



# BECOMING FIRST RESPONDERS

#PRAYFIRST

## A WAY TO PRAY FOR THINGS BIG AND SMALL

Philippians 4:4-7

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

REJOICE: praise God for who He is and that He is near.

ASK: Ask God for what you need, nothing is too big or too small.

THANKS: Give thanks to God for hearing you and for what He has done before in your life.

RECEIVE: Be quiet and receive the peace of God, envisioning it guarding your heart and life.



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## PRAYING FOR OUR CITY

Give thanks to the Lord, for He is good  
*His love endures forever.*

Give thanks to the King of Kings and God of Gods.  
*His love endures forever.*

God, we ask your help for the Triad, for healing and peace.  
*Come, Lord Jesus, heal our city.*

We pray that the violence and murder in our city would stop, driving out the spirit of violence by the authority and power of King Jesus.  
*Come, Lord Jesus, heal our city.*

We pray for transformation of neighborhoods where crime and violence are commonplace.  
*Come, Lord Jesus, heal our city.*

We pray for hope and economic opportunity so that all people here might flourish.  
*Come, Lord Jesus, heal our city.*

We pray You would teach us to honor Your image in all people.  
*Come, Lord Jesus, heal our city.*

We pray that the Gospel of Jesus Christ would bring reconciliation and lead us in forgiveness.  
*Come, Lord Jesus, heal our city.*

We pray that the Gospel of Jesus Christ would restore families.  
*Come, Lord Jesus, heal our city.*

We pray that the Gospel of Jesus Christ would establish peace in all neighborhoods.  
*Come, Lord Jesus, heal our city.*

We pray that Your Church would boldly proclaim the gospel through our words and actions.  
*Come, Lord Jesus, heal our city.*

We pray for wisdom for our City Leaders, may their eyes be on you.  
*Come, Lord Jesus, heal our city.*

We pray wisdom, healing, and protection for our First Responders.  
*Come, Lord Jesus, heal our city.*

We pray that Your Spirit would do a new Kingdom work in the Triad.  
*Come, Lord Jesus, heal our city.*



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## BREATH PRAYER

This is a form of prayer that uses the rhythm of our breathing to guide us and get us to a place of hearing God and being with Him. Below are some examples:

Breathe in – The Lord is my shepherd.

Breathe out – I have all that I need.

Breathe in – God, you are here.

Breathe out – Help me to be present to you.

Breathe in – Thank you, God

Breathe out – I received your love.



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## BLESSING OTHERS BECAUSE WE ARE PRIESTS

1 Peter 2:9

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

Numbers 6:22

The Lord said to Moses, "Tell Aaron and his sons [who were the priests], 'This is how you are to bless the Israelites. Say to them:

""The Lord bless you

and keep you;

the Lord make his face shine/smile on you

and be gracious to you;

the Lord turn his face toward you

and give you peace.""

"So they will put my name on the Israelites, and I will bless them."

For each of the groups below, hold them in your heart and mind, and pray the blessing over them:

1. The FAMILY of Grace Community Church, that we would be a people who know deeply this blessing of God.
2. People you are in conflict with, people that are "enemies" or that we consider to be "those people."
3. Friends or family who don't know Jesus, that their view of God might change and they would come to know Christ.
4. Greensboro, that our community might be transformed.



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## LISTENING PRAYER IN THE SPIRIT

As you enter into listening, simply pray, "God, I am listening, what would you like to say?" and then wait. You could also ask about something specific, like:

What do you want me to know about your character?

Who would you like me to pray for today?

Set a timer for 3 minutes and be still. If your mind wanders, simply pray, "God, I am listening," and quiet yourself again.

When the time is up, reflect: Did you sense God saying anything? Did you see an image? A word? A scripture or a song that came to mind? Did God want to say something not connected to your question? Is there a response of faith that you need to make?

Share with a friend or FAMILY group member.



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## MADLIBS FOR PRAYING PSALM 13

How long, Lord will \_\_\_\_\_ last?  
(circumstance/trial/feeling)

How long will I feel that you are \_\_\_\_\_?  
(your perception of God's posture toward the situation.)

How long must I wrestle with \_\_\_\_\_  
(struggle/situation/person)

and day after day feel \_\_\_\_\_?

How long will \_\_\_\_\_ triumph over me?  
(circumstance/trial/feeling/person)

Look on me and answer, Lord my God.  
I want \_\_\_\_\_ from You.  
(this can be anything)

If you don't help me, it feels like I will \_\_\_\_\_  
(what do you fear will happen in this situation)

But I trust this about You, God: \_\_\_\_\_;  
(something you know to be true about God)

my heart rejoices in \_\_\_\_\_.  
(something true about your life because God is in it.)

I will praise God for this: \_\_\_\_\_,  
(a time where God was faithful; something about His character)

for God has done \_\_\_\_\_ for me.  
(something God has done for you)



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## SPIRITUAL WARFARE

DISCERN what area the Spirit is asking you to battle for today. Listen for His leading.

DECIDE which tactic you want to utilize in this battle as you pray:

Supplication: earnest pleading and petitioning before God

Intercession: selfless act of standing in the gap for others

Thanksgiving: expression of gratitude and praise to God

PRAY using the tactic you felt led to.