

Holy Week 24/7 Prayer: Suggested Prayer Outline

Thank you for responding to the invitation to be part of a week of prayer at NLCC.

This 1 hour of prayer is an opportunity for us to interact with the reality of Christ's redeeming death on the cross. Let us remember that Jesus died to set us free from sin, confess those things that alienate us from God, receive the healing available to us through Christ's suffering, and experience God's grace and love as we bring our burdens to the foot of the cross.

We encourage you to use one of the prayer rooms at either the Walnut Grove, Willowbrook, or Aldergrove campus if you have signed up to pray during the Prayer Room Hours listed on our website. [NLCC.ca/247](https://nlcc.ca/247)

Wherever you are praying, consider writing down some of your thoughts—what did you sense, feel, read, or hear? You are welcomed to send insights and impressions to prayer@nlcc.ca; these will be compiled and forwarded for the encouragement of our pastoral staff and elders.

Below is an optional outline for your time of prayer and meditation.

Prayer outline

1. Spend some time focusing your heart and mind on Jesus (15 minutes)

A. Listen to a worship song about the events of Jesus' suffering, death, and/or resurrection.

(links to YouTube; or any streaming platform)

- [How Deep the Father's Love for Us](#)

- [Christus Victor \(Amen\)](#)

- [We Fall Down](#)

- [Thank You Jesus for the Blood](#)

- [Living Hope](#)

- [Son of Suffering](#)

B. Read a scripture passage.

- [Philippians 2:1-11 NIV - Imitating Christ's Humility - Bible Gateway](#)

- [Isaiah 53:1-12 NIV - Who has believed our message and to - Bible Gateway](#)

C. Ask God to speak to you.

D. Re-read the scripture passage and listen for a word or phrase that the Holy Spirit is highlighting for you.

2. Confess anything that has come between you and God (15 minutes)

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:8-9

For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin— because anyone who has died has been set free from sin. Romans 6: 6-7

We have sinned and done wrong. We have been wicked and have rebelled; we have turned away from your commands and laws... We and our kings, our princes and our ancestors are covered with shame, Lord, because we have sinned against you. Daniel 9:5, 8

3. Requests (15 minutes)

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Hebrews 4:14-16

- A. Pray for those who are suffering due to war, poverty, persecution, illness, or injustice.
- B. Ask God to help you forgive those who have hurt you.
- C. Ask God to bring healing to any area of brokenness in your life.

4. Thanksgiving (15 minutes)

Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.

Hebrews 13:15

- A. Ask the Lord to bring to mind specific ways that He has been at work in your life over the past few weeks of lent. Thank Him for these things.
- B. Reflect on Jesus' sacrifice in his suffering through his arrest, trial, and death on the cross to give you the gift of salvation. Share with God your thanksgiving for this gift and express how it impacts your life.
- C. The resurrection of Jesus gives us deep hope in both the joys and the struggles of our own life. Share with God the areas of your life where you see his hope at work. If there is a part of life that feels devoid of hope, bring that to the Lord. Can this lack be something to lament/mourn with God? Honestly bring your heartache to Him, and then ask God by the power of his Holy Spirit to fill you with His hope.
Romans 15:13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.