

Guided Prayer

Let's pause

Let's close our eyes and take a few deep breaths.

The world is fast, lot of things are vying for our attention, but let's let that go for now.

Let go of all the things you were planning to do today, the things that you have to do this week, right now, let's drop all that and focus on Jesus.

I want you to picture yourself going to a quiet place, a place where only you know – a place where you feel peaceful. There, Jesus is waiting to spend some time with you.

Take a moment to get there. *(pause)*

Take a seat next to Jesus, He is eager to speak with you. The first question he asks you is –

"How are you?" He wants you to come honestly. He already knows everything going on in your life, and there is nothing that would shock Him. Just honestly spend some time to tell him how you are really doing. Don't worry about using the right words or saying it sound good – just say it from the heart. Let him know your worries, your difficulties, your frustrations or your fears. He wants to hear you. *(pause)*

He then asks you, **"what do you need?"** He is asking as your **Father**, who can and wants to give you everything. So, don't hold back and tell Him honestly all that you need. "Is there anything too hard for God?" Do you need guidance? Do you need a new job? Do you need to meet the right person? Ask him from your heart and trust that He will give you the best. *(pause)*

Then spend some time to **give thanks to God**. What are some joys in your life? Tell Him that you are grateful for those things. *(pause)*

Then ask Him **"is there anything that I need to do now?"** How can the Lord use you now?

- Is there a friend that may be going through a tough time now that you should get in touch with?
- Is there someone you need forgiveness from? Is there someone you need to forgive?
- Is there some calling from God that you've avoided or feel pressed to answer?

Take a moment to listen for His answer.

Then, let's come together – pray for the person next to you. Pray blessings over that person. If you know the struggles they are going through, pray for that. If not, pray for their well being, particularly in their daily lives (do they work, do they study in school, do they own a business?).

The leader closes with a personal, honest prayer to God for the people that are gathered in prayer.



To One Another

Because of what Jesus has done for us

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English, Korean, and Spanish Speaking Young Adults Ministries

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