

.AMEN



a prayer guide

.Amen (a series on prayer)

Come near to God and he will come near to you.
- James 4:8

The Creator invites us to the most intimate of relationships; humans connected to the divine. The way that relationship is nourished is through prayer. Prayer is so simple a child can pray. It is so complex that it takes a lifetime of practice. Prayer is natural. Prayer is learned. For the 40 days of Lent (Feb 26 to April 9), we invite you to take a life-changing journey into the mystery of prayer.

- What if prayer became a more natural part of your relationship with God?
- What if you become more confident that prayer was more than talking to yourself but was heard by God?
- What if you understood that prayer is a two-way conversation and can listen to Him speaking more?
- What if it became harder to just give up on praying because the answer you wanted didn't come.
- What if God moved even more powerfully at Calvary as His people prayed?
- What if we became a praying community praying for our community?
- What if we gained a new sense of unity through praying purposefully?

We could preach about prayer, give you articles on prayer, or offer lots of seminars on prayer. Instead, we give you this prayer guide, inviting you on a journey to know God more. We invite you to commit to 40 days of simply cultivating and growing your prayer life during the traditional season of Lent. A 40-Day Journey of Prayer feels like a major undertaking, but we invite you to journey with us one step at a time. Our prayer for you is that by the end of 40 days, you would have been gripped by the nearness of Jesus and would have created some habits and patterns that will stick with you for a lifetime.

Why 40 days do you ask? Is there something really unique about that? Not necessarily. 40 is a number in Scripture often connected to moments of preparation. God's people wandered in the wilderness for 40 years as the next generation was being prepared to enter the Promised Land. Jesus fasted and prayed in the wilderness for 40 days in preparation for His ministry. And in many church traditions, Christians have spent 40 days preparing for Easter. We are excited to see what God has in store for us in the next 40 days.

This prayer guide offers some simple ways to center your heart, mind, and soul on Jesus as you draw near to Him in prayer.

Spend as much time as you have available each week. No one is counting hours or minutes. The goal is that you will experience prayer in such a profound way that you will continue with newfound rhythms in your relationship with Christ.

But here are some things that we encourage you to do:

- Use this guide to record what God has taught you about prayer through the week and the weekly messages.
- Set aside specific times to pray for the next 40 days.
- Pray in different ways and different places. Each week there is a new suggestion for a location to pray.
- Find a way to fast from something. That may include fasting from media, food, or a personality trait or habit. Fast from something that might get in the way of your deep desire for God. Use that extra time to pray. You may fast once a week, once a day, or perhaps for the whole 40 days.
- Share in person what you have learned with others and also on Calvary's social media pages.
- Attend the opportunities for corporate prayer at our Campuses.

Enjoy the journey. Feel free to start at any point. If you miss something, that's okay. Involve your family and join hands with your small group.

At a Glance

| Topic | Passage | Local Prayer Location | Global Prayer Location |
|----------------------------------|--|------------------------------------|---|
| Praying in God's Presence | <i>Ephesians 3:14 (Prayer for Ephesians) Psalm 139</i> | <i>On your way to school/work</i> | <i>Honduras trip</i> |
| Praying God's Word | <i>Acts 4:23-26, Daniel 9, Psalm 91</i> | <i>Prayer walk neighborhood</i> | <i>Street Reach</i> |
| Praying and Fasting | <i>Ezra 8:21-23, Psalm 27</i> | <i>Government building</i> | <i>Czech Republic mission trip</i> |
| Praying and Worship | <i>1 Chronicles 16:8-36, Psalm 95</i> | <i>Park/nature/ Katy Trail</i> | <i>African pastors training</i> |
| Praying in Lament | <i>Psalm 51:7-12 (David's prayer of Repentance) Psalm 13</i> | <i>Hospital/ funeral home</i> | <i>Unto (Pennsylvania) mission trip</i> |
| Praying with Others | <i>Matthew 18:19-20, Acts 12:12-7</i> | <i>Local Church</i> | <i>Malawi</i> |
| Praying with Perseverance | <i>Ephesians 1:15-23, Psalm 88</i> | <i>Police/ Firefighter</i> | <i>Philippine Pastors</i> |

prayer log

Use this page to consolidate your prayer requests into one place

Things I am thankful for:

My concerns and requests:



Attributes of God I am confident in:

People I am praying for:

week 1

Praying in God's Presence

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. - Ephesians 3:14-20

Something to Reflect On

Write a word, draw a picture or write some notes about what you want to remember.

2 Something to Chew On

Read Psalm 139

- Reflect:

- My prayer this week:

3 Prayer Activity to Go On

Take a picture of your school or workplace and post on social media as we invite everyone to pray God would be present in these places.

4 Mission Partner to Pray for

Project Manuelito is a ministry that rescues street children in Honduras and helps educate them in order to break the cycle of child homelessness. Pray for our team as they assist in construction of the facility and in sharing Jesus with the children.

5 Calvary Ministry to Pray for

Children's Ministry

week 2

Praying God's Word

On their release, Peter and John went back to their own people and reported all that the chief priests and the elders had said to them. When they heard this, they raised their voices together in prayer to God. “Sovereign Lord,” they said, “you made the heavens and the earth and the sea, and everything in them. You spoke by the Holy Spirit through the mouth of your servant, our father David: “‘Why do the nations rage and the peoples plot in vain? The kings of the earth rise up and the rulers band together against the Lord and against his anointed one.’”

- Acts 4:23-26

In the first year of Darius son of Xerxes (a Mede by descent), who was made ruler over the Babylonian kingdom—in the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the Lord given to Jeremiah the prophet, that the desolation of Jerusalem would last seventy years. So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. - Daniel 9:1-3

1 Something to Reflect On

Write a word or draw a picture or write some notes about what you want to remember.

2 Something to Chew On

Read Psalm 91

- Write down the promises of God from this Psalm? Which ones need to be personalized in your life today?

- My prayer this week:

3 Prayer Activity to Go On

Take a walk through your neighborhood as a couple, family or invite a friend. Post a picture of your neighborhood, inviting others to pray. Use the ideas from Isaiah 61. You might want to even make this a weekly adventure and see the changes in your neighborhood.

Isaiah 61:1 | *The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.*

Thank you, Lord Jesus for these people. You alone are able to do a good work in their lives. Thank you, Lord, that you alone are able to:

- *Open their ears to hear the Good news.*
- *Bind up their broken hearts.*
- *Free them from their captivity to hurts, habits and hangups.*
- *Give them Spiritual sight.*

4 Mission Partner to Pray for

Street Reach utilizes mission teams to reclaim their Memphis, Tennessee community by providing Bible Day Camps for children and serving the needs of the community. Pray for our youth teams as they serve the children and community at Street Reach.

www.streetreach.org/memphis

5 Calvary Ministry to Pray for

Youth Ministry

week 3

Prayer and Fasting

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. - Matthew 6:16-18

There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions. I was ashamed to ask the king for soldiers and horsemen to protect us from enemies on the road, because we had told the king, “The gracious hand of our God is on everyone who looks to him, but his great anger is against all who forsake him.” So we fasted and petitioned our God about this, and he answered our prayer. - Ezra 8:21-23

1 Something to Reflect On

Write a word or draw a picture or write some notes about what you want to remember.

2 Something to Chew On

Read Psalm 27

- Reflect:

- My prayer this week:

3 Prayer Activity to Go On

Using one of the ideas listed below, go on a fast this week. You might want to use the time you would otherwise eat or engage in that activity to pray. You may even want to donate the money you saved to a charity.

Complete Fast

This calls for eliminating solid food from our diet for a period of time. That can range from a day, three days, a week or, for some, up to 40 days. Water and light juices are the only things consumed. Before embarking on this kind of fast, one should be aware of any medical issues.

Selective Fast

Some people eliminate certain items from their diet for a period of time. This may be the elimination of meat or sugars or caffeine.

Periodic Fast

Some people choose to eliminate food for a particular time period. It may be one particular meal a week. For example, one could fast lunch every Monday and choose to pray instead. Or it could be that someone chooses to fast every Friday for a period of weeks. Or it could be choosing to skip one meal a day to pray instead.

Lifestyle Fast

This is beneficial for those who cannot fast from food for health reasons. This is fasting from those things that may be a distraction for our soul. That may be television, social media, a hobby or activity that occupies your time and energy. It may be trying to give up fretting, anger or bitterness.

4 Mission Partner to Pray for

Pray for our youth team heading to Prague this March as they have opportunities to teach English in the public schools with the hope of inviting them to church outreach events with our Calvary Missionary Josh Krato.

5 Calvary Ministry to Pray for

Small Groups

week 4

Prayer and Worship

Give praise to the Lord, proclaim his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts. Glory in his holy name; let the hearts of those who seek the Lord rejoice. Look to the Lord and his strength; seek his face always. Remember the wonders he has done, his miracles, and the judgments he pronounced, you his servants, the descendants of Israel, his chosen ones, the children of Jacob. He is the Lord our God; his judgments are in all the earth. He remembers his covenant forever, the promise he made, for a thousand generations, the covenant he made with Abraham, the oath he swore to Isaac. He confirmed it to Jacob as a decree, to Israel as an everlasting covenant: "To you I will give the land of Canaan as the portion you will inherit." When they were but few in number, few indeed, and strangers in it, they wandered from nation to nation, from one kingdom to another. He allowed no one to oppress them; for their sake he rebuked kings: "Do not touch my anointed ones; do my prophets no harm." Sing to the Lord, all the earth; proclaim his salvation day after day. Declare his glory among the nations, his marvelous deeds among all peoples. For great is the Lord and most worthy of praise; he is to be feared above all gods. For all the gods of the nations are idols, but the Lord made the heavens. Splendor and majesty are before him; strength and joy are in his dwelling place. Ascribe to the Lord, all you families of nations, ascribe to the Lord glory and strength. Ascribe to the Lord the glory due his name; bring an offering and come before him. Worship the Lord in the splendor of his holiness. Tremble before him, all the earth! The world is firmly established; it cannot be moved. Let the heavens rejoice, let the earth be glad; let them say among the nations, "The Lord reigns!" Let the sea resound, and all that is in it; let the fields be jubilant, and everything in them! Let the trees of the forest sing, let them sing for joy before the Lord, for he comes to judge the earth. Give thanks to the Lord, for he is good; his love endures forever. Cry out, "Save us, God our Savior; gather us and deliver us from the nations, that we may give thanks to your holy name, and glory in your praise." Praise be to the Lord, the God of Israel, from everlasting to everlasting. Then all the people said "Amen" and "Praise the Lord." - 1 Chronicles 16:8-36

1

Something to Reflect On

Write a word, draw a picture or write some notes about what you want to remember.

2

Something to Chew On

Read Psalm 95

- Reflect:

- My prayer this week:

3

Prayer Activity to Go On

Head to a park or take a ride on the Katy Trail. Take a few minutes to rest and appreciate the beauty of God. Post a picture of what you see to social media and invite others to thank God for the beauty of His creation. Celebrate all the gifts in nature that God has given you. Pray for people who come to the parks. Ask that they might be awakened to the joy of the Lord.

4

Mission Partner to Pray for

Calvary Cares deeply about the global church. One of the gifts we can give the church is that of equipping leaders and pastors. Pray for training opportunities in Uganda coming up this July and August.

5

Calvary Ministry to Pray for

Calvary's staff, elders and volunteer leaders

week 5

Prayer and Lament

Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. - Psalm 51:7-12

1 Something to Reflect On

Write a word or draw a picture or write some notes about what you want to remember.

2 Something to Chew On

Read Psalm 13

- Reflect:

Four Elements of Lament from Psalm 13

Lament is the prayer language for God's people as they live in a world marred by sin. It's how we talk to God about our sorrows as we renew our hope in His sovereign care. To cry is human, but to lament is Christian. As we think about lament this week, here are four elements of lament:

Turn to God. *Often a lament begins by an address to God: "How long, O Lord? Will you forget me forever? How long will you hide your face from me?" (Psalm 13:1) The point is that the person in pain chooses to talk to God about what is happening.*

Bring your complaint. *Every lament features some kind of complaint: "How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?" (Psalm*

13:2) More than a sinful rehearsing of our anger, biblical lament humbly and honestly identifies the pain, questions, and frustrations raging in our souls.

Ask boldly for help. Seeking God's help while in pain is an act of faith: "Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death, lest my enemy say, 'I have prevailed over him,' lest my foes rejoice because I am shaken." (Psalm 13:3-4) Unremitting sorrow can create a deadly silence as we give in to despair ("there's no hope") or denial ("everything's fine"). But lament invites us to dare to hope in God's promises as we ask for His help.

Choose to trust. This is the destination for our laments. All roads lead here: "But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the Lord, because he has dealt bountifully with me." (Psalm 13:5-6) More than the stages of grief, this prayer language moves us to renew our commitment to trust in God as we navigate the brokenness of life (Adapted from *Desiring God; Dare to Hope in God*).

- My prayer this week:

3 Prayer Activity to Go On

Take a walk or a drive to one of the local funeral homes or hospital. Here is a place where people are experiencing pain, grief and suffering. Spend a few moments in the parking lot praying.

- Pray that God would meet people in their deepest grief.
- Pray those who have experienced loss would grieve well to find Him present in the valley of the shadow of death.
- Pray for an openness to the gospel.

4 Mission Partner to Pray for

North American Missions. Later this summer our team heads to Unto Mission (formerly Gain) in Pennsylvania to package supplies, materials and clothes to be sent to their ministry partners in the developing world as a practical arm of sharing the gospel.

5 Calvary Ministry to Pray for

Volunteers (thankful for them and for the need for more)

week 6

Praying with Others

“Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.” - Matthew 18:19-20

So, when he had considered this, he came to the house of Mary, the mother of John whose surname was Mark, where many were gathered together praying. And as Peter knocked at the door of the gate, a girl named Rhoda came to answer. When she recognized Peter’s voice, because of her gladness she did not open the gate, but ran in and announced that Peter stood before the gate. But they said to her, “You are beside yourself!” Yet she kept insisting that it was so. So they said, “It is his angel.” Now Peter continued knocking; and when they opened the door and saw him, they were astonished. But motioning to them with his hand to keep silent, he declared to them how the Lord had brought him out of the prison. And he said, “Go, tell these things to James and to the brethren.” And he departed and went to another place. - Acts 12:12-17

1 Something to Reflect On

Write a word or draw a picture or write some notes about what you want to remember.

2 Something to Chew On

Benefits of Praying with Others

- Support - It’s always helpful to have others pray for us and share the burden. We feel less alone and sometimes our issues don’t seem as big or overwhelming when others are praying with us. There is mutual encouragement knowing people are praying for you.
- Wisdom - When praying with people the Holy Spirit has a way of directing others to pray more clearly for us and of directing people to share truth from their own experiences.
- Strength - It’s hard to describe, but there is a sense of spiritual power when people are agreeing together in prayer.
- Reduces Pride - Praying for one another can be humbling, which paves the way for God to work more in our life.

Tips for Praying with Others

- Be Yourself - Sometimes people don't want to pray out loud because they're afraid their prayers aren't as good as others. Be yourself. You aren't praying to impress others. You are communicating with God.
 - Silence is Golden - People can get a little uncomfortable when no one is praying. That is a part of listening. And sometimes people are praying about something they aren't comfortable saying out loud.
 - Agree with Others in Prayer - As others are praying, align your prayers with theirs. Silently make their prayer part of your prayer. Don't worry about what you will pray next or how long this will be. Seek to be unified in prayer together and remember we are all praying, not just one person.
 - Maximize the Prayer Time - Avoid long discussions about the prayer requests and then only have a few short minutes to pray. Try to make the prayer time equal to the request time. Sometimes you can vary it by praying after each request instead of having a time for requests followed by a time of prayer.
 - Confidentiality is King - What is prayed about in the meeting should stay in the meeting. The health of a community is built on trust. Keeping confidentiality builds that trust.
- My prayer this week:

3 Prayer Activity to Go On

Our community is as strong as the church. We're part of the larger body of Christ in Greater St Charles. This week practice driveby praying. Each time you pass a church, pray for the people there, the leaders, and the gospel witness. Pray that the church in the area would flourish. Pray for unity among all the churches. Post a picture of one of those churches and invite others to pray for that gospel community.

4 Mission Partner to Pray for

Malawi. Pray for our team heading to a remote mountain area of Katsakara working with local leaders there who are involved in a community work that provides food, education and nutrition for 130 children while teaching them about Jesus. The team trains teachers and helps with construction of the ministry center from which this outreach occurs.

5 Calvary Ministry to Pray for

Invitational mindset and Easter Services

week 7

Praying with Perseverance

For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way. - Ephesians 1:15-23

Something to Reflect On

Write a word or draw a picture or write some notes about what you want to remember.

2 Something to Chew On

Read Psalm 88

- Reflect:

- My prayer this week:

3 Prayer Activity to Go On

Take a quick visit to a police or fire station. You may even want to say thank you with some cookies for them. Post a picture to social media encouraging others to pray along with you.

4 Mission Partner to Pray for

Philippines. Calvary supports several indigenous missionaries in the Philippines. They exhibit great faith ministering in places where people are persecuted for their faith in Jesus. Please pray for our team as they travel there in April to equip and encourage them in their work.

5 Calvary Ministry to Pray for

Pray for community outreach and local missions

daily prayer focus

We know that some of you love lists and love to check things off the list. So here are some things to pray for those 40 days:

Pray for the fruit of the Spirit

Pray for family, neighbors and coworkers.

Pray for the ministries at Calvary.

Pray for local, state and national leaders.

Pray the Lord's Prayer

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