



PRAYER GUIDE - 24 Hours of Prayer

The focus of these 40 days of 24-7 prayer is to ask God to renew and spiritually awaken us and the Free Methodist Church in Canada, and to heal our land from the COVID-19 virus and its effects. It is a time, personally and collectively, to humble ourselves and pray and seek God's face and turn from our (wicked) ways, return to his ways. As we do this God's promise is He will hear from heaven, will forgive our sins and will heal our land. (2 Chronicles 7:14) What an encouragement it is to join our prayers together during these 24 hours as a church and during these 40 days as a network of churches all across this country. We also join with hundreds and thousands of other believers as we humble ourselves and pray for healing and for renewal in our land.

Below are some scriptures, prayers and meditations to help guide your hour of prayer. We will follow this pattern for prayer:

Pause
Rejoice/Reflect
Ask
Yield

This guide is simply a suggestion. Feel free to follow it only as much as it is helpful or to not follow it at all. You are completely free to spend the hour in prayer as you feel led by the Holy Spirit.

PAUSE (5 minutes)

As I enter prayer now, I pause to be still; to breathe slowly; to re-centre my scattered senses upon the presence of God. I remember not to rush, God is not in a hurry.

Find a quiet and comfortable place to be still.

Become aware of your breath as you slowly inhale and exhale.
As you breathe in and out, allow these words to settle in your soul:

Breathing in: Be still and know

Breathing out: that I am God.

Continue for 5 minutes or until you feel settled and centered in God's presence.

Prince of Peace, you are my ever-present help in times of trouble. Speak with me now as I spend this time with you. 'May I know thee more clearly, love thee more dearly, and follow thee more nearly, day by day.' (Prayer of Richard of Chichester)

REJOICE AND REFLECT (15 minutes)

Regardless of how we may or may not be feeling we choose to rejoice in God's unfailing love, with a Psalm and a Song.

Read [Psalm 46](#). Slowly. Prayerfully. Pausing for a deep breath after each verse.

Was there a word or phrase that stood out to you? Go back to it and spend some time meditating on it. Paying attention to what God stirs in your heart. Talk with him about it.

Play "[This is My Father's World](#)" or another of your favourite worship songs. Enter into the music and the lyrics and let them enter into you, choosing to rejoice in God's ongoing work of creation and salvation. Consider how to engage your whole being in worship as you listen to the song; perhaps singing along, raising your hands, kneeling and/or smiling as you rejoice in Him. (For a special playlist of worship songs during this time, made by Pastor Brandon go [Here](#).)

Was there a line from the song that stood out to you? Spend some time meditating on that. Paying attention to what God may be stirring in your heart. Again pause and talk with him about what you're sensing.

ASK (30 min)

Read [2 Chronicles 7:11-15](#)

God gives Solomon three promises that hinge upon three conditions (vs 14) I've paired them as follows. We'll take time to pray through each one.

- ❖ If my people Pray, Then I will Hear from Heaven
- ❖ If my people Humble Themselves, Then I will Forgive their sins
- ❖ If my people Turn from their wicked way, Then I will Heal their land.

Remember prayer is primarily relational rather than transactional. Prayer is about entering into a conversation with a God who loves us and wants to reveal his will to us. As we ask for things in prayer we are seeking to enter into the will of God and have his will enter into us. It is a patient and persistent longing to see his kingdom come, and his will be done on earth as it is heaven. It is less about us convincing God and more about God convincing us.

Prayer exercises are provided in an accompanying document ([Prayer Exercises](#)) to include more tactile and active methods of prayer. Use them if desired for yourselves or with children and youth.

If My People Pray, Then I Will Hear From Heaven

→ [Prayer Exercises](#): [Magnets](#) (Pray) & [Build Up](#) (Hear)

We are encouraged in the 2 Chronicles 7:14 passage to pray and seek God's face. Consider this phrase for a moment and let it shape how you approach God in prayer. *"One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple."* Ps 27:4

Pause and Pray

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words, Do not be like them, for your Father knows what you need before you ask him. Matthew 6:7-8

Father, thank-you that you see me and you know me, you know what is on my heart even before I ask. So help me to keep my words few as I reveal my heart before you. Help me to listen as much or more than I speak. Your eyes are upon and your ears attentive to my prayers.

Pause and Pray

"Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast." Psalm 139:7-10

Father, you also see and know each person in our community. Your eyes are upon them and your love pursues them. I name before you now, those who I know have walked away from faith because you seemed silent, absent or even non-existent when they needed you. I ask you to be especially attentive to their prayers and to show them that you love them.

Pause and Pray

If My People Humble Themselves, Then I Will Forgive Their Sins

→ [Prayer Exercises](#): [Symbols of Hurt](#) (Humble) & [Image](#) (Forgive)

Begin by inviting the Lord to search your own heart. *"Search me God and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting."* Psalm 139:23

How might I be resisting God? In what ways have I become puffed up and prideful? How open am I to correction? How difficult is it for me to apologize? How dependent am I on the praise of others?

Pause and Pray

Blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes;

its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”
Jeremiah 17:7-8

Thinking about our church and the churches in the FMCIc we confess the ways in which we have placed our trust in pastors, people, and programs instead of your presence and your power. Lord make us desperate and dependent upon you alone.

Pause and Pray

Some trust in chariots and some in horses, but we trust in the name of the Lord our God. They are brought to their knees and fall, but we rise up and stand firm. Psalm 20:7-8

Thinking about our communities and our country, we confess the ways in which we have placed our trust in careers, comforts, and our own capabilities instead of your presence and power. Lord, make us desperate and dependent upon you alone.

Pause and Pray

The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbour his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west so far has he removed our transgressions from us. Ps 103:8-11

In humility and transparency before the Lord, we are assured of his love and forgiveness towards us and towards all who call on his name. Take a few moments to rest in God's forgiveness. Welcome it. Let him slowly saturate those feelings of inadequacy and shame with his love.

Pause and Pray

If My People Turn, Then I Will Heal Their Land

→ [Prayer Exercises](#): [Idols](#) (Turn) & [Bandage](#) (Heal)

“In repentance and rest is your salvation in quietness and trust is your strength, but you would have none of it.” Isaiah 30:15

Lord may we stop resisting you. Would we be attentive to the ways in which you are calling us to turn to you, to repent. There are so many ways in which we have turned to our own ways.

Pause and Pray

“Yet the Lord longs to be gracious to you; he rises to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him.” Isaiah 30:18

Yet even in our resisting you pursue us. 'You long to be gracious to us, you rise to show us compassion.' Wow! If this is true for me, it's true for all those who resist you. Father may you use this time to humble hearts and turn people back to you.

Pause and Pray

"O people of Zion, who live in Jerusalem, you will weep no more. How gracious he will be when you cry for help! As soon as he hears, he will answer you." Isaiah 30:19

Continue reading Isaiah 30:19-26 and see how the Lord promises to bring healing to the land. Let your imagination be filled with what it would like for healing to flood your heart (pause), your home (pause), our church (pause), our community (pause), and our land (pause).

Pause and Pray

YIELD (10 min)

"Your kingdom come, your will be done on earth as it is in heaven."

Father, all the requests I have brought before you I hold with an open hand. My heart completely surrendered to your will. Thankyou for how I have experienced just a little bit more the pleasure of your will being done in me and through me as I pray.

Song: [I Surrender All](#)

All to Jesus I surrender
All to Him I freely give
I will ever love and trust Him
In His presence daily live

All to Jesus I surrender
Humbly at His feet I bow
Worldly pleasures all forsaken
Take me Jesus take me now

I surrender all
I surrender all
All to Thee my blessed Saviour
I surrender all

Pause and Pray

Father help us to pray and to seek your face; knowing you hear our prayers.
Jesus, help us to humble ourselves; walking in your forgiveness and freedom.
Spirit, help us to turn from our wicked ways; welcoming your healing in our land.
Amen.