



**2022 Prayer Guide for
St. Mark Lutheran Church
AND 3 DAYS OF PRAYER
January 11-13, 2022**

“Seek the Lord and His strength, seek his presence continually,” 1 Chronicles 16:11

How thankful we can be that we can enter into three days of prayers with our brothers and sisters in Christ who are also part of LCMC congregations around the country and around the globe! LCMC is a church body which is strongly rooted in the truth of God’s Word and in the belief that God is fully alive and calling us to follow Him.

Prayer is a wonderful gift, an ever-accessible gift and so as we enter into 2022, we do so in the confidence that God is listening to our prayers and answering them in His perfect way.

For these Days of Prayer, we are simply asking that you take time each day using this booklet and the St. Mark *Three Days of Prayer* brochure to pray for (1) the concerns presented, (2) adding whatever prayers you may be inspired to say, and you may (3) join with others in nationwide prayer. Please take an extra copy of the booklet and give it to a friend. They too will be enriched by the passages and prayers presented!

Thank you for participating in these Days of Prayer, may this ministry be a true blessing to you and those we are uplifting in prayer.

The following is a suggested format¹ for your use during these Days of Prayer:

- 1. SUBMITTING TO GOD** – Because of all You have done for me, I present my body to You as a living sacrifice for this day. I want to be transformed by the renewing of my mind, affirming that Your will is good for me and acceptable and perfect. (Romans 12:1-2)

One possible way to begin each time of prayer is to focus your mind by using a prayer known as "The Jesus Prayer." This very simple prayer has been used widely since its introduction in a book, *The Way of the Pilgrim*. This book describes a Russian peasant who traveled around trying to learn how to "pray without ceasing." (I Thessalonians 5:17) This prayer can be used to quiet the mind. It is short and simple but can also be used for deeper reflection as is demonstrated in the explanation below.

The Jesus Prayer:

Lord Jesus Christ, Son of God, Have mercy on me.

Lord - You are the One who hears our prayer. Lord you are in charge, and we are your servants. Help us choose to please the One whom we serve rather than to choose to please ourselves.

Jesus - You bless little children and care for people's needs. You are our Friend. You became human and came to fill us up with joy.

Christ - You are God's anointed one. You fulfilled God's plan for our salvation. We all belong to you.

Son of God - When we speak to You in our prayers, we speak to God. You are the Eternal one of the Eternal Father. We stand in awe before the majesty of the Holy Trinity.

Have Mercy on us - Have mercy as we are in need and really can't help ourselves. Your help is a gift we can't earn or repay.

On Me - You, God, know us, love us, hear us and have mercy on us personally. **Can be repeated with these additions:**

Lord Jesus Christ, Son of God, have mercy on me.

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Lord Jesus Christ, Son of God, have mercy on _____.
(insert a name of one for whom you want to pray)

2. ADORATION AND THANKSGIVING

Offer a brief word of praise to God for one or more of His *attributes* (e.g., love and compassion, grace, mercy, holiness, goodness, omnipotence, omnipresence, omniscience, truthfulness, unchanging character, eternity) and/or *works* (e.g., creation, care, redemption, loving purposes, second coming).

Psalm 103-19-22

The Eternal has established His throne up in the heavens.

He rules over every seen and unseen realm and creature²⁰ Adore Him!

Give Him praise, you heavenly messengers,
you powerful *creatures who listen to*
and act on His every word.

²¹ Give praise to the Eternal, all armies *of heaven*—
you servants who stand ready to do His will.

²² Give praise to the Eternal, all that He has made
in all corners of His creation.

O my soul, *come*, praise the Eternal.



Tuesday, January 11, 2022

C- Confession ...I am sorry

3. **EXAMINATION** Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness. (Psalm 139:23-24)



Submit yourselves therefore to God. Resist the devil, and he will flee from you. James 4:1.7

Read and pray using Psalm 32

Prayer based on Psalm 32

Gracious God, you have so blessed us with your forgiveness. When we keep silent about our sins, we suffer; we groan in pain. But as soon as we tell you of our sins, You forgive us and lift our suffering and pain.

Almighty Father, we are often afraid to admit our wrongdoing. We forget to come to you for mercy. Help us remember to call out in prayer. Teach us Your will and the way You choose for us to go. Your love surrounds us when we trust in You, O Lord. We are glad, we rejoice, we shout for joy in Your Love.

Prayer based on James 4:1-17

O Lord, instruct us regarding the passions that are at war in our members: Teach us to recognize our excessive attachments to worldly things, lest by friendship with the world we become Your enemies.

Almighty God, who yearn jealously over the spirit You have made to dwell in us, make us humble that we may receive Your grace; and let us not be proud, lest we find ourselves opposing You.

Help us to submit ourselves to You, and to resist the devil until he flees from us. Draw us near to You, Lord, as You draw near to us. Cleanse our hands, forgive our sins, purify our hearts, and make us single-minded in turning ever toward You.

Teach us to mourn for the miserable state of Your Church in this world, the wretchedness and dejection she suffers in striving to walk in Your Way.

Guide us not to judge one another, as the judgment of souls is Yours alone; but let us not forget our obligation to judge sins, because for this You have given us Your law, and by this, our sins can be forgiven.

All this we pray in Your own holy Name, Father, Son and Holy Spirit, one God, world without end. Amen and Amen.

Psalm 130

¹ Out of the depths I cry to you, O LORD.

² to the voice of my supplications!

³ If you, O LORD, should mark iniquities, Lord, who could stand?

⁴ But there is forgiveness with you, so that you may be revered

⁵ I wait for the LORD, my soul waits, and in his word, I hope;

⁶ my soul waits for the Lord more than those who watch for the morning,

⁷ O Israel, hope in the LORD!

For with the LORD there is steadfast love, and with him is great power to redeem.

⁸ It is he who will redeem Israel from all its iniquities.



Prayer based on Psalm 130

Merciful Lord, though I daily stray from you and fail to obediently serve you in all my thoughts and actions, you do not abandon me but call me as your beloved child. Thank you for your great mercy. Search the depths of my soul and cleanse me of all that inhibits true obedience to your Word. Cause me to not to rush rashly ahead in life but rather to wait upon you for guidance and direction, knowing that you possess all wisdom and knowledge. All this I ask in the name of Jesus, my Savior. Amen.

Prayer for Priorities:

Precious Father,

We have been taught ‘You shall have no other Gods before me’. We do not do what you desire and command of us. It is regrettable how we forget to keep the first place in everything – YOU. Our



priorities are in other things and in other places and not with you where they belong. Help us, Dear Lord, to change our ways.

Open our hearts and eyes to see when we allow other things to come before you. Give us wisdom, strength, and courage to change our ways and to stand up and say, ‘We will no longer allow this to happen in our lives, in our families, and in our homes.’ Guide us Jesus, to walk in your ways, keeping you before us and before everything else that seeks to separate us from you. When we are tempted to attend social events or athletic events instead of coming to your house to worship you, give us joy

Lord, hear my voice! Let your ears be attentive in our hearts and the desire to come celebrate Jesus and the precious gift that He has given us. When we are tired and exhausted, too weary to seek you, stir our hearts to come to you, both at times of Holy worship and in our needy moments during the week, so that we may receive the refreshment and spiritual

healing we so desperately need, which comes only from you.

Help us to realize as we put you first in everything, you remove many burdens from us. When we totally give all of ourselves to you, God you care for us and guide us in ways we never knew were possible.

Help us to make you our number one priority so we can be an example of a life truly committed to you.

In the name of Jesus we pray. Amen.

- 4. MY IDENTITY IN CHRIST** “I have been crucified with Christ; and it is no longer I live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me.” (Galatians 2:20)

Forgiveness – (Romans 5:8; 1 Corinthians 15:3)

Freedom from the power of sin – (Colossians 2:11; 1 Peter 2:24)

Fulfillment – Christ lives in me. (Philippians 1:20-21)

By faith – I will allow Christ to manifest His life through me. (2 Corinthians 2:14)

Who Does God Say That I Am?

<https://kenboa.org/spiritual-formation/identity/> (5:18) for more verses in a photo essay with music)

Other prayer topics for this day:

- Who is someone you need to forgive or need to receive forgiveness from?
- Pray for them, yourself, and the work of reconciliation.
- Addictions, anger, idols (work, money, power, recognition)
- Lack of respect (for God and others) hectic pace of life/time management
- See St. Mark’s *Three Days of Prayer Brochure* for Tuesday, January 11, 2022, which focuses on ourselves.

Wednesday, JANUARY 12, 2022

P– PETITION...I ask

Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Ephesians 6:18

5. FILLING OF THE FRUIT OF THE SPIRIT. Ask the Spirit to control and fill you for this day. I want to be filled with the Spirit (Ephesians 5:18) When I walk by the Spirit, I will not carry out the desire of the flesh. (Galatians 5:16) If I live by the Spirit, I will also walk by the Spirit. (Galatians 5:25). I want to be filled with the Spirit. (Ephesians 5:18) Ask the Spirit to control and fill you for this day.

Read Romans 12:1 and pray using Romans 12:1

Lord, remind me daily and assist me through your grace and mercy, that I offer my body as a living and holy sacrifice to God, a sacred offering that brings Him pleasure; understanding this is my reasonable, essential worship. Hear my prayers and give me your courage and fortitude to trust you and obey your calling to do thy will and thereby glorifying you. Amen and amen.

Read and pray using Psalm 86

A prayer based on *Psalm 86*

Precious Father,

You are the highest and there is no one like you. We praise you and worship your Holy Name. You are forever by our side to love us, forgive us, and provide everything that we will ever need. *Your ways are better than our ways.* Help us so that *we will always be thankful in times of plenty and in want.* Lead us so that *we will always trust in your wisdom and not in our own.* With happiness and joy I give my life to you this day that I would be your humble and loving child. In the name of Jesus, Amen



Read and Pray using 1 Timothy 2:1-4

Prayers based on *1 Timothy 2:1-4*

Lord God, I call on you this day. You faithfully restore your people and have great love for us as we seek your mercy in tender, heartfelt prayer. *May we always be aware of the magnificence of your constant presence and love in our life.* May we always seek to love you and our brothers and sisters by your great example. *Remind us each day to bring all our troubles and concerns to you in prayer.* Teach us to be patient and allow you to do your holy work within us. *Give us strength and courage to always trust in you.* Lord, please hear my prayer, Amen.

Read and pray using Psalm 119

Psalm 119:10, 49-50,105

¹⁰ With my whole heart I seek you;

do not let me stray from your commandments.

⁴⁹ Remember your word to your servant, in which you have made me hope.

⁵⁰ This is my comfort in my distress, that your promise gives me life.

¹⁰⁵ Your word is a lamp to my feet and a light to my path.

A prayer based on *Psalm 119*

O Lord, Father in Heaven, Guide me

Mold me.

Form me.

Turn me.

Teach me.

Change me.

Get hold of me

Make me yours.

Show me your Way.

All day let that Way be before me.

In every thought, breath and action

let it be the beacon, the guide,

the control, the path of my life.

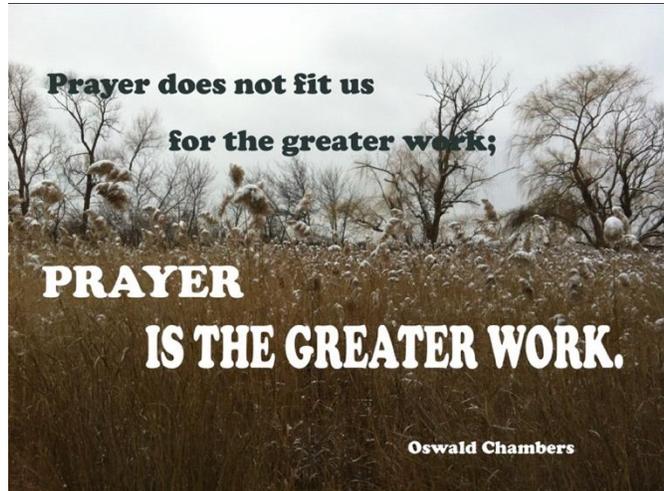
Help me follow your Way

to the very end of my days.

May I never stop searching

and desiring your Law.

Thank you for putting me here in your hands. Amen.



Ten Tips for Intercessory Prayer¹

1. Ask. (Matthew 7:7-8; Philippians 4:6; James 4:2)
2. Ask in the will of God. (James 4:13-17; 1 John 5:14)
3. Ask in faith. (1 John 5:15; James 1:6-7; Mark 11:22-24)
4. Ask specifically. (Mark 10:51; Luke 6:12-13; 2 Corinthians 12:8)
5. Ask with thanksgiving. (Hebrews 13:15; Philippians 1:3-4; Colossians 1:3-4, 11-12)
6. Ask in the Spirit. (Romans 8:26-27; Ephesians 6:18; Jude 20)
7. Ask in fellowship. (John 15:7; James 5:16; 1 John 3:21-22)
8. Ask frequently (1 Chronicles 16:11; Colossians 4:2; Thessalonians 5:17; Luke 8:1)
9. Ask with others. (Matthew 18:19-20; Romans 15:30)
10. Ask in Jesus' name (John 14:13-14; 16:24; Ephesians 3:11-12; Hebrews 10:19-22)

¹Boa, Ken with Jenny Abel, *Shaped by Suffering, How Temporary Hardships Prepare Us for Our Eternal Home*, Intervarsity Press, 2020, p.213.

See St. Mark's *Three Days of Prayer Brochure for Wednesday, January 12, 2022* that focuses on our Church.

Thursday, JANUARY 13, 2022
V- VISION...I act

I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him. Ephesians 1:17

St. Mark's (Mission) Vision Statement

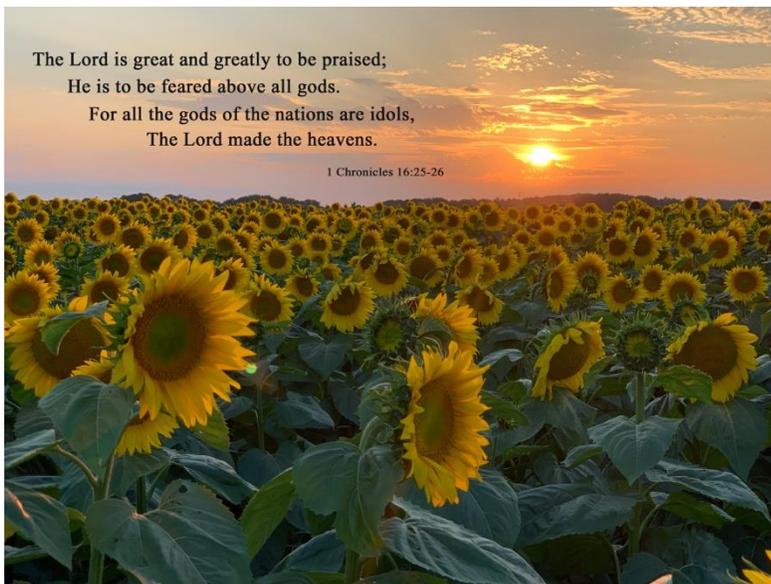
Worship – to give glory to God through the proclamation of the word of God and through worship and the sacraments.

Love - to build up the body of Christ.

Share – to give witness to God's love and salvation.

Grow – to encourage all members to grow in grace and in the knowledge of our Lord Jesus Christ.

Serve – to seek to do God's will and to use our time talents and possessions in service to God and all people.



Read and pray using Psalm 100

Prayer based on *Psalm 100*

Gracious God, each time we gather for worship in your name we receive a foretaste of the feast to come. You present to us a vision of a world where sin is no more, suffering has ended, and joy lasts forever around your heavenly banquet table. As your blessed and forgiven children lead us ever forward by your light, illumining the paths of our futures by the reflected glory of your Son. Help us to share your triumphal vision with others, caring as you have cared, loving as your loved, sharing as you have shared. Throughout this year may your Kingdom be evident among us and through us, that we the church would overcome the

cynicism and apathy of the world by living in the hope and knowledge that comes through your Word. Wherever we encounter pain or suffering may we offer the healing palm of the Gospel, wherever the devil is running amuck may we speak the truths that you have revealed in Holy Scriptures. Clear the fog of our human misunderstandings and cause us to keep our eyes on the revealed glory that is your Son's witness as we pray in His strong name, Jesus Christ our Lord and Savior. Amen.

- 6. PURPOSE OF MY LIFE.** I want to love the Lord my God with all my heart, and with all my soul, and with all my mind, and I want to love my neighbor as myself. (Matthew 22:3,39) My purpose is love God completely, love self correctly, and love others compassionately. I will seek first Your kingdom and Your righteousness. (Matthew 6:33) I have been called to follow Christ and to be a fisher of men. (Matthew 4:19) I will be a witness to those who do not know Him and participate in the Great Commission to go and make disciples. (Matthew 28:19-20; Acts 1:8) I want to glorify the Father by bearing much fruit, and so prove to be Christ's disciple. (John 15:8)

Read and pray using Revelation 21:22-26

Prayer based on *Revelation 21:22-26*

Dear God, thank you for this vision, the greatest vision of all, life eternal in your majestic kingdom. May this vision bring us comfort in our times of sorrow and inspiration for every day of our lives. Cause the light that you have given us in Jesus Christ to shine brightly in our hearts so that we will be beacons of hope to the world around us. Stir within us by the power of your Holy Spirit and give us a great desire to advance your kingdom until the whole world knows of your glory. Bless the members of this your congregation with excitement about what you have done for us in Christ Jesus and the power of his resurrection to bring new life for all. Give us wisdom in planning and strength to live out the calling you have given us through Christ our Lord we pray. Amen

Spread of the gospel – Task Force

Almighty, Eternal Father, Your love for Your Church is clearly evident to us by the power of Your hand on this congregation. We are sheep in constant need of our Shepherd, and we are in awe of Your tender care for us. We love You, Lord, and we praise You with our entire being for Your faithfulness and the promises we stand on as Your people. The building you provided for us decades ago is a blessing, but it is not Your church. We, Your people, are Your church and we seek Your guidance with every step into our future, Father, because of the incredible joy in the knowledge of being within Your will and serving You when we follow Your lead. We have witnessed the clear direction You are providing to renew us, to transform us into becoming the church You want us to be, to become disciples, committed to being used in Your Kingdom work wherever we are. Please continue to send us wisdom through the awesome power of Your Holy Spirit, to follow Your lead as we continue to work with the Church Doctor team You provided to help us see how to accomplish such a life changing challenge for us. We pray that you will infuse powerful insight and wisdom into the minds of our Action Team and those who will prepare action plans for the future implementation of recommendations You saw fit to provide. You, Lord, planted this seed, this partnership, years ago when You foresaw that we would need to adjust our sails in order to remain steadfast in this community for years to come. Please continue to steer this ship, Lord, prevent any resistance, provide a spirit of unity among us and ignite Your fire within us to accomplish all that You want us to be. In the precious, saving name of Jesus, Amen and Amen.

For believers to grow in their faith

Gracious God, you have set your baptized people on a wonderful path of discipleship which culminates in the great gift of eternal life. Cause us now to fully partake of the gifts you provide us to sustain us in our journey and to grow in faith and obedience. Thank you for Saint Mark Lutheran Church; may we fully partake in its worship, in its educational ministries, and in growing outreach. As part of your priesthood of all believers may we offer prayers for all who are in need and may we be a Christ-like helper to others through Christ our Lord. Amen.

Psalm 37: 3-7

- 7. THE COMING OF CHRIST AND MY FUTURE WITH HIM** Your kingdom come, Your will be done. (Matthew 6:10) You have said, “I am coming quickly.” Amen, Come, Lord Jesus. (Revelation 22:20) I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to me. (Romans 8:18)¹⁶ So we do not lose heart. Though our outer self^{al} is wasting away, our inner self is being renewed day by day. ¹⁷ For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, ¹⁸ as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal. (2 Corinthians 4:16-18)

See St. Mark's *Three Days of Prayer Brochure* for Thursday, January 13, 2022, that focuses on the world and St. Mark Lutheran Church's mission.



Topics for free prayer:

- Our nation to return to God
- Our state
- Implementing Church Doctor recommendations
- Peace / Jerusalem
- Prayer as a priority each day for St. Mark Church leaders and congregation
- Quake, Winter Jam, Senior High Group Winter Retreat
- Lenten Worship and Devotion
- St. Mark Mission Trip
- 30 Days of Prayer for Muslim

Reflection on your Prayer

Take three or four minutes after you have finished praying to reflect on the prayer. This is not part of the prayer, but a separate exercise.

How did the prayer get started? Were you aware of God's presence, or was there a sense that you were simply thinking by yourself?

Did any parts of the prayer seem especially "alive" as you prayed? Did you have times of strong convictions or emotion, and if so, what were they? Did they seem to be moving you closer to God, or farther away?

What difficulties did you encounter? Did you feel tired or bored or experience other barriers? Did you find your mind wandering, and if so, to what? What were you praying over when this happened? How did you respond?

Did you have any sense of being called to respond or carry out some action? If so, what was it?

What was the general "tone" of your prayer: warm and loving? Difficult or painful? Dark? Reassuring? Sobering? Foggy?

Did you pray with an attitude of thanksgiving and gratitude?

¹Boa, Ken, *Handbook to Prayer: Praying Scripture Back to God*, Trinity House Publishers, Inc. One Piedmont Center, Suite130, Atlanta, Georgia, 30305.