

The background is a complex abstract composition. It features large, overlapping triangles in shades of teal and red. In the center, there is a large triangle with a dark wood-grain texture. The text is overlaid on this central triangle.

PRAYERS OF THE PEOPLE

A RESOURCE GUIDE

PRAYER FOR DELIVERANCE: HEZEKIAH

Hezekiah's story reminds us that prayer is not our last line of defense—it's our first act of faith. When we choose prayer over panic, we open the door for God's power to show up in undeniable ways. Let your need become a platform for His glory.



1

Begin with a God-conscious perspective: Acknowledge God's Sovereignty

"O LORD of hosts, God of Israel... You made heaven and earth." (Isaiah 37:16)

Start your prayer by reminding your heart who God is. Meditate on His attributes—His holiness, His power, His compassion—and let that be the foundation of your prayer.

Pray: "Our Father, who art in heaven, hallowed be your name. I thank you that you are in control of all things".



2

Lay your challenge /crisis before the Lord: Be Honest, Not Helpless

"Hezekiah went up to the temple of the Lord and spread it out before the Lord." (Isaiah 37:14)

Lay your need plainly before God—whether it's a diagnosis, a fear, a threat, or a heartbreak.

Pray: "Lord, here is what I'm facing... I don't have the strength, but I know You do. I lay it before You."



3

Ask for Deliverance: But for His Glory, Not Just Your Comfort

"Deliver us... so that all the kingdoms of the earth may know that you alone, LORD, are God." (Isaiah 37:20)

Make God's glory your goal. Don't just ask to be rescued, or for God to fix/take away the problem—ask for Him to reveal Himself through your story.

Pray: "Lord, I pray for deliverance so that I might experience your glory and others around me would also see your glory revealed." Would the world see you and know you because of what you will do.

PRAYER FOR DELIVERANCE: HEZEKIAH



4

Surrender the Battle: Trust His Power Over Your Own

"With us is the LORD our God to help us and to fight our battles." (2 Chronicles 32:8)

You don't have to figure it out. You don't have to be enough. God never asked you to carry it—He asked you to trust Him.

Pray: "God, I release this battle to You. I won't fight in my own strength. I trust You to defend and deliver."



5

Believe for Breakthrough: Because You Prayed

"Because you have prayed to me... I have heard you." (Isaiah 37:21)

Believe that your prayer matters. The Valley of Giants in your life may become your Baal-Perazim—your breakthrough place.

Pray: "Father, thank You for hearing me. I believe You are working even now. Let this place of pressure become a place of breakthrough—for Your name."

INTERCESSORY PRAYER: MOSES

Remember, we are invited to come before God in prayer for others. It is a privilege to intercede on behalf of others. God looks for intercessors.

PRAYER STEPS

- Ask the Holy Spirit who He may be leading you to pray for. It may be people you have difficulty loving or liking.
- Ask the Holy Spirit for a loving & compassionate heart for those you find it difficult to pray for.
- See yourself as more like than unlike those you pray for – enter into empathy.
- Pray according to God's character – His mercy, His love, His glory, His faithfulness.

PRAYER THAT PERSISTS: MOSES

G

God has called us to have bold faith in who He is and what He has promised

- What promise is God calling you to boldly believe today?
 - God created us and knows us (Ps. 139)
 - God chose us (Ps. 33:12, 2 Pet. 2:9)
 - God is always with us (Deut. 31:8)
 - God never forgets us (Is. 49:15-16)
 - God watches over our lives (Ps. 121)
 - God strengthens us and helps us (Is. 41:10)
 - God fights for us (Ex. 14:14, Deut. 1:30, Deut. 3:22)
 - God rewards us when we love our enemies (Lk. 6:35)
 - God is kind and cares for us (Ex. 34:6-7)
 - God always teaches and guides us (Ps. 32:8)
 - God is our hiding place and refuge (Ps. 32:7, Ps. 46:1)
 - God protects us from the Evil One (2 Thess. 3:3)
 - God comforts us (Is. 66:13, 2 Cor. 1:3-4)
 - God exalts the humble (Jam. 4:10)
 - God meets all our needs (Phil. 4:19)
 - God gives us rest (Mat. 11:28)
 - God always forgives us when we confess to Him (1 John 1:9)
 - God gives us victory over death (1 Cor. 15:3-4, 54-57)
 - Jesus is the way, the truth, and the life (John 14:1-7)

G

God invites us to pray persistently

- Read Luke 11:5-13 and Luke 18:1-8. What is on your heart to pray for persistently starting today?

PRAYER THAT PERSISTS: MOSES



When praying persistently is painful, God comes close to us and cares for our deepest needs

- What do you find painful to pray for right now?
- Where is Jesus in that pain?
- How is he caring for you as you pray?



God's voice is not limited to our expectations of Him

- What expectations do you have of God today?
 - Expectations of who God is
 - Expectations of how God speaks
 - Expectations of how God has spoken and acted in the past
 - Expectations of how much (or little) God cares for me
 - Expectations of how much (or little) God cares for others
 - Expectations of when God will answer
 - Expectations of how God will answer
 - Expectations of priorities (that God's priorities are my priorities / vice versa)
 - Expectations that God does not hear me
- Rather than ignoring them, take some time to be honest about these expectations and place them one-by-one into Jesus' hands
- Take some time to pray a prayer of openness to God in however He desires to speak

PRAYER OF REPENTANCE: DAVID

We can cultivate a posture of soft-heartedness that allows us to avoid places where sin ensnares us and instead places us in a position of victory over sin as we bring sin into the light and nail it to the cross.

Two questions we can ask at the end of a week that help us maintain soft hearts before God. They come from a prayer practice called the Prayer of Examen:



1

Holy Spirit bring to mind the people I interacted with this week – when did I speak words that were honoring to you? Thank you for giving me wisdom to do that. Were there moments when my words or actions towards others were ungodly? (be specific) If so, forgive me and give me the courage to repent and make it right.



2

Holy Spirit bring to mind the activities I engaged in this week. What were things that were joyful to me and pleasing to you? Were there any unguarded moments where my heart or mind wandered into things that were harmful to me and displeasing to you? (be specific) If so, forgive me my sin and renew me. Help me to change and become more like you.

PRAYER OF REAL FAITH: FATHER OF THE AFFLICTED BOY



A

prayer of real faith:

- **Is rightly placed in Jesus alone.** Have we been paying lip-service to prayer but actually placing our trust in other places?
- **Is honest with doubt and fear.** We come to Jesus exactly how we are.
- **Keeps coming to Jesus for Jesus is the only one who can give us faith.**
- **Has some faith, enough to say, “I believe, help my unbelief.”** Are we guilty of not having little faith but of actually having zero faith? What are things you believe God cannot, will not do? Is there a need to repent, not of doubt but of total unbelief?

DANIEL'S LIFE OF PRAYER

As exiles and foreigners in this world we will be pulled and squeezed by our culture. We will be pressured to assimilate, pressured to become more like than unlike the world. But prayer keeps us focused on our true home. Prayer allows us to become intentional about our role as priests in God's kingdom, as His representatives on this earth. Prayer is our great privilege and responsibility.

Yet I know how sometimes prayer can feel like a chore, like a burden, it can feel as though nothing is really being accomplished. To build a life of prayer we can take our lessons from Daniel's life of prayer.



1

Be consistent: Try and develop places in your everyday rhythm of life where you can pray.



2

Be focused: If you want, you can use God's creation around you, or a biblical image, or a scripture verse, to remind you that when you pray heaven hears you, your true home is responding to your prayer. It goes up as incense before the Lord.



3

Be intentional: Sometimes move your body into the posture of your heart: raise your hands, lift your eyes to the heavens or the hills, kneel, lay face down. Engage your whole being in the act of prayer.



4

Be passionate: Ask God to give you his heart for the needs of those you pray for. Ask him to fill your heart with love, compassion, and grief. Seek out people you've prayed for to hear how things are going and pray for them in that moment.

AARON'S PRAYER OF BLESSING



1

Reflect on the blessings you have received from God. Read Numbers 6:24–26, Ephesians 1:2–14, Ephesians 3:14–21.



2

Ask God to bring a person to mind. Take some time to pray a prayer of blessing over them. Start with Numbers 6 and then pray as you feel led.

Numbers 6:24-26 (NIV)

“The Lord bless you (God’s presence, promises, favor)
and keep you; (protection & provision)
the Lord make his face shine on you (delight, joy)
and be gracious to you; (grace, mercy, kindness)
the Lord turn his face toward you (presence, attention)
and give you peace.” (peace)

NEHEMIAH: PRAYER & ACTION

REFLECTION QUESTIONS

PRAY

1. **What burden has God placed on your heart in prayer?**
 - Is it for a person, a group, a community, or a situation?
2. **How has God been shaping your heart through prayer?**
 - What convictions, emotions, or ideas have stirred as you've prayed?
3. **Do you tend to use prayer as a way to *avoid* action or as a way to *prepare* for it?**
 - Why do you think that is?

PARTNER

4. **Are you willing to be part of the answer to your own prayers?**
 - What might that look like in your current season of life?
5. **When have you sensed God prompting you to act—and how did you respond?**
 - Were you hesitant? Courageous? Passive? Obedient?

PARTICIPATE

6. **What step of faith is God calling you to take next?**
 - Is it speaking up? Serving? Giving? Reconciling? Leading?
7. **How might your unique gifts, relationships, or resources be used to build God's kingdom?**
 - Are you available for God's use—or just aware of the needs?

NEHEMIAH: PRAYER & ACTION

ACTION STEPS



1

Identify & Intercede

- Write down one **Kingdom burden** you've been praying about (e.g., a person, a situation, injustice, local ministry).
- Spend focused time this week in prayer **every day** for that burden—invite God to not only move, but to move in you.



2

Ask: "God, use me."

- Make it your prayer this week: "Lord, how do You want me to partner with You in this?"—then pause and listen.
- Journal or share with someone what you sense God is calling you to do.



3

Do One Thing

Take a concrete step that moves you from prayer to action:

- Make the phone call.
- Have the conversation.
- Sign up to serve.
- Meet a practical need.
- Invite someone to church.