

24-7 Prayer Guide (2-9 April 2023)

Welcome

The purpose of prayer is to draw closer to God. The first priority of prayer is to seek the kingdom of God and his righteousness (right relationship with God and with people). Welcome to this hour of prayer.

Make Space for God (10 min)

- Be settled comfortably at a place where you will not be distracted.
- Along with this guide, have with you your Bible and writing material.
- Ease into the present moment. Allow yourself to become aware of God's presence.
- Choose a simple word or phrase from scripture that expresses your desire for God or that turns your attention towards him. Write that word or phrase in your journal. Examples include *Jesus, good shepherd, love, grace, mercy etc.*
- Be still. If you have many "noisy" thoughts, let them go. Gently return your attention to the centre of God's presence by repeating your word or phrase.
- Rest in the centre of God's love. Trust that the Holy Spirit who abides in the depths of your soul to connect your spirit with God.

Read Devotionally & Pray (30 min)

2 April (Palm Sunday)	: Luke 19:28-42; Zechariah 9:9
3 April (Monday)	: Luke 19:45-20:8
4 April (Tuesday)	: Luke 20:1-40
5 April (Wednesday)	: Luke 20:41-47; 22:1-6
6 April (Maundy Thursday)	: Luke 22:7-46
7 April (Good Friday)	: Luke 22:47-23:48; John 19:1-37
8 April (Holy Saturday)	: Luke 23:50-56; John 19:38-42
9 April (Easter Sunday)	: Luke 24; John 20

- Read the passage of the day for the first time, slowly, and out loud. When a word or phrase catches your attention, pause and attend to what God is saying to you. Be open to the Word. Don't analyse it for now. Listen and wait.
- Read the passage a second time, out loud. Savour the words. Listen for any invitation that God is extending to you in the words or phrases that light up for you.
- Read the passage a third time. Now is the time to enter into a personal conversation with God. What feelings has the text aroused in you? Where are you resistant or want to push back? Become aware of where you feel invited into a deeper way of being with God. Talk to God about these feelings.
- Contemplate, rest and wait in the presence of God. Allow some time for the Word to sink deeply into your soul. Yield and surrender to God. Journal what you feel are the promptings of the Holy Spirit.

Remember God through the day (20 min)

- Remember that you are God's beloved.
- Ask God for an insight and strength that will make this examination of consciousness a work of grace, fruitful beyond your human capacity alone. Journal your insights.
- Gratitude: thank God for his gifts.
- Review the day thus far. Pay attention to your emotions:
 - Highlights: what feelings and thoughts can you thank God for?
 - Lowest points: what feelings and thoughts were not from God?
 - What were your choices and responses to both?
- Consider the fruit of the Spirit (Gal. 5:22, 23).
- Gratitude and Forgiveness:
 - Highlights: thank God for drawing you close to him.
 - Lowest points: ask God for forgiveness and discern if reconciliation is needed.
- Renewal: look to the following hours or day and, with God, plan concretely how to live it in accordance with God's loving will for your life.
- Transition: aware of God's presence within you, prayerfully conclude this hour of prayer.

**Reach out to and invite the next person to continue this prayer relay if you are able.
May God bless you abundantly!**