



The Lord's Prayer

Use The Lord's Prayer as a template for concluding this time of prayer.

Matthew 6:9-13 (KJV)

Our Father, who art in Heaven
Hallowed be thy name

Spend a few moments praising the Holy name of God

Thy Kingdom come, Thy will be done,
On earth as it is in Heaven

Spend a few moments asking God to reveal His will for you

Give us this day our daily bread

Pray for those who are hungry, physically and spiritually

Praise God for the sustenance He provides

And forgive us our debts, as we forgive our debtors.

Acknowledge the sin in your life

Praise God for His cleansing power

And lead us not into temptation, but deliver us from evil.

Claim the truths of Scripture

"The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure." 1 Corinthians 10:13, NLT

"Submit yourselves, then, to God. Resist the devil, and he will flee from you." James 4:7, NIV

For thine is the kingdom, and the power, and the glory, forever.

Acknowledge God's reign

Amen.

Resources used

www.blueletterbible.org

<http://www.salvationarmyethics.org/wp-content/uploads/2014/07/2014-Prayer-Guide.pdf>

"The Luggage of Life"



Guided Prayer Walk

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*Then Jesus said, "Come to me..."
Matthew 11:28 (NLT)*



Taking on His Yoke

Scripture Says:

Those who say they live in God should live their lives as Jesus did.
1 John 2:6 (NLT)

In your relationships with one another, have the same mindset as
Christ Jesus.
Philippians 2:5 (NIRV)

Read Philippians 2:1-8; Allow the Scripture to Inspire Prayer

Pray:

- For forgiveness for times of selfishness and pride
- For broken relationships in your life and the lives of those around you
- That God would assist you in becoming more like Christ
 - Allow God to point out areas that are not like Christ

Praise God

- For His amazing grace and a work in your life that is not complete (Read Philippians 1:6)

When you are ready, find another place to pause and pray.



Sharing His Burden Highlight on Human Trafficking

Pray For:

- A heart that is broken by the plight of trafficked people
- Those trafficked around the world
- Those organizations working to free trafficked people
- The traffickers, that they will repent

When you are ready, find one more place to stop and pray.

Then Jesus said, "Come to me," all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and my burden is light."

Matthew 11:28-30 (NLT)

Search for a quiet place to begin your time of prayer.



Naming the Heavy Burdens

Scripture Says:

Give your burdens to the Lord, and he will take care of you.
Psalm 55:22a (NLT)

Search me, O God, and know my heart; test me and know my anxious thoughts.

Psalm 139:23 (NLT)

Allow God the Opportunity to Search Your Heart

Pray:

- That God would quiet your thoughts, enabling you to commune with Him in these moments
- That God would lighten the burdens you have been carrying
- That God would give you the courage to trust Him to meet your deepest needs

Praise God

- For His genuine care for you, His masterpiece (Read Eph.2:10)

When you are ready, move to another place to continue in this time of prayer.