouth." — Job 40:3-4

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Historic Prayer*
Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,

have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.
— *A Prayer of Confession, The Book of Common Prayer*

Evening: Samuel's Prayer to Hear — 1 Samuel 3:1-21
Take a few moments to refresh your understanding of 1 Samuel 3:1-21, whether by reading it again or telling each other the story. Pray Samuel's prayer from 1 Samuel 3:10, "Speak, for your servant hears." Spend some time in silence listening. Close your time of prayer thanking God, the Creator of all that is seen and unseen, who loves to speak to His creation.

DAY 3: Wednesday, July 3 _____

Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him.
— Psalm 32:6

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Wednesdays with Whitefield (See page 7)

Evening: Samuel's Prayer to Hear — 1 Samuel 3:1-21
Pray Samuel's prayer from 1 Samuel 3:10, "Speak, for your servant hears." Spend some time in silence listening. Close your time of prayer thanking God, the Creator of all that is seen and unseen, who loves to speak to His creation.

DAY 4: Thursday, July 4 _____

O you who hear prayer, to you shall all flesh come. — Psalm 65:2

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Psalm*
Psalm 77 — A Psalm of Remembrance

Evening: Samuel's Prayer to Hear — 1 Samuel 3:1-21
Pray Samuel's prayer from 1 Samuel 3:10, "Speak, for your servant hears." Spend some time in silence listening. Close your time of

prayer thanking God, the Creator of all that is seen and unseen, who loves to speak to His creation.

Please remember to pray for our Next 40 Initiatives. To receive prayer updates, please text **NEXT4OPRAYER** to **41411**.

Day 5: Friday, July 5 _____

May prayer be made for him continually, and blessings invoked for him all the day! — Psalm 72:15b

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a prayer from Scripture*
Pray Joshua's Prayer of Questions — Joshua 7:7-9
What is currently perplexing you? Take some time in prayer to ask God your questions.

Evening: Samuel's Prayer to Hear — 1 Samuel 3:1-21
Pray Samuel's prayer from 1 Samuel 3:10, "Speak, for your servant hears." Spend some time in silence listening. Close your time of prayer thanking God, the Creator of all that is seen and unseen, who loves to speak to His creation.

WRITE YOUR OWN PRAYER FOR THE WEEK:

WEEK 4: July 8-12

Begin each time of prayer with the disciples' request of Jesus in Luke 11:1, "Lord, teach us to pray..." When your mind wanders (which it inevitably will) or when you feel stuck, simply repeat the prayer found in Psalm 40:13b, "O LORD, make haste to help me!"

DAY 1: Monday, July 8 _____

He regards the prayer of the destitute and does not despise their prayer.
— Psalm 102:17

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Pray the prayer of Mark 9:24, and confess the Apostles' Creed. (See page 6)

Evening: David's Prayer of Blessing — 1 Chronicles 29:10-22
Read 1 Chronicles 29:1-9 to understand the context in which David offers his prayer. David knows that God has promised to build him a "house," as in a lineage of future kings (see 2 Samuel 7), but God declared that it would be David's son, Solomon, who would build the actual house of the Lord, the temple. In this scene, David is attempting to set this venture up for success with ample funding as well as preparing the hearts of God's people in prayer. Pray the first paragraph of David's prayer from 1 Chronicles 29:10-12. Take some time to "bless" the Lord as David did (the root of the word "blessing" means to speak well of and praise).

DAY 2: Tuesday, July 9 _____

In return for my love they accuse me, but I give myself to prayer.
— Psalm 109:4

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Historic Prayer*
O my God, teach my heart where and how to seek You,
where and how to find You.
You are my God and You are my all and I have never seen You.
You have made me and remade me,
You have bestowed on me all the good things I possess,
Still I do not know You.
I have not yet done that for which I was made.
Teach me to seek You.
I cannot seek You unless You teach me

or find You unless You show Yourself to me.
Let me seek You in my desire,
let me desire You in my seeking.
Let me find You by loving You,
let me love You when I find You. Amen.
— *A Prayer of Anselm of Canterbury*

Evening: David's Prayer of Blessing — 1 Chronicles 29:10-22
Pray the second paragraph of David's prayer from 1 Chronicles 29:14-19. Then spend some time thanking God for His provision in your life.

DAY 3: Wednesday, July 10 _____

Have mercy upon us, O LORD, have mercy upon us, for we have had more than enough of contempt. — Psalm 123:3

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Wednesdays with Whitefield (See page 7)

Evening: David's Prayer of Blessing — 1 Chronicles 29:10-22
Read the response to David's prayer in 1 Chronicles 29:20-22. Consider something you have given up to be a disciple of Jesus. Pray that God would give you the strength and the vision to continue to do whatever is necessary to make Him Lord of your life. Pray that the sacrifices required to follow Jesus are made with a joyful heart.

DAY 4: Thursday, July 11 _____

Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice! — Psalm 141:2

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Psalm*
Psalm 1 – A Psalm of Wisdom

Evening: David's Prayer of Blessing — 1 Chronicles 29:10-22
Pray David's whole prayer from 1 Chronicles 29:10-19.

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DAY 5: Friday, July 12

If one turns away his ear from hearing the law, even his prayer is an abomination. — Proverbs 28:9

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a prayer from Scripture*
Pray Elisha's Prayer for Sight — 2 Kings 6:17
Pray to God that He would open your eyes to see how He is at work around you.

Evening: David's Prayer of Blessing—1 Chronicles 29:10-22
Take some time to remind yourself, your group, or your family what you learned about prayer this week from David's Prayer of Blessing. Pray in a manner that reflects some of what you learned.

WRITE YOUR OWN PRAYER FOR THE WEEK:

WEEK 5: July 15-19

Begin each time of prayer with the disciples' request of Jesus in Luke 11:1, "Lord, teach us to pray..." When your mind wanders (which it inevitably will) or when you feel stuck, simply repeat the prayer found in Psalm 40:13b, "O LORD, make haste to help me!"

DAY 1: Monday, July 15

Be not rash with your mouth, nor let your heart be hasty to utter a word before God, for God is in heaven and you are on earth. Therefore let your words be few. — Ecclesiastes 5:2

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Pray the prayer of Mark 9:24, and confess the Apostles' Creed. (See page 6)

Evening: Habakkuk's Prayer for Patience — Habakkuk 3:1-16
Read Habakkuk 1:1-4 to understand the situation in which Habakkuk finds himself praying. Pray Habakkuk's prayer from Habakkuk 3:1-16

DAY 2: Tuesday, July 16

O LORD, in distress they sought you; they poured out a whispered prayer when your discipline was upon them. — Isaiah 26:16

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Historic Prayer*
Give me yourself, O my God, give yourself to me. Behold I love you, and if my love is too weak a thing, grant me to love you more strongly. I cannot measure my love to know how much it falls short of being sufficient, but let my soul hasten to your embrace and never be turned away until it is hidden in the secret shelter of your presence. This only do I know, that it is not good for me when you are not with me, when you are only outside me. I want you in my very self. All the plenty in the world which is not my God is utter want. Amen. — Augustine, *Act of Petition*

Evening: Habakkuk's Prayer for Patience—Habakkuk 3:1-16
Read Habakkuk 1:12-2:1 to understand more about the situation in which Habakkuk finds himself praying. Pray Habakkuk's prayer from Habakkuk 3:1-16.

DAY 3: Wednesday, July 17

Then Hezekiah turned his face to the wall and prayed to the LORD, and said, "Please, O LORD, remember how I have walked before you in faithfulness and with a whole heart, and have done what is good in your sight." And Hezekiah wept bitterly. — Isaiah 38:2-3

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Wednesdays with Whitefield (See page 7)

Evening: Habakkuk's Prayer for Patience — Habakkuk 3:1-16
Read God's responses to Habakkuk's complaints in Habakkuk 1:5-11 and 2:2-4, and give some thought to the idea that God often works in ways we cannot see or do not understand. Re-read Habakkuk 2:4, and pray that God would give you the faith to trust Him even as your vision to see Him at work fails you and your understanding of His ways is incomplete.

DAY 4: Thursday, July 18

"These I will bring to my holy mountain, and make them joyful in my house of prayer; their burnt offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer for all peoples." — Isaiah 56:7

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Psalm*
Psalm 119 – A Psalm of Wisdom

Evening: Habakkuk's Prayer for Patience—Habakkuk 3:1-16
Habakkuk's prayer ends with a stark statement regarding the reality of Habakkuk's circumstances along with praise in the midst of those circumstances. Read Habakkuk 3:17-19. Offer a prayer that is honest about your current circumstances but nevertheless praises God for His work in the midst of those same circumstances.

Please remember to pray for our Next 40 Initiatives. To receive prayer updates, please text **NEXT40PRAYER** to **41411**.

DAY 5: Friday, July 19

"But seek the welfare of the city where I have sent you into exile, and pray to the LORD on its behalf, for in its welfare you will find your welfare." — Jeremiah 29:7

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a prayer from Scripture*
Pray Hezekiah's Prayer for Salvation – 2 Kings 19:15-19
Take a moment to ask God to intervene in a difficult circumstance in your life, and then thank Him for the ultimate salvation He has provided through Jesus Christ.

Evening: Habakkuk's Prayer for Patience—Habakkuk 3:1-16
Take some time to remind yourself, your group, or your family what you learned about prayer this week from Habakkuk's Prayer for Patience. Pray in a manner that reflects some of what you learned.

WRITE YOUR OWN PRAYER FOR THE WEEK:

Week 6: July 22-26

Begin each time of prayer with the disciples' request of Jesus in Luke 11:1, "Lord, teach us to pray..." When your mind wanders (which it inevitably will) or when you feel stuck, simply repeat the prayer found in Psalm 40:13b, "O LORD, make haste to help me!"

DAY 1: Monday, July 22 _____

Their heart cried to the Lord. O wall of the daughter of Zion, let tears stream down like a torrent day and night! Give yourself no rest, your eyes no respite! "Arise, cry out in the night, at the beginning of the night watches! Pour out your heart like water before the presence of the Lord!" — Lamentations 2:18-19a

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Pray the prayer of Mark 9:24, and confess the Apostles' Creed. (See page 6)

Evening: Daniel's Prayer for Redemption — Daniel 9:1-23
Read Daniel 9:1-2 to understand what prompts Daniel's prayer (hint it has something to do with how long God's people have been exiled in Babylon). Pray the first paragraph of Daniel's prayer from Daniel 9:3-15. Then continue praying your own prayer of confession.

Day 2: Tuesday, July 23 _____

When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open toward Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously. — Daniel 6:10

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Historic Prayer*

"These all look to you, to give them their food in due season. When you give it to them, they gather it up; when you open your hand, they are filled with good things" (Psalm 104:27-28).

O Lord, in whom is the source and inexhaustible fountain of all good things, pour out your blessing upon us, and sanctify to our use the meat and drink which are the gifts of your kindness toward us, that we, using them soberly and frugally as you enjoin, may eat with a pure conscience.

Grant, also, that we may always both with true heartfelt gratitude acknowledge, and with our lips proclaim, you our Father and the giver of all good, and, while enjoying bodily nourishment, aspire with special longing of heart after the bread of your doctrine, by which our souls may be nourished in the hope of eternal life, through Christ Jesus our Lord. Amen.
— John Calvin, *Prayer Before a Meal*

Evening: Daniel's Prayer for Redemption — Daniel 9:1-23

Take a few moments to refresh your understanding of the situation in which Daniel finds himself, the reason for his prayer (Daniel 9:1-2), and the content of the first part of his prayer (Daniel 9:3-15). Pray the second paragraph of Daniel's prayer from Daniel 9:16-19. Then continue praying your own prayer for God to act, remembering that He has acted decisively in the person of Jesus Christ to redeem His people from the ultimate exile that is the result of human sin.

DAY 3: Wednesday, July 24 _____

Then Jonah prayed to the LORD his God from the belly of the fish, saying, "I called out to the LORD, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice." — Jonah 2:1-2

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Wednesdays with Whitefield (See page 7)

Evening: Daniel's Prayer for Redemption — Daniel 9:1-23

The first thing Daniel prays for in verse 3 is mercy. Pray Daniel's entire prayer from Daniel 9:3-19. Then ask God for His mercy to be applied to some area of your life.

DAY 4: Thursday, July 25 _____

"But I say to you, Love your enemies and pray for those who persecute you." — Matthew 5:44

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Psalm*

Psalm 91 — A Psalm of Confidence

Evening: Daniel's Prayer for Redemption—Daniel 9:1-23
Read God's response to Daniel's prayer in Daniel 9:20-23. Pray Daniel's entire prayer from Daniel 9:3-19, and then ask God to give you understanding regarding a matter that has been confusing for you. You may want to use Samuel's prayer at the end of your prayer, "Speak, for your servant hears." Spend some time in silence listening.

Please remember to pray for our Next 40 Initiatives. To receive prayer updates, please text **NEXT40PRAYER** to **41411**.

DAY 5: Friday, July 26

"And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward."
— Matthew 6:5

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a prayer from Scripture*
Pray Hezekiah's Prayer for Healing — Isaiah 38:2-3
What needs healing in your life? Take a moment and pour out your heart before God.

Evening: Daniel's Prayer for Redemption — Daniel 9:1-23
Take some time to remind yourself, your group, or your family what you learned about prayer this week from Daniel's Prayer for Redemption. Pray in a manner that reflects some of what you learned.

WRITE YOUR OWN PRAYER FOR THE WEEK:

Series Break for VBS Sunday (July 28) and Student Ministry Missions Experience (August 4)

**Consider joining us for our
Evening of Prayer and Worship
August 4 from 6–7 p.m. at the Chapel**

WEEK 7: August 12-16

Begin each time of prayer with the disciples' request of Jesus in Luke 11:1, "Lord, teach us to pray..." When your mind wanders (which it inevitably will) or when you feel stuck, simply repeat the prayer found in Psalm 40:13b, "O LORD, make haste to help me!"

DAY 1: Monday, August 12 _____

"But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you."
— Matthew 6:6

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Pray the prayer of Mark 9:24, and confess the Apostles' Creed. (See page 6)

Evening: David's Prayer of Repentance — Psalm 51
Pray Psalm 51 and spend some time in silent confession.

DAY 2: Tuesday, August 13 _____

And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone. — Matthew 14:23

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Historic Prayer*

The radiance of the Father's splendor, the Father's visible image, Jesus Christ our God, peerless among counselors, Prince of Peace, Father of the world to come, the model after which Adam was formed, for our sakes became like a slave: in the womb of Mary the virgin, without assistance from any man, he took flesh....

Enable us, Lord, to reach the end of this luminous feast in peace, forsaking all idle words, acting virtuously, shunning our passions, and raising ourselves above the things of this world.

Bless your church, which you brought into being long ago and attached to yourself through your own life-giving blood. Help all pastors, heads of churches, and theologians.

Bless your servants, whose trust is all in you; bless all Christian souls, the sick, those tormented by evil spirits, and those who have asked us to pray for them.

Show yourself as merciful as you are rich in grace; save and preserve us; enable us to obtain those good things to come which will never know an end.

May we celebrate your glorious birth, and the Father who sent you to redeem us, and your Spirit, the Giver of life, now and forever, age after age.

Amen.

— *A Syriac Christmas Liturgy from the late third or early 4th century*

Evening: David's Prayer of Repentance — Psalm 51
Pray Psalm 51. Continue in prayer by asking God to bring to mind any blind spots of sin in your life.

DAY 3: Wednesday, August 14 _____

He said to them, "It is written, 'My house shall be called a house of prayer,' but you make it a den of robbers." — Matthew 21:13

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Wednesdays with Whitefield (See page 7)

Evening: David's Prayer of Repentance — Psalm 51
Pray Psalm 51, and continue to pray asking God to help you "produce fruit in keeping with repentance" (Luke 3:8).

DAY 4: Thursday, August 15 _____

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. — Mark 1:35

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Psalm*
Psalm 23 – A Psalm of Confidence

Evening: David's Prayer of Repentance — Psalm 51
Pray Psalm 51, and continue in prayer thanking God for "washing you thoroughly" (verse 2) in the blood of Jesus Christ.

Please remember to pray for our Next 40 Initiatives. To receive prayer updates, please text **NEXT4OPRAYER** to **41411**.

DAY 5: Friday, August 16

“And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.” — Mark 11:25

Morning: Pray according to an outline of the Lord’s Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a prayer from Scripture*
Pray Jonah’s Prayer for Life – Jonah 2:1-9
Jonah prays that “those who pay regard to vain idols forsake their hope of steadfast love.” What idols are you clinging to? Pray for God to help you release those idols and cling to Him.

Evening: David’s Prayer of Repentance — Psalm 51
Take some time to remind yourself, your group, or your family what you learned about prayer this week from David’s Prayer of Repentance. Pray in a manner that reflects some of what you learned.

WRITE YOUR OWN PRAYER FOR THE WEEK:

WEEK 8: August 19-23

Begin each time of prayer with the disciples’ request of Jesus in Luke 11:1, “Lord, teach us to pray...” When your mind wanders (which it inevitably will) or when you feel stuck, simply repeat the prayer found in Psalm 40:13b, “O LORD, make haste to help me!”

DAY 1: Monday, August 19

And there was a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She did not depart from the temple, worshiping with fasting and prayer night and day. — Luke 2:36a, 37b

Morning: Pray according to an outline of the Lord’s Prayer from Matthew 6:9-13. (See page 5)

Midday: Pray the prayer of Mark 9:24, and confess the Apostles’ Creed. (See page 6)

Evening: Nehemiah’s Prayer for Restoration — Nehemiah 1:1-11
Read Nehemiah 1:1-3 to understand the context in which Nehemiah offers his prayer. Nehemiah continues to live in Persia after the Persian King Darius conquered Babylon and released the Jewish exiles to Jerusalem. Each night this week, we will pray Nehemiah’s prayer, and then reflect on what it teaches us about prayer, God, ourselves, and calling. Pray Nehemiah’s prayer from Nehemiah 1:5-11. Then spend some time reflecting on what this prayer teaches us about prayer.

DAY 2: Tuesday, August 20

Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heavens were opened, and the Holy Spirit descended on him in bodily form, like a dove; and a voice came from heaven, “You are my beloved Son; with you I am well pleased.” — Luke 3:21-22

Morning: Pray according to an outline of the Lord’s Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Historic Prayer*

Jesus, Breathe Thy Spirit on me,
Teach me how to breathe Thee in,
Help me pour into Thy bosom
All my life of self and sin.
I am breathing out my own life,
That I may be filled with Thine;
Letting go my strength and weakness,
Breathing in Thy life divine.
Breathing out my sinful nature,
Thou hast borne it all for me;
Breathing in Thy cleansing fullness,
Finding all my life in Thee.
I am breathing out my sorrow,
On Thy kind and gentle breast;

Breathing in Thy joy and comfort,
Breathing in Thy peace and rest.
I am breathing out my longings, In
Thy list'ning loving ear,
I am breathing in Thy answers,
Stilling every doubt and fear.
I am breathing every moment,
Drawing all my life from Thee;
Breath by breath I live upon Thee,
Blessed Spirit, breathe in me.

— A.B. Simpson

Evening: Nehemiah's Prayer for Restoration — Nehemiah 1:1-11
Pray Nehemiah's prayer from Nehemiah 1:5-11. Then spend some time reflecting on what this prayer teaches us about God.

DAY 3: Wednesday, August 21 _____

In these days he went out to the mountain to pray, and all night he continued in prayer to God. — Luke 6:12

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Wednesdays with Whitefield (See page 7)

Evening: Nehemiah's Prayer for Restoration — Nehemiah 1:1-11
Pray Nehemiah's prayer from Nehemiah 1:5-11. Then spend some time reflecting on what this prayer teaches us about ourselves.

DAY 4: Thursday, August 22 _____

"But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted." — Luke 18:13-14

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Psalm*

Psalm 22 – A Psalm of Lament

Evening: Nehemiah's Prayer for Restoration—Nehemiah 1:1-11
Read Nehemiah 1:1-3. Consider the situation that causes Nehemiah to pray. Read Nehemiah 1:4 as an introduction, and then pray Nehemiah's prayer from Nehemiah 1:5-11. Finally, spend some time reflecting on what this prayer teaches us about calling.

Please remember to pray for our Next 40 Initiatives. To receive prayer updates, please text **NEXT40PRAYER** to **41411**.

DAY 5: Friday, August 23 _____

And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. And when he rose from prayer, he came to the disciples and found them sleeping for sorrow. — Luke 22:44-45

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a prayer from Scripture*

Pray Jonah's Prayer of Frustration — Jonah 4:1-4

What are you angry about? Ponder God's question in verse 4: "Do you do well to be angry?" Take some time, and pray about your frustrations.

Evening: Nehemiah's Prayer for Restoration — Nehemiah 1:1-11
Take some time to remind yourself, your group, or your family what you learned about prayer this week from Nehemiah's Prayer for Restoration. Pray in a manner that reflects some of what you learned.

WRITE YOUR OWN PRAYER FOR THE WEEK:

WEEK 9: August 26-30

Begin each time of prayer with the disciples' request of Jesus in Luke 11:1, "Lord, teach us to pray..." When your mind wanders (which it inevitably will) or when you feel stuck, simply repeat the prayer found in Psalm 40:13b, "O LORD, make haste to help me!"

DAY 1: Monday, August 26

"Now is my soul troubled. And what shall I say? Father, save me from this hour? But for this purpose I have come to this hour. Father, glorify your name." Then a voice came from heaven: "I have glorified it, and I will glorify it again." — John 12:27-28

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Pray the prayer of Mark 9:24, and confess the Apostles' Creed. (See page 6)

Evening: Paul's Prayer for the Church — Ephesians 1:15-23, 3:14-21
As we learn to pray the Apostle Paul's prayers for the Church, it is important to understand the context of the book in which he prays them. The two main themes of Paul's letter to the Ephesians are: "(1) Christ has reconciled all creation to himself and to God and (2) Christ has united people from all nations to himself and to one another in his church." — *Introduction to Ephesians, ESV Study Bible*

Pray Paul's first prayer for the Church from Ephesians 1:15-23, and continue by praying specifically for our church, the Williamsburg Community Chapel.

DAY 2: Tuesday, August 27

All these with one accord were devoting themselves to prayer, together with the women and Mary the mother of Jesus, and his brothers. — Acts 1:14

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Historic Prayer*
Dear Jesus, help me to spread Thy fragrance everywhere I go. Flood my soul with Thy spirit and love. Penetrate and possess my whole being so utterly that all my life may only be a radiance of Thine. Shine through me and be so in me that every soul I come in contact with may feel Thy presence in my soul. Let them look up

and see no longer me but only Jesus. Stay with me and then I shall begin to shine as you shine, so to shine as to be a light to others. Amen. — Mother Teresa

Evening: Paul's Prayer for the Church — Ephesians 1:15-23, 3:14-21
Take a moment to remind yourself, your group, or your family of the context in which the Apostle Paul offers his prayers for the Church. Remember, the two main themes of Paul's letter to the Ephesians are: "(1) Christ has reconciled all creation to himself and to God and (2) Christ has united people from all nations to himself and to one another in his church."
— *Introduction to Ephesians, ESV Study Bible*

Like last night, pray Paul's first prayer for the Church from Ephesians 1:15-23, and continue by praying specifically for Eastside Church (the Chapel's church plant that is a part of our Next 40 Campaign's effort to be Jesus' witnesses "in Jerusalem and in all Judea and Samaria, and to the end of the earth" — Acts 1:8).

DAY 3: Wednesday, August 28

So Peter was kept in prison, but earnest prayer for him was made to God by the church. — Acts 12:5

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Wednesdays with Whitefield (See page 7)

Evening: Paul's Prayer for the Church — Ephesians 1:15-23, 3:14-21
Pray Paul's second prayer for the Church from Ephesians 3:14-21, and continue by praying specifically for another church in Williamsburg by name.

DAY 4: Thursday, August 29

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. — Romans 8:26

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Psalm*
Psalm 88 – A Psalm of Lament

Evening: Paul's Prayer for the Church — Ephesians 1:15-23, 3:14-21
Like last night, pray Paul's second prayer for the Church from Ephesians 3:14-21, and continue by praying for Jesus' Church world-wide.

Please remember to pray for our Next 40 Initiatives. To receive prayer updates, please text **NEXT40PRAYER** to **41411**.

DAY 5: Friday, August 30

... praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel... — Ephesians 6:18-19

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a prayer from Scripture*
Pray a Tax Collector's Prayer for Forgiveness — Luke 18:13
Read Jesus' response to this prayer in verse 14. Ask God to help you see where you are currently attempting to exalt yourself. Pray that He would replace your pride with humility.

Evening: Paul's Prayer for the Church — Ephesians 1:15-23, 3:14-21
Take some time to remind yourself, your group, or your family what you learned about prayer this week from Paul's Prayer for the Church. Pray in a manner that reflects some of what you learned.

WRITE YOUR OWN PRAYER FOR THE WEEK:

WEEK 10: September 2-6

Begin each time of prayer with the disciples' request of Jesus in Luke 11:1, "Lord, teach us to pray..." When your mind wanders (which it inevitably will) or when you feel stuck, simply repeat the prayer found in Psalm 40:13b, "O LORD, make haste to help me!"

DAY 1: Monday, September 2

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. — Philippians 4:6-7

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: Pray the prayer of Mark 9:24, and confess the Apostles' Creed. (See page 6)

Evening: Jesus' Prayer for Us — John 17:1-18:1
This week, we will focus on hearing Jesus' prayer prayed over us. John records these words that we might know that Jesus actually prayed for, not just His disciples, but all disciples. "I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they may also be in us, so that the world may believe that you have sent me" (John 17:20-21). This means that Jesus prayed for you! We need to hear this prayer over and over so that it will sink deeply into our minds and hearts.
Ask someone from your group or your family to read Jesus' prayer from John 17:1-26 out loud. If you are by yourself, don't just read the prayer; read it out loud, and imagine Jesus saying this prayer over every disciple, over you, and over His Church.

DAY 2: Tuesday, September 3

Epaphras, who is one of you, a servant of Christ Jesus, greets you, always struggling on your behalf in his prayers, that you may stand mature and fully assured in all the will of God. — Colossians 4:12

Morning: Pray according to an outline of the Lord's Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Historic Prayer*
Jesus, my feet are dirty. Come even as a slave to me, pour water into your bowl, come and wash my feet. In asking such a thing I

know I am overbold, but I dread what was threatened when you said to me, “If I do not wash your feet I have no fellowship with you.” Wash my feet then, because I long for your companionship. — Origen (c.185-254)

Evening: Jesus’ Prayer for Us — John 17:1-18:1
Ask someone from your group or your family to read Jesus’ prayer from John 17:1-26 out loud. If you are by yourself, don’t just read the prayer; read it out loud, and imagine Jesus saying this prayer over every disciple, over you, and over His Church.

DAY 3: Wednesday, September 4 _____ Pray without ceasing. — 1 Thessalonians 5:17

Morning: Pray according to an outline of the Lord’s Prayer from Matthew 6:9-13. (See page 5)

Midday: Wednesdays with Whitefield (See page 7)

Evening: Jesus’ Prayer for Us — John 17:1-18:1
Ask someone from your group or your family to read Jesus’ prayer from John 17:1-26 out loud. If you are by yourself, don’t just read the prayer; read it out loud, and imagine Jesus saying this prayer over every disciple, over you, and over His Church.

DAY 4: Thursday, September 5 _____ In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence. — Hebrews 5:7

Morning: Pray according to an outline of the Lord’s Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a Psalm*
Psalm 19 — A Psalm of Praise

Evening: Jesus’ Prayer for Us — John 17:1-18:1
Ask someone from your group or your family to read Jesus’ prayer from John 17:1-26 out loud. If you are by yourself, don’t just read the prayer; read it out loud, and imagine Jesus saying this prayer over every disciple, over you, and over His Church.

Please remember to pray for our Next 40 Initiatives. To receive prayer updates, please text **NEXT40PRAYER** to **41411**.

DAY 5: Friday, September 6 _____ And when he had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb, each holding a harp, and golden bowls full of incense, which are the prayers of the saints. — Revelation 5:8

Morning: Pray according to an outline of the Lord’s Prayer from Matthew 6:9-13. (See page 5)

Midday: *Pray a prayer from Scripture*
Pray Jesus’ Prayer of Submission – Luke 22:41-42
Read God’s response to Jesus’ prayer in verse 43. Take a moment, and ask God to strengthen you; then pray Jesus’ prayer in verse 42 as if it were your own.

Evening: Jesus’ Prayer for Us — John 17:1-18:1
Throughout the Summer Prayer Challenge we have repeated the disciples’ request of Jesus in Luke 11:1, “Lord, teach us to pray...”. On this last day of the challenge, take some time to reflect on what you learned about prayer this summer. Then spend some time thanking Jesus for teaching you how to pray.

WRITE YOUR OWN PRAYER FOR THE WEEK:




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3899 John Tyler Highway, Williamsburg, VA 23185

   @wcchapel757