



GOOD FRIDAY 24-HOUR PRAYER GUIDE

Over 50 people have signed up for half-hour posts around the clock from 7am Good Friday to 7am Saturday!

Even if you didn't get to sign up on the webpage, simply choose a half-hour block (or more) during that timeframe and join us in prayer. This guide will give you some ideas of how you can spend your time praying.

Join us for a live Good Friday Prayer Service 7-8pm tomorrow at www.facebook.com/tumcdan

- **CHOOSE A SPACE**

Now that you have picked a time, it's helpful to also choose an intentional space if you can. Choose a place to turn into your own "sanctuary" for a while: find somewhere comfortable and free from distractions, consider adding elements that will help you to worship (a cross or other Christian symbol, an art piece, a candle, worship music)

- **P.R.A.Y.**

Remember the acronym we studied? (Pause, Rejoice, Ask, Yield) Now is a great time to use that! You can stretch each of these out for as long or short as you want, or focus on one area more intently depending on how you are led. Here is the explanation again from **How to Pray by Pete Greig**, Copyright 2019, Navpress Publishing:

PAUSE

"To start we must stop. To move forward we must pause. This is the first step to a deeper prayer life: Put down your wish list and wait. Sit quietly. 'Be still, and know that I am God.' Become fully present in place and time so that your scattered senses can re-center themselves on God's eternal presence."

REJOICE

"No one stares up at the northern lights thinking, 'Wow, I'm incredible!' We are hardwired to wonder and therefore to worship. The Lord's Prayer begins with an invitation to adoration: 'Our Father in heaven, hallowed be your Name.' Having paused to be still at the start of a prayer time, the most natural and appropriate response to God's presence in reverence...Linger here, rejoicing in God's blessings before asking for any more."

ASK

"Prayer means many things to many people, but at its simplest and most immediate, it means asking God for help. It's a soldier begging for courage, a soccer fan at the final, a mother alone in a hospital chapel. The Lord's Prayer invites us to ask God for everything from 'daily bread' to the 'kingdom come' for ourselves (petition) and for others (intercession)...this is where we explore the extraordinary, miracle-working power of prayer but also the questions we face when our prayers go unanswered."

YIELD

"The final step in the dance of prayer is surrender. It's a clenched fist slowly opening; an athlete lowering into an ice bath; a field of California poppies turning to the sun. We yield to God's presence 'on earth as it is in heaven' through contemplative prayer and listening to his Word, which is our 'daily bread.' We yield to God's holiness through confession and reconciliation, praying, 'Forgive us our sins as we forgive those who sin against us.' And we yield to his power in spiritual warfare, asking our Father to 'deliver us from evil.' And so, in all these ways, it's by surrendering to God that we overcome, by emptying ourselves that we are filled, and by yielding our lives in prayer that our lives themselves become a prayer--the Lord's Prayer--in the end."

- **PETITION & INTERCESSION**

Ask God for help with the needs of your life and intercede for the needs of the world. Make a list, be specific. Here are some important issues you could focus on for intercessory prayer, don't feel like you have to work through them all, you can focus on where the Lord draws your heart:

- **For the Lord to work through this crisis in the hearts of people everywhere—for revival and renewal in the Church, and awakening in the World**
 - *Pray for specific churches and communities, pray for Easter worship services streaming all over to new and curious viewers, for outreaches and ministries like the Worldwide Easter Worship Service on the Porch, for new people to become engaged in the church in the weeks to come through online ministries, pray for people who don't know Christ to be open to His saving grace, for specific family members / neighbors / co-workers*
- **For Leaders (local, national, and global)**
 - *Pray for specific leaders—church, civic, government, business, organizational*
- **For Medical Professionals, Scientists, and other Personnel “on the front lines”**
 - *Pray for specific professionals you know as well as those you do not*
- **For those struggling economically**
 - *Pray for those who have lost jobs, for the poor and homeless, for the vulnerable*
- **For those struggling emotionally**
 - *Pray for those who are especially isolated, for those dealing with anxiety and depression, for those dealing with suicidal thoughts, for those struggling with purpose*
- **For other Crises around the world struggling to find support in the shadow of COVID-19**
 - *Pray for those relief organizations serving desperate needs domestically and abroad, struggling to keep going as the attention of the world is focused on the pandemic*
- **For the future**
 - *Pray for our culture on the other side of this crisis, for positive changes to affect how families and communities function, for priorities to shift, for greater awareness of the preciousness and purpose of life*

- **WORSHIP**

If you are musical or have a way to listen to worship music, you might simply want to take time in your prayer to WORSHIP the Lord. Our adoration and worship to God is a beautiful form of prayer!

- **MORE TOOLS**

You can find LOTS of practical tools for inspiration and unique ways to grow in all aspects of prayer at www.prayercourse.org/toolshed. You could browse this list and pick just one tool to work with during your prayer time.

- **KEEP IT SIMPLE, KEEP IT REAL, KEEP IT UP**

Remember this great advice as you pray. Especially be sure to *keep it up*. It's wonderful that so many of us will be praying together throughout this day! But what happens when Holy Week is over? Let's continue grow in what it means to live a life of prayer, and all the more as we launch our church Prayer Room in the future when our doors open again!