

Good Things Grow Through Prayer:

24 Hours of Intercession to Begin Lent

Thank you for being part of this special day of collective intercession. The purpose of this document is to serve as a guide for your time of prayer. It contains three parts:

1. **A five-step prayer guide** to help structure your hour of prayer — (1) praise, (2) confession, (3) prayer and listening, (4) thanksgiving, and (5) sharing.
2. **Suggested topics of prayer.** We have broken the 24-hour period into six four-hour segments and suggested a different topic for each of them. These are provided to invite and inspire prayer — not limit it. We invite you to pray however and for whatever the Holy Spirit places on your heart; use these only as they are helpful. Also, at the end of the document there is a chart of Psalms, one assigned to each hour of the day. Please consider praying through the Psalm associated with your time.
3. **A link to [this form](#) where we'd like you to share feedback.** What did you experience during your time of prayer? Did the Lord speak to you in any way — by bringing Scripture, an image, a song, a phrase, or something else to mind? Even if you didn't experience anything, we want to know! You can share anonymously, and in doing so we are hopeful and expectant the Lord will reveal the ways in which he is moving and things he wants us to pay attention to.

We believe that prayer has the power to transform hearts, change outcomes, and reveal God's will in our lives and in our world — because Jesus tells us so:

“In that day you will ask nothing of me. Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you. Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full. — John 16:23-24

Stand confident that your prayer makes a difference, and the time you spend with the Lord matters. We are grateful to pray alongside you, and excited to see how God moves through it. Let's get to it.

1. Five-step prayer guide

We encourage you to pray however the Holy Spirit leads you. But to provide a bit of structure, we can suggest the following sequence:

1. **Praise.** Begin with a time of praise. Reflect on God and His nature — faithful, kind, loving, and so much more. Sing along or listen to a song from Resto's worship playlist ([Apple](#), [Spotify](#), [YouTube](#)) and/or recite a Psalm see table and/or hyperlinks in the tables below), reflect on the message, meditate, do whatever else reminds you of the goodness and glory of God.
2. **Confess.** Take a moment and a posture of humility before the Lord for repentance. Approach Him in truth and contrition, to receive mercy and grace, and lay down your burdens. You can use the confession from our [Anglican Book of Common prayer](#) (scroll to page 2-3), simply confess to God from your heart, or meditate on Psalm 51.

3. **Pray and listen.** Pray through the topic assigned to your hour as noted in the suggested prayer topics in section 2 below. We also encourage you to both tell God what you are thinking and also actively listen for what response you might receive. Be quiet; calm your mind. What thoughts come to you? Perhaps a verse of scripture, an image, or something else? We want to hear about these things in step 5.
4. **Thanksgiving.** Give thanks to God for His presence and grace, and especially for the time spent in prayer, however you'd like — through song ([Apple](#), [Spotify](#), [YouTube](#)), scripture (like Psalm 100), or your own words.
5. **Share about your experience.** We want to capture the ways that God speaks to us and moves throughout this time. Please take a minute to fill out [this simple form](#).

2. Suggested Prayer Topics

The topics below are meant to inspire and invite prayers — not limit them. You are encouraged to pray what is on your heart and in the manner you prefer. Psalms are included at the end of this document as another prayer aid, a specific one assigned to each time slot.

1. Block 1: Tuesday, 2/16 — 8pm to 12am — For ourselves

- a. **Praise God for his love for each of us.** He made you; He knows the essence of you and is excited about your potential; Praise for the blessings he bestows on us (how/when we sensed God's presence in our lives; specific blessings we have received from God).
- b. **Pray for:**
 - i. **Hope.** God is good; there can be change for the better! For our unanswered prayers.
 - ii. **Healing.** Physical, emotional, for whatever is troubling you now.
 - iii. **Freedom.** That the Lord will break walls that block us and chains that bind us.
 - iv. **Joy.** For the future because God is good and truly cares about you.
 - v. **Faith, trust, steadfastness in following Jesus.** That we would call on him even in times of quiet. That our eyes would continually be on Him. Through times of strife and times of peace.
 - vi. **Our standing with God.** Make our stand right with God; for repentance for ourselves; confess our sins and seek freedom from guilt and shame.
 - vii. **Fears, cares, and burdens.** Our insecurities, any negative emotions (fears for the present; health; hopes; how to be faithful to God casting our cares on Him — surrender our burdens for rest Matt 11:28.)
 - viii. **Spiritual growth.** To hear God's voice; to know God more and walk with Him; to receive an outpouring of the Holy Spirit and times of refreshing; revival; renewal; not our will but God's will be done John 5:30.
 - ix. **For Jesus to shine through us and bring others to him.**

Block 1—ourselves	8pm Psalm 1	9pm Psalm 143	10pm Psalm 142	11pm Psalm 141
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2. Block 2: Wednesday, 2/17 — 12am to 4am — For our homes & families

- a. **Relationships.** Thanks for the friends and family members we have. Pray for the spouses for those who are married; a spouse for those who wish to be married;

peace for those who have lost a spouse; fulfillment and joy for those who will not be married in this life; relationships with extended family; and the lonely — including the lonely who are surrounded by people.

- b. **Children.** For each child; for those who wish to have children; peace for those who have lost a child; good relationships between siblings; for a child gone astray; for children to develop their relationship with Jesus.
- c. **Challenges.** Chaotic households; abusive parents/other adult family members; foster parents and those who try to help; children placed for adoption — their birth families and adoptive families; healing for all those who bear the scars of challenges.

Block 2—family	12am Psalm 133	1am Psalm 128	2am Psalm 127	3am Psalm 131
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3. Block 3: Wednesday, 2/17 — 4am to 8am — For our work & finances

- a. **Everyday tasks.** Praise God for another day of life on earth. How to glorify God in housework, yardwork, shopping, repairs and everything we do today.
- b. **Our work.** That we can glorify God through honest work; how many hours to work or how much money to earn; fairness toward employers and employees; interpersonal issues at work.
- c. **Managing finances/assets.** Wisdom on how to manage the assets and/or debts we have.
- d. **Economy.** Jobs for the unemployed — especially the poor; relief for those who need money now; opportunities for all who seek work — especially the underclass(es), disabled, those with chronic health issues, those with negative histories.

Block 3—work	4am Psalm 34	5am Psalm 112	6am Psalm 49	7am Psalm 126
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4. Block 4: Wednesday, 2/17 — 8am to 12pm — Our church, community, & outreach partners

- a. **To be a Spirit-filled church.** Thanks for our church and Christian friends and family members. For increasing intimacy with God; for deeper maturity, for new believers. To embody our name — restoration — of all things through God’s power.
- b. **Our ministries:** Children, teenagers, men, women, Nav20/30s.
- c. **Staff.** David, Nathan, Beth, Scott, Isaiah, Ryan, Abigail, Kat, Louise, Lexi, Endel, and most especially Chris Stephens, our new director of worship arts. Pray that he is able to finish well at his current church, have a smooth and safe transition to Arlington, find a home, and feel God’s peace and guiding hand in the midst of a big transition.
- d. **Volunteers.** Those who volunteer in so many capacities, including the Sunday in-person services and for various of our outreach partners below.
- e. **Resto’s outreach.** RILA, Glebe Elementary School, AFAC, Rock Recovery, Navs 20/30s, Niños con Valor, La Trinidad, West Asia, Cambodia, Anglican Frontier Missions, Anglican Relief & Development, others.

Block 4—church	8am Psalm 132	9am Psalm 122	10am Psalm 106	11am Psalm 19
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5. **Block 5: Wednesday 2/17 — 12pm to 4pm — For our nation, people, and culture**
- Our nation.** Praise God that we live in a country that has been richly blessed.
 - Our national culture.** Praise for a culture of freedoms, for diffusing tension and anger; encouraging civility and mutual respect; balanced and accurate information flows; ability to negotiate and implement trade-off decisions that are fair to all parties; creating avenues of hope and opportunity for those who are held down.
 - Government.** Response to the pandemic; “good government” — fair elections, reducing graft/corruption, increasing civility and professionalism.
 - Loving our neighbors.** Outreach to least reached people groups within the U.S.

Block 5—nation	12pm Psalm 85	1pm Psalm 89	2pm Psalm 105	3pm Psalm 9
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6. **Block 6: Wednesday 2/17 — 4pm to 7pm — For the world**
- Praise.** Praise God for the rich diversity of peoples, cultures, topographies, climates. The world proclaims His richness and power.
 - Pandemic.** Managing the disease; manage the economic impact; healing for the damage to relationships from social distancing.
 - Worldwide Church.** Spiritual health of church bodies world-wide; effectiveness of their ministries; needs of their members; relationships with their governments, between Christian denominations and with local majority religions.
 - Refugees.** To know the comfort of the Lord in harrowing conditions.
 - Human Trafficking.** To be delivered from their bondage and find justice.
 - Peace.** In conflict regions like Syria, the Far East, etc.

Block 6—world	4pm Psalm 24	5pm Psalm 2	6pm Psalm 47
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7. **Block 7: Wednesday, 2/17 — 7pm to 8pm — Worship Service**

3. Feedback sharing form. Please fill out [this form](#) to share about your prayer time.