

“Follow Me” Prayer Guide

This season of prayer is designed to help us know Jesus and be formed in his image. Spend some time each day following these steps of prayer. Maybe grab a notebook and write out what God shows you in the Scriptures and through the Spirit. If you miss some days, don't worry about it. Just jump in and continue on!

1. Prepare your heart.

Praise: Listen to a song, read a Psalm, or just tell the Lord what you love about him.

Thanks: Think about yesterday. What are you grateful for? Where do you see God working?

Confession: Has there been an attitude or behavior that is not pleasing to the Lord? Confess it.

Repentance: Ask, “What needs to change in my life to be more like Jesus?”

2. Ask Jesus to transform you from the inside out.

Father, may your Kingdom ways be evident in my life. May your will be lived in me and through me. Jesus, enlarge my heart to love others as you have loved me.

Holy Spirit, transform my mind to think like you and pray according to your will.

Open my eyes to your beauty that I may delight in you, Lord, and be a delight to you.

Increase my faith.

3. Read a segment from one of the four Gospels.

During this season of prayer, allow Jesus to direct how you pray and what you prioritize. Read a section or chapter each day from one of the Gospels. If you finish the Gospel, supplement the remaining days with chapters from Acts.

4. Make your requests.

In today's Gospel reading, what was Jesus' priority? What actions or attitudes lend themselves to intercession? How was God's will made evident in a way that shapes your prayer and requests?

Then as the Spirit leads, ask God to do the kinds of things he alone can do in your life, your family, your life group, our church, your neighborhood, and at work. Turn this guide over for a list of requests to pray together. Choose a new one each day. If you pray through them all, start again.

5. Pray specifically for someone who is not currently following Jesus.

Pray for their eyes to be opened to God's love and invitation. And pray that God opens your eyes to ways you and your life group can live as Jesus' hands and feet to show them His love and invitation.

6. Pray for God's passion to be your passion.

God's passion is people. We are his ambassadors to bless the world. Ask him to reveal specific ways that you, your family, and your life group can lavishly bless those around you who don't know Jesus.

7. End your time of prayer with these confessions:

- Thank you, Lord, for the absolute certainty that my prayers today mattered. (1Tim 2:1-4)
- Thank you, Lord, for my church family as we join together in this season of prayer. Bless them, encourage them, and give them eyes to see you at work. (Eph 2:17-19)
- I trust you to do abundantly more than all we could ask or imagine for your glory. (Eph 2:20-21)

Request Prompts

Use one of these suggestions each day to guide your prayers.

1. May your will be done here as in heaven - in me, my family, life group/church, and neighborhood.
2. Ignite an unquenchable love in our hearts - for you, one another, and those far from you.
3. Reveal yourself magnificently, powerfully, and unmistakably. (Eph 1:18-23)
4. Teach us to listen. Help us to discern your voice and obey. (Jn 10:25-30)
5. Glorify your great name through me and through your church-family. (Jn 12:32)
6. Open my eyes to the needs around me. Don't let me ignore what you show me. (1 Cor.10:24)
7. Bring healing, restoration, and salvation to our surrounding community. (Jer.29:4-7)
8. Soften hardened hearts, including my own. Open hearts to the gospel, including my own.
9. May we be discontent merely "doing church." Arise a passion to be a family on mission together.
10. Open our hearts to love the Scriptures and our minds to understand them. (Psalm 19:7-10)
11. Compel your people to commit to one another and bless the world together. (Col 4:2-6)
12. Cause great awakenings of faith to break out all over our church and surrounding community.
13. Grow us to exemplify your character by serving and loving fearlessly, boldly, and relentlessly.
14. Lead hearts and minds to be responsive to what your Spirit says. (Psalm 51:10)
15. Do works of repentance in us that are unparalleled. (Jn 17:20-23)
16. Cause us to love one another well and grow to love those we have deeply disliked and judged.
17. Create profoundly deep unity in us in the midst of the diversity you dearly love. (1Cor 1:10)
18. May your joy be complete in us and spill over into the world around us. (Jn 15:9-12)
19. Open the eyes of the spiritually blind. Cause fog and confusion to clear. (2Cor 4:4-6)
20. Teach us to hear your voice and know it when we hear it. (John 10:4-5)
21. Raise up workers and leaders to go into the harvest fields. Where do you want me, Lord?
22. Disciple your people and teach us how to more effectively disciple others. (2Tim 2:2)
23. Jesus, conform us into your image. Help us embrace this as the priority of discipleship. (Rom.8:29)
24. Quench the works of the flesh and produce the fruit of the Spirit. (Gal 5:16-26)
25. Raise up in me and my life group a missional passion to bless the world in some specific way.
26. Deliver us from our secret sins, our strongholds, and our addictions. (Matt 6:13)
27. Begin tearing down our pride. Help us learn that your power is displayed in our weakness.
28. Help us learn vulnerability and trust for one another. (2Cor 13:4)
29. Help us to confess our sins in trusting relationships to experience your freedom. (Jam 5:16)
30. Give us wisdom to discern what is good and right and to do these things together. (Jam 1:5)
31. Heal our brokenness. Heal the brokenness of those around us. Use us in the healing process.
32. Equip our life group to be like a small church where all participate, invest, and grow together.
33. Through your power and example, help us forgive one another and those who've hurt us deeply.
34. Remove any hatefulness, unkindness, coldness, judgment and malice. Help us love like you do.
35. Profoundly increase my humility and generosity. Do the same in our church family. (1Pet 4:8-11)
36. Teach us your ways. Teach us to pray. (Lk 11:1-4)
37. Meet needs miraculously and creatively in ways that prompt great praise. (Ps 77:14)
38. Cause us to be enduring and persevering even in affliction, pain or persecution. (Rom 5:3-4)
39. Reveal our false idols. Help us love others more than we love security. (2Cor 13:5)
40. Free people from oppression. (Lk 4:18-19)
41. Form within your people a heart for the poor and marginalized and turn it into action. (Isa 58:6-11)
42. Enable us to love our enemies and bless those who curse us. (Lk 6:27-31)