

## Prayer Guide June 8-14

### Introduction

This week I was reminded of how important Psalm 121 had been to me when I was teaching in Africa. I had been studying the Psalms of Assents and had been focused on Psalm 121, when I received a call that my youngest daughter had a serious motorcycle wreck in the Philippines. There were no hospitals to meet her needs. She was being put on a plane for about a 24 hour ride into California. My husband tried to get me on a plane as quickly as possible (which was not very quick from our location), which was also about a 24 hour flight, passing through many time zones. When I arrived she had already gone through about 8 hours of reconstructive surgery. And through it all the Lord continuously reminded me that He is my Help-my very present help in trouble! I am thankful for the Psalms and the things the Lord continues to teach me through them. One thought I was introduced to and am still working on, is that honesty is not inconsistent with worship! The Lord wants us to worship with our whole hearts, regardless of its present condition! In the Psalms we see honesty expressed: distress (Ps. 120), fear, desperation, praise, hope, amazement, guilt, love, and even vindictive anger (ex. Ps. 35:1)! I believe that He wants an honest relationship with us, for us to have the freedom to voice our pain, our “woe is me moments.” Let’s trust in His Love for us! However, I believe it is then important to follow the example we see in the Psalms of acknowledging that His perfect love overrides our fears, woes, distress, so our response should then be to turn our eyes to Him in adoration! He is worthy of all our praise! (Ps. 34:4) He is God, the creator of heaven and earth, the Lord God Almighty! There is nothing He cannot do! And He is our loving Father! Let’s bless the Lord at all times; May His praise always be on our lips! (Ps. 34:1)

## **Adoration**

**Part 1**-Read the scriptures and praise God for who He is. Here are some suggestions:

1. Read a couple of translations.
2. Underline the names of God given; words or phrases that speak to your heart.  
Write other scriptures the Holy Spirit brings to your remembrance or anything else that makes the Psalm more personal and meaningful to You.
3. Pray it! Adore Him! You might even want to put it in your own words, applying the truths to your own experiences. (I still have my personalized version after my daughter's accident.) You might even sing it, making up your own melody.

### **Psalm 121 (ESV) My Help Comes from the Lord A Song of Ascents.**

- 1 I lift up my eyes to the hills.  
From where does my help come?
- 2 My help comes from the Lord,  
who made heaven and earth.
- 3 He will not let your foot be moved;  
He who keeps you will not slumber.
- 4 Behold, He who keeps Israel  
will neither slumber nor sleep.
- 5 The Lord is your keeper;  
the Lord is your shade on your right  
hand.
- 6 The sun shall not strike you by day,  
nor the moon by night.
- 7 The Lord will keep you from all evil;  
He will keep your life.
- 8 The Lord will keep  
your going out and your coming in  
from this time forth and forevermore.

### **Psalm 121 (CSB) The Lord Our Protector A song of Ascents.**

- 1 I lift my eyes toward the mountains.  
Where will my help come from?
- 2 My help comes from the Lord,  
the Maker of heaven and earth.
- 3 He will not allow your foot to slip;  
your Protector will not slumber.
- 4 Indeed, the Protector of Israel  
does not slumber or sleep.
- 5 The Lord protects you;  
the Lord is a shelter right by your side.
- 6 The sun will not strike you by day  
or the moon by night.
- 7 The Lord will protect you from all harm;  
He will protect your life.
- 8 The Lord will protect your coming and  
going both now and forever.

**Jude 24-25** (ESV) Now to Him who is able to keep you from stumbling and to present you blameless before the presence of His glory with great joy, **25** to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.

**46:1** (ESV)

God is our refuge and strength,  
a very present help in trouble.

**John 17:11**

I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name.

- *We praise You O Lord that You are our very present help in trouble. You are always with us in every situation of life! We praise You for Your faithfulness. We praise You that You are our protector! When we lift our eyes to the mountains, we see the beauty of the earth You created, that You spoke into existence and we praise You that You are our creator! There is nothing You cannot do and You are our helper! You know what we need even when we don't! (Ps. 120:1-2; Psalm 46:1)*
- *Lord, we praise You that You will not let our foot slip or fall. You have given us a firm foundation to stand upon! We stand upon Jesus Christ, our living Rock, in Your grace, on Your Word, on Your promises, Your faithfulness, Your infinite power and goodness! You watch over us and protect us and send us the help that we need through many ways-through our prayers, our praises, the promises of Your Word, the body of Christ, loved ones, our spouses, and any other way You choose! You care for us! And we praise You that You don't sleep! You don't need sleep! When we are sleeping, You are still with us protecting us from the enemy of our souls! We can rest in peace knowing You love us and never leave us! (Ps. 120:3-4)*
- *Lord we praise You that You are our keeper! You keep us and preserve us. No weapon of man or our spiritual enemy can keep You from keeping us! You made all things, sustain all things, and rule all things, including every detail of our lives! You are our Sovereign Lord! We praise You that You are able to keep us from stumbling and to*

*present us blameless before the presence of Your glory with great joy! (Ps. 120:5; Jude 24-24)*

- *We praise You O Lord, our keeper, our protector, that You are our shade on our right hand-that there is no one nearer to us than You, the one who keeps us and nothing can come between us. Nothing can rob us of your love. We rest in Your shadow of protection, Almighty God! To God be the glory! (Ps. 120:5-6)*
- *We praise You O Lord, that You will keep us from evil; You will keep our life. Our souls are perfectly safe, and we will live forever with You! We praise You that You O Lord, will bless us and keep us! (Ps. 121:7)*
- *O Lord, we praise You are our protector-that You will keep our going out and our coming in from this time forth and forever! We have an inheritance that You are keeping in heaven for us. We praise You for keeping us in Your name! (Ps. 120:7-8; John 17:11)*

**Part 2**-It would be good to sing a song of praise and worship- maybe the Psalm with your own melody or possibly a hymn such as, "How Firm a Foundation".

## **Confession**

**Part 1**-Read the scriptures given and a typed prayer in response to the truth of the Word. Read the prayer as your own to God.

**Phil. 2:3-4** Do nothing from selfish ambush or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.

**James 2:1** My brothers show no partiality as you hold the faith in our Lord Jesus Christ, the Lord of glory.

**Luke 22:27b** but I am among you as the one who serves.

**1 John 1:9** If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

*Lord, You gave up all that was rightfully yours so that You could come and serve. Please forgive us for being so selfish and self-centered, for wanting to stay in our comfort zones. Please help us to have tender hearts toward the hurting of the world, those who are treated unjustly. Please enable us to have hearts to serve them. Lord, please forgive us for failing to show Your love for all. Lord, please forgive us when we value others for all the wrong reasons: that they make us feel good; that they are like us-whether economically or their educational status or the way they look; or any other wrong reason. Please help us, Lord, to value all people and to love all people, for all people are created by You and are precious to You for You died for all. Please show us ways to walk in Your love for all, to pursue relationships with them and bless them with Your love. May the truth of Your Word override our ideas, perceptions, and agendas that we will walk in Your will. We are so thankful that when we confess our sins, that You are faithful and just to forgive us our sins and to cleanse us from all unrighteousness. Thank You for Your forgiveness and cleansing. Amen.*

**Part 2**-Ask the Lord to reveal to you any sin in your heart and to help you to receive His correction. Pray your own prayer of confession and repentance and receive His forgiveness.

## **Thankfulness**

**Part 1**-Read the scriptures given and give thanks to the Lord as He leads you.

**Proverbs 30:5** Every word of God proves true; He is a shield to those who take refuge in Him.

**John 16:33** I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

**Psalms 5:12** For You bless the righteous O Lord; You cover him with favor as with a shield.

**2 Thessalonians 3:3** But the Lord is faithful. He will establish you and guard you against the evil one.

**Psalm 91:14** Because He holds fast to me in love, I will protect him; I will protect him, because he knows my name.

- *Lord, we are thankful that every Word of God proves true! Thank You that You are a shield to those who take refuge in You. We are thankful that You are our Protector! (Prov. 30:5)*
- *We thank You O Lord, that in You we have peace! Thank You that even though we will have tribulation in this world, You have overcome the world! (Jn. 16:33)*
- *Thank You Lord that You bless the righteous! Thank You that You cover us with favor as with a shield! (Ps. 5:12)*
- *We are so thankful Lord, that You are faithful-that You will establish us and guard us against the evil one! (2 Thess. 3:3)*
- *O Lord, we adore You and hold fast to You in love! We praise You and thank You that You protect us, because we know Your name!*

## **Supplication and Intercession**

**Part 1**-Read the scriptures and pray the points provided or as the Lord guides you.

**James 1:5** (ESV)

**5** If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

**Romans 8:26-27** (ESV)

**26** Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.  
**27** And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

**Proverbs 3:5-6 (ESV)**

- 5** Trust in the Lord with all your heart,  
and do not lean on your own understanding.  
**6** In all your ways acknowledge him,  
and he will make straight your paths.

**1 Corinthians 16:14 (ESV)**

**14** Let all that you do be done in love.

- *Lord, we ask for wisdom for the body of Christ. (James 1:5)*
- *Lord, we ask You to help the body of Christ to know how to pray during this time of unrest, that we might pray Your will. (Rom. 8:26-27)*
- *Lord, we ask You to help the body of Christ to not lean on our own understanding, but to trust in You and Your guidance and to acknowledge You that You may make our paths straight. (Prov. 3:5-6)*
- *Lord, please help us that everything we do will be done in love. (1 Cor. 16:14)*

**Part 2**-Continue to pray as the Lord leads you for those who are sick; for medical workers, caregivers, emergency relief teams, and government leaders; for a cure for the virus; for teachers and students; for pastors and churches; for families; for peace for those living in uncertainty; for God's comfort and help for those in fear or anxiety or financial stress; for Christians to point others to Christ by showing others His love; for laborers in the Harvest Field; for the salvation of many souls; for a great Christ-centered revival in our country; for continued freedom to openly practice our faith; for those being persecuted for their faith; as well as for others the Lord places upon your heart.

**Matthew 6:10 (ESV)**

**Your kingdom come,  
your will be done,  
on earth as it is in heaven.**

