

Need Prayer?

Call (Toll-free) at: 1-800-251-2468

E-mail: prayer@upperroom.org

Online: Prayer-Center.Upperroom.org/Prayer-Wall
www.upperroom.org/prayer

Find us on:

 Facebook: UpperRoomLPC

 Twitter: @UpperRoomLPC

 Instagram: UpperRoomLPC

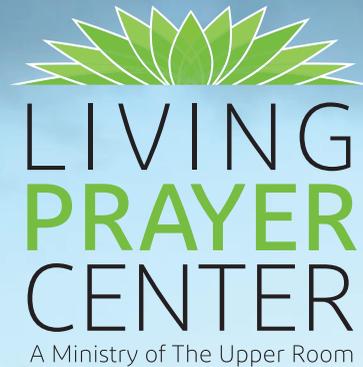
For information, please contact:

The Upper Room Living Prayer Center

P.O. Box 340004

Nashville, TN 37203-0004

E-mail: prayer@upperroom.org



PRAY WHERE YOU ARE

You are not alone . . .
others will be praying.

For this vigil, select a quiet place where you will not be interrupted.
You will need a pencil and a piece of paper.

There are certain basic ingredients which should be included in our praying. These can be easily remembered by the word acts, which is composed of the first letters of the following words: adoration, confession, thanksgiving, and supplication. This outline provides a guideline, and not a sequence which must be rigidly followed.

You will discover, as you use this simple guide in this time which has chosen you, that this is a helpful resource for other prayer times as well. Read the guide through quickly, then come back to "The first movement in prayer . . ." and begin your prayer experience, centering on the presence of God.

The first movement in prayer is focus-centering on the presence of God. As you begin this time of prayer, deliberately put yourself into the presence of God. This is a decision you make, regardless of feeling. Begin now to open yourself to God. Pray something like this:

Here I am, Lord. I am here to meet you. I acknowledge your presence. I am going to spend this time with you. Help me to realize that I am in your presence, you are with me, even though I may not feel your presence. Amen

These are the words of the Lord God ...: Come back, keep peace, and you will be safe; in stillness and in staying quiet, there lies your strength. (Isa. 30:15, NEB)

Adoration

After centering upon God, our movement is into adoration. To adore God is to worship and praise him in our hearts, in our minds, and with our lips. To begin, read aloud the following psalm:

O come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods. In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it; for his hands formed the dry land. O come, let us worship and bow down, let us kneel before the Lord, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand. (Psalm 95:1-7, RSV)

Now take a few minutes to praise and adore God in your own words.

Confession

Next, we move to confession as we examine ourselves and clarify our vision of who we are before God. Isaiah said it for all of us:

But your iniquities have made a separation between you and your God, and your sin have hid his face from you so that he does not hear. (Isa. 59: 2, RSV)

John gave us the hope:

If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness. (1 John 1:9, RSV)

Begin at a personal level. What do you need to confess? Be specific by writing your confession.

We are also involved in corporate sin. Isaiah realized this, too:

Woe is me! For I am lost; for I am a man of unclean lips, and I dwell in the midst of people of unclean lips.... (Isa. 6:5, RSV)

Not only do we need to confess our personal sins, but those of our church, our community, and our nation. Do that now. Again, write this part of your confession.

Thanksgiving

After confession comes thanksgiving, which is the overflow of a grateful life. This should always be a part of our praying, as Paul reminded us:

Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. (1 Thess. 5:16-18, RSV)

Prayerfully recall at least three specific things for which you are thankful. Speak those aloud, and after each, say "Thank You, Father!"

Supplication

Adoration, confession, and thanksgiving help prepare us for supplication.

Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Phil. 4:6, RSV)

Supplication is an intense word. It is intercession and petition combined a kind of brooding, longing act of remembrance.

In your heart now, name some particular persons for whom you wish to pray. Hold these in your mind in the presence of God for three or four minutes, asking God to meet their needs.

Next, visualize your church. Center upon two of its most crucial needs. How can you help to meet these needs? Verbalize aloud intense longing that you and your church will find fulfillment in ministry.

Now . . . hold our nation and world up to God. Imagine that you are able to take our nation and world (as though it were a globe) tenderly in your hands. Raise your hands as you symbolically lift our world to God. Take your time each of the following:

the hunger of the poor,
the desperation of those without jobs,
the anguish of a war-torn-people,
the frustration of governmental leaders,
the futility of the wealthy who have no meaning,
the despair of prisoners,
the helplessness of the elderly,
the fear of the terminally ill,
the questioning of the young.

Lift all your feelings in an act of surrender to God. If you sense the desperation of persons and feel the anguish of your own inadequacy as you cry out to God, You have experienced supplication.

As a part of your participation in this "Pray – Where – You – Are" Vigil, claim the promise of God as contained in 2 Chronicles 7:14:

If my people who are called by my name humble themselves, and pray and seek my face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin and heal their land. (RSV)

In two or three sentences, write what this scripture tells you to do.

Commitment

As a final act in this time of prayer, in your own words, commit to God the new person you have just become!

The Time Chooses You!

Your time is circled below.

Use that time wherever you are as a part of a continuous vigil of prayer.

You are not alone . . . others will be praying.

Midnight			
12:00	3:00	6:00	9:00
12:15	3:15	6:15	9:15
12:30	3:30	6:30	9:30
12:45	3:45	6:45	9:45
1:00	4:00	7:00	10:00
1:15	4:15	7:15	10:15
1:30	4:30	7:30	10:30
1:45	4:45	7:45	10:45
2:00	5:00	8:00	11:00
2:15	5:15	8:15	11:15
2:30	5:30	8:30	11:30
2:45	5:45	8:45	11:45

Noon			
12:00	3:00	6:00	9:00
12:15	3:15	6:15	9:15
12:30	3:30	6:30	9:30
12:45	3:45	6:45	9:45
1:00	4:00	7:00	10:00
1:15	4:15	7:15	10:15
1:30	4:30	7:30	10:30
1:45	4:45	7:45	10:45
2:00	5:00	8:00	11:00
2:15	5:15	8:15	11:15
2:30	5:30	8:30	11:30
2:45	5:45	8:45	11:45

