

Friday, September 13, 2024



Pray with Us

Join us for a Day of Prayer with Chatham Women.

@chathamwomen | #chathamwomenpray | chatham bible church.org

Chatham Women,

We'd love for you to join our team for a Day of Prayer for women in our own community and around the world. On Friday, September 13th, once every hour from 8 a.m. to 8 p.m. we want women to go before the throne to intercede for various groups of women.

What is the Chatham Women Day of Prayer?

Our team has created a Prayer Guide (below) for you to follow throughout the day. For each hour, we've identified a group of women that we'd like to specifically lift up to the Lord as a community, and we included scripture to guide your time. In the Guide below, you'll find the prayer prompts and scripture, as well as a guide for personal prayer before you begin the 8 a.m. prompt. You can print out a PDF version by downloading this document or view it digitally. In addition, we'll post the prompts on Realm prior to and throughout the day on Friday, September 13th. Our prompts are only meant as a guide, so feel free to also pray for other groups of women as the Lord brings them to mind.

Do I need to do anything to prepare?

Not necessarily. If you'd like, you might print out the Prayer Guide to have it available on the counter, on the fridge, or tucked in your pocket. Or you might consider taking a screenshot of the digital guide. Another helpful idea is to set an alarm on your phone to watch for each hour to remind you it's time to pray.

What if I can't make the organized times or miss one of the hours?

With a large, diverse community, we understand that everyone's days look different. There's nothing special about the 8 a.m. – 8 p.m. selection, so we encourage you to pick your own times to pray. If you miss one of the hours, don't worry. Just pray when you remember or combine one or a few of the prompts.

What else can I do?

There are many ways to take this Day of Prayer further. Ahead of time, you can:

- Reach out to family and friends, a women's group you're in (online or in your community), or another church and invite them to pray with you. At the end of the day you could organize a phone or video call to pray together and encourage one another.
- Involve your children and/or husband in some of the prayer times. Share with them about the Day of Prayer for women and let them pray with you.
- Ask specific women in your life for their particular prayer requests. Pray for them by name when the time comes.

- Text or email women you know to let them know how you prayed for them.
- Consider fasting. There are many variations of this—fasting from food all day or from one meal, fasting from technology or other things that you typically rely on. Please consider your own health and dietary needs.

Even if you've never participated in organized prayer before, we encourage you to join us! As believers, we're to "pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints" (Eph. 6:18). It doesn't have to be fancy. You can pray while making breakfast, between work meetings or school assignments, at lunch, or even at bedtime. If things are busy around you, it's okay to pray quickly or quietly in your heart.

James tells us that the "prayer of a righteous person is very powerful in its effect" (Jam. 5:16). Together, let's ask God for mercy and hope for women in all walks of life.

The Chatham Women's Ministry Team

Chatham Women Day of Prayer

Prayer Guide

Friday, September 13, 2024

Begin the Day:

Personal Devotion and Prayer Through Psalm 130

Before you begin praying for other women throughout the day, we invite you to spend some time praying for your own heart and life. Begin by reading Psalm 130 and then pray through some or all of the suggested topics that follow.

Psalm 130 | My Soul Waits for the Lord

[1] *Out of the depths I cry to you, O LORD!*

[2] *O Lord, hear my voice!*

Let your ears be attentive

to the voice of my pleas for mercy!

[3] *If you, O LORD, should mark iniquities,*

O Lord, who could stand?

[4] *But with you there is forgiveness,*

that you may be feared.

[5] *I wait for the LORD, my soul waits,*

and in his word I hope;

[6] *my soul waits for the Lord*

more than watchmen for the morning,

more than watchmen for the morning.

[7] *O Israel, hope in the LORD!*

For with the LORD there is steadfast love,

and with him is plentiful redemption.

[8] *And he will redeem Israel*

from all his iniquities.

1. Cry Out to the Lord

Tell the Lord about the depths of your own struggles. Cry out to him about your hurts, fears, insecurities, and needs.

[1] Out of the depths I cry to you, O LORD!

[2] O Lord, hear my voice!

Let your ears be attentive

to the voice of my pleas for mercy!

2. Confess Your Sin and Give Thanks for Forgiveness

Struggle and suffering often highlights our sin. Confess to the Lord sin that has become evident in your life. Consider sins against others (your spouse, children, friends, family members, etc.) and sins against the Lord. Ask him for forgiveness and thank him that he gives it freely through Christ.

[3] If you, O LORD, should mark iniquities,

O Lord, who could stand?

[4] But with you there is forgiveness,

that you may be feared.

3. Reflect on Your Hope

Consider what you're hoping in as you wait for the Lord's return. In biblical times, night watchmen eagerly waited for the morning light when they could be relieved of their duty and rest. Even more than that, the psalmist says his soul hopes in the Lord. As you wait and pray, ask the Lord to give you an even deeper hope in His word and presence to sustain you.

[5] I wait for the LORD, my soul waits,

and in his word I hope;

[6] my soul waits for the Lord

more than watchmen for the morning,

more than watchmen for the morning.

4. Remember and Rejoice in God's Character and Promises

Remember demonstrations of the Lord's love for his people throughout scripture and in your own life. Rejoice in his promises of love and redemption for his people. Ask him to pour out his steadfast love on you and your family and bring plentiful redemption.

[7] O Israel, hope in the LORD!

For with the LORD there is steadfast love,

and with him is plentiful redemption.

[8] And he will redeem Israel

from all his iniquities.

Prayer Throughout the Day:

Women Praying for Women; Every Hour, on the Hour

For each group of women below, you'll find a scripture verse that you can use to guide your prayer. You might also consider making Psalm 130:7-8 a refrain of prayer throughout the day.

Though we may have different needs depending on our circumstances, we have shared needs as well. Pray that every woman will hope in the Lord, know deeply his steadfast love, and experience his plentiful redemption.

**Note: We acknowledge there are many groups and types of women who need prayer. This list is not meant to be exhaustive. Please feel free to pray for other women or groups of women as God brings them to mind.*

8 a.m.

Women in our church.

We have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God. -Colossians 1:9-10

9 a.m.

Women in your neighborhood.

And her neighbors and relatives heard that the Lord had shown great mercy to her, and they rejoiced with her. -Luke 1:58

10 a.m.

Women around the world: those living in other states and countries, missionaries, etc.

*He has remembered his steadfast love and faithfulness to the house of Israel.
All the ends of the earth have seen the salvation of our God. -Psalm 98:3*

11 a.m.

Women who go to work.

Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive inheritance as your reward. You are serving the Lord Christ. -Colossians 3:23-24

12 p.m.

Women who work at home.

*Give her of the fruit of her hands,
and let her works praise her in the gates. -Proverbs 31:31*

1 p.m.

Women who are sick.

*When he went ashore he saw a great crowd, and he had compassion on them and healed their sick.
-Matthew 14:14*

2 p.m.

Women with mental illness.

*And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
-Philippians 4:7*

3 p.m.

Women who are grieving.

The LORD is near to the brokenhearted and saves the crushed in spirit. -Psalm 34:18

4 p.m.

Women caring for a child who has special needs or health concerns.

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. -Isaiah 41:10

5 p.m.

Women in unsafe or domestic abuse situations.

For he will command his angels concerning you to guard you in all your ways. -Psalm 91:11

6 p.m.

Women who are weary.

They who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. -Isaiah 40:31

7 p.m.

Women who are lonely.

*In my distress I called upon the Lord;
to my God I cried for help.
From his temple he heard my voice,
and my cry to him reached his ears. -Psalm 18:6*

8 p.m.

Women who haven't trusted Christ for salvation.

So faith comes from hearing, and hearing through the word of Christ. -Romans 10:17