

Possible Prayer Prompts and Ideas for 24 Hour Prayer Vigil

Prayer:

- This is a conversation with the Creator of the Universe, your Savior, and your Friend
- Dictionary definition of conversation: a talk, especially an informal one, between two or more people, in which news and ideas are exchanged

Helpful Hints:

- Prepare ahead of time for your chosen hour with any or all of these tools:
 1. A notebook and pen, an art journal, etc.
 2. A Bible
 3. A place...if you like to see nature (in daylight hours) or stars (in nighttime hours), prepare a comfortable location. If you need to be at a table or desk, select the space you need.
 4. If you need help to focus on the Lord, place an empty chair next to or across from your chair and envision Jesus with you.
 5. Have a prepared list of the persons or groups in each category for whom you want to pray.
- Sit comfortably, breathe deeply, and relax.
- Focus on perceiving the living Presence of Jesus with you.
- Ask Jesus to help you quiet and calm your mind, heart, and spirit.
- Ask Jesus to show you any needs in your own heart as you begin; ask forgiveness and release anything that might prevent you from hearing the Lord's voice.
- Ask Jesus to show you any specific needs of the persons or groups for whom you are to pray (jot those down).

Suggestions for Prayer Topics and Scripture Prompts:

Praise and Appreciation to God:

Psalm 5:11

Psalm 9:1-2

Psalm 18:3

Psalm 34:1

Psalm 47:1-2

Psalm 65:1-3

Psalm 89:5

Psalm 104

Psalm 150

Other: _____

Prayer for Ourselves First:

Philippians 3:10-11

Prayers in Ephesians 1 and 3

Other: _____

As you pray for the following groups, try to begin with appreciation and thanksgiving for each person and group. Ask God to show you specific needs to pray for in each section.

Prayer for Edmonds Church Leadership:

Governing Board members and their families

Pastor Courtney and Blake Alford

Volunteers

Other: _____

Prayer for the Edmonds Church and Connected Family:

- People struggling with health issues, both physical and mental
- Folks who are working through grief and loss
- Family relationships that are strained or broken
- People who are faced with difficult decisions
- People who are lonely
- Children, youth, and young adults, parents, grandparents, and senior adults

Other: _____

Prayer for Local Community:

- All the groups who use our church facilities
- Local government, police, fire department, schools, health care providers, food banks, homelessness, mental health providers, etc.
- Other churches in Edmonds and the surrounding areas

Other: _____

Prayer for the Pacific Northwest Association of the Church of God:

- Executive Director, Frank Borst
- Board of Directors
- PNA churches and staff

Other: _____

Prayer for our Nation:

- All state and national government officials
- Peace and unity

Other: _____

Prayer for our World:

- Victims of natural disasters
- Victims of war
- Victims of humanitarian crises: drought, famine, population displacement, political unrest, etc.
- Compassion and care for every person

Other: _____

As you end your prayer time, consider returning to PRAISE and THANKSGIVING.