



Prayer Vigil

LONGVIEW COMMUNITY
CHURCH

APRIL 9-10, 2020

Below is a suggestion for how you might spend your hour in prayer. This is just a suggestion. Please feel free to approach this hour in whatever way that most helps you connect with God. There are other resources on the table that may be useful. Also, don't feel pressure to get through the whole guide. May God bless you as you enter this time of prayer.

1. Silence and Preparation

- Consider these words from Psalm 62:5-8

*For God alone, O my soul, wait in silence,
for my hope is from him.*

*⁶ He only is my rock and my salvation,
my fortress; I shall not be shaken.*

*⁷ On God rests my salvation and my glory;
my mighty rock, my refuge is God.*

*⁸ Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us. Selah*

- Begin with a few minutes of silence to center yourself
- Think of a centering word that you can come back to if your mind wanders throughout this prayer time. It might be a word like “grace,” “hope,” “listen,” “peace,” “Jesus,” etc.
- After a few minutes in silence call ask God that his will would be done in this hour.

2. Thanksgiving and Adoration

- Prayerfully reflect on Psalm 100.

*Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.*

*For the LORD is good and his love endures forever; His faithfulness
continues through all generations.*

- For the next 10-15 minutes spend some time praising and thanking God.
- If it helps you to focus come up with a list of 10-15 specific things that you are grateful to God for.

3. Confession

- Confident in God's love and provision we now turn to a time of confession.
- Prayerfully consider these words from Psalm 139

*Search me, O God, and know my heart;
test me and know my thoughts.
See if there is any wicked way in me,
and lead me in the way everlasting.*

- Consider working through these steps of seeking reconciliation with God. (From Richard Foster's *Celebration of Discipline*):

1. Examination of conscience

Here Foster says, "we are inviting God to move upon our heart and show us areas that need his forgiving and healing touch." These could be either things we have committed or omitted.

Perhaps you might begin by praying, "Spirit of God show me what you are calling me to turn away from, or what you are calling me to take up."

2. Confess our sins

As things are revealed, we confess our sin, acknowledge our regret, and take responsibility for what we have done or failed to do. Foster encourages us to name our sins specifically.

3. Seek Repentance

Having acknowledged our sin, we then ask God to help us turn away from sin and pursue righteousness. Consider the following questions - What follow-up might be needed? Do I need to reconcile with someone? Are there changes I can make that will help me avoid falling back into unhealthy patterns of living?

4. Receive God's forgiveness

We end by confidently receiving God's mercy and resting in the hope that, "he is faithful and just to forgive us our sins" (1 John 1)

- For the next 10-15 minutes enter into the practice of confession.

4. Supplication

- Supplication is the act of asking for God's will to be done in our lives.
- For the next 10-15 minutes spend some time lifting up the prayer request you are bringing with you today.. You might consider praying for those who are sick or grieving, praying for the leaders of our country, community, and church, praying for the needs of Cowlitz county, or praying for the spiritual health of our congregation.
- Perhaps Paul's prayer for the church in Colossae might guide some of the things you might pray for.
- *"We have not ceased praying for you and asking that you may be filled with the knowledge of God's will in all spiritual wisdom and understanding, ¹⁰ so that you may lead lives worthy of the Lord, fully pleasing to him, as you bear fruit in every good work and as you grow in the knowledge of God. ¹¹ May you be made strong with all the strength that comes from his glorious power, and may you be prepared to endure everything with patience, while joyfully ¹² giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light. Colossians 1:9-12.*

5. Silence / Journaling

- Allow 5-10 minutes to just sit in silence resting in the presence of God
- As you prepare to leave spend some time journaling about what encountered during this time of prayer. Were there any key insights, feelings, next steps that God is wanting you to take in your life?