



What is 3 Days of Prayer?

These prayer days are to remind us that it is God who gives and sustains life, not governments, careers, school, leaders or any human invention. We seek the Lord for guidance for the new year and for forgiveness for the things we allowed to separate us from Him and renewal of our strength to remain faithful to His callings.

We have set aside January 8, 9 & 10 to spend focused time, refreshing our relationship with Jesus and one another.

There are several ways to participate in this dedicated prayer time:

1. Participate in the ZOOM meetings
2. Pray hourly using suggestions below
3. Read through the prayer mediation/devotions below

Calendar of Events:

Friday, January 8

Pray hourly from 8 am - 7 pm

ZOOM meeting: 7 pm

Link to join ZOOM meeting:

<https://us02web.zoom.us/j/84897141881?pwd=N1NRRNVFwbTlNMREkzSGJFMnB2Ym1mZz09>

Saturday, January 9

Pray hourly from 8 am - 8 pm

ZOOM meeting: 10 am

Link to join ZOOM meeting:

<https://us02web.zoom.us/j/83605523241?pwd=OU56bklacFlIMDZ5aUJuQk4wWjFKUTo9>

Sunday, January 10

Pray hourly from 8 am until worship



The Invitation to Prayer

God is listening. He really is. God says, “You will call upon me and come and pray to me, and I will listen to you” (Jeremiah 29:12). This is His promise to each of us.

For three days in January, join thousands of others around the world for intentional prayer for ourselves, our churches, and our world.

While there are three intentional days of prayer, God desires that every day is a day of prayer. “Pray without ceasing,” God tells us in 1 Thessalonians 5:17.

How to make prayer a regular part of your day:

- Start the morning in prayer. Before you get out of bed, say good morning to God and thank Him for a new day and look for His blessings all day.
- Pray with your spouse, friend and/or kids before leaving for work/school, asking that God would bless their day.
- Pray before each task, meeting or class, asking that God would guide you and give you strength.
- Pray at each meal, thanking God for providing for your needs.
- Whenever you hear a siren, stop and pray for all those involved.
- When you see something beautiful, stop and thank God.
- When you feel stressed, pause and pray. Allow God’s peace to rule in your heart.
- Pray with your kids/spouse/friend before bedtime, thanking God for the day, and asking God to give good sleep.
- Set a timer to go off every hour on the hour and take 1 minute or more to pray about these suggestions or whatever the Spirit moves you to pray over.

Hourly Prayer suggestions:

Friday, January 8

8 am	Praise for a new day with Jesus
9 am	Thank God for your job or school or other life circumstance and pray for co-workers/classmates/homemakers
10 am	Spiritual Growth: that you would grow in love, joy, peace, patience, etc.
11 am	Guidance: for the little decisions and the big ones
12 pm	Repentance: ask forgiveness for what separates you from God and make plans to change that with God's help
1 pm	Finances: for wisdom, generosity, blessing, contentment
2 pm	Family: spouse, kids, parents, siblings, step-family, and extended family
3 pm	Friends: thank God for your friends, ask Him to bless them, and for you to be a good friend.
4 pm	Health: thanksgiving for your body, protection from illness, healing
5 pm	Activities: that God would work in you and through you in your hobbies, volunteering, and other activities
6 pm	Learning: that you would grow in knowledge of God's word and His world
7 pm	Join the Zoom meeting for prayer, singing and sharing

Saturday, January 9: Prayers for our Church

8 am	Children's Ministry: the children, their families, the teachers, the leadership team
9 am	Volunteers: communion, ushers, greeters, sound, media, OBS, treats makers and parking attendants
10 am	Join the Zoom meeting for prayer, singing and sharing
11 am	CoH staff and families for joy, compassion, and wisdom in their serving
12 pm	Local and Global Missions: that God would use us to bless others and help them know Jesus
1 pm	CoH Sunday School: the children, their families, and teachers
2 pm	Adult Ministry: Community Groups and leaders, Youth and Sunday school leaders and the leadership team
3 pm	Prayer ministers: the care ministers and those they visit and support
4 pm	Worship Ministry: Choir, Pastor John, Mike, Jono, and support teams
5 pm	CoH Finances: for faithful, generous and cheerful givers and sound financial managers
6 pm	Youth Ministry: the students, their families, and the leadership team
7 pm	CoH Council and Ministry teams: for faithfulness wisdom and vision
8 pm	Our individual church family: for transformation, protection, guidance, health

Sunday, January 10

8 am	Thanksgiving: for Gods plan of salvation, sending Jesus and the Holy Spirit
9 am	Worship

3 days of prayer mediation/devotions:

Friday, January 8 // Day One: Confession

Sit quietly with your Bible, and if it is appropriate light a candle. If you are alone, perhaps sit in a straight chair, like a kitchen chair, with your Bible in your lap or on a nearby table. If you are with someone or family, perhaps sit at the kitchen table together, quietly. Say to everyone or to yourself, that the Lord has requested us to ask forgiveness from Him and each other. Think of something that has set you at odds with someone and therefore at odds with the Lord. Say what it was, that you are sorry, and ask forgiveness from the other person if they are present or ask for the Lord's forgiveness. For all of time, God has been graciously forgiving us, each one. Read aloud, even if you are alone, this quote from the New Testament in The Message translation:

James 5:13-20 in The Message Bible reads like this: "Are you hurting? Pray. Do you feel great? Sing. Are you sick? Call the church leaders together to pray and anoint you with oil in the name of the Master. Believing-prayer will heal you, and Jesus will put you on your feet. And if you've sinned, you'll be forgiven—healed inside and out.

Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with. Elijah, for instance, human just like us, prayed hard that it wouldn't rain, and it didn't—not a drop for three and a half years. Then he prayed that it would rain, and it did. The showers came and everything started growing again.

My dear friends, if you know people who have wandered off from God's truth, don't write them off. Go after them. Get them back and you will have rescued precious lives from destruction and prevented an epidemic of wandering away from God."

After reading this, sit for a minute and think on the sweetness of Jesus acceptance; indeed, His delight in being with you. Thank Him for covering you in forgiveness. If you are a group or family, share the "I'm sorry for (whatever the thing that happened that needs restoration), and then speak "I forgive you" aloud with each other. Even if it seems mechanical or fake, use the format. When we sing happy birthday or say, "how are you, we are using a spoken format for expressing care. Whenever, we use these mechanical formats in the ordinary things of family life we create a paradigm or pattern to use when the giving and getting forgiveness is more critical to living life together.

Take a minute, in closing your prayer time and thank Jesus for being kind, sweet, gracious, and dependable. Say Amen and go about your life noticing how much lighter your spirit is for having prayed.

Saturday, January 9 // Day Two: Intercession/Petitions

Again, if appropriate light a candle and sit quietly with your Bible. Remind yourself and/or the others of the gracious gift of loving forgiveness that you received, yesterday. Ponder or discuss that event.

Read the following Psalm aloud, even if you are alone. Reading this aloud helps engage your conscious mind and increase memory. Being read to helps focus the attention of those around you, especially if they close their eyes.

Psalm 145:13-20

- 13 GOD always does what he says,
and is gracious in everything he does.*
- 14 GOD gives a hand to those down on their luck,
gives a fresh start to those ready to quit.*
- 15 All eyes are on you, expectant;
you give them their meals on time.*
- 16 Generous to a fault,
you lavish your favor on all creatures.*
- 17 Everything GOD does is right—
the trademark on all his works is love.*
- 18 GOD's there, listening for all who pray,
for all who pray and mean it.*
- 19 He does what's best for those who fear him—
hears them call out, and saves them.*
- 20 GOD sticks by all who love him,*

This is a day of petition and interceding on behalf of others. Neither petition or intercession are words we use commonly. The import of these words is simply that we are sharing our concerns with Jesus. We present to Him the things that burden our hearts. In turn, He gives us peace. What a good deal this is!

If you are by yourself it is good to make a simple list of these things, perhaps start with requests for the people that are precious to you. If you are in a group have each person make a one sentence request. Be sure to record the requests somehow, so that you can continue to pray for them later if you feel the burden.

Please, also pray for His church and our church family, for our small group leaders, for children and youth ministry leaders, for Council, staff and Pastor John and for those you look to for spiritual guidance. Pray for their wisdom, safety and relationship with Jesus. Ask the Lord to alert you to the needs of your neighbors or someone struggling with their small business in your community or any that are unemployed. Pray for sick people and the ecology of our earth, the sick, fearful, and heavy laden. Ask God for healing and peace in our land, our world.

The Apostle Paul shares some real wisdom in how to have that peculiar peace that our relationship with Jesus can give when we pray and focus on Him. Read aloud: Philippians 4:4-9 *This is that passage as it is written in The Message translation: "Celebrate God all day, every day. I mean, revel in him! Make it as clear as you can to all you meet that*

you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute!

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.”

When you have finished your prayer time, perhaps actually make a list of, at least, one thing in each category that is:

True	Gracious	Something you learned about God
Noble	The Best	Something you have heard about God
Reputable	Beautiful	Something you've seen God do
Authentic	Praiseworthy	Something you have realized about God
Compelling		

At the end of your prayer time, imagine all the things you have thought and prayed about as small globes. Pick up each globe and imagine putting them in the middle of a small tablecloth. See yourself pick up each corner of the cloth, with the globes in the middle. Watch yourself pick up the cloth and hold it as you see yourself at the foot of the cross of Jesus. At the bottom of the cross, in front of you is a very large wooden box. Lift the lid of the box, put the tablecloth, with the globes in it, into the box. Watch as the cloth goes down into the box and away from your view. Know that God has heard each prayer, and thought of yours, and is taking responsibility for all of them; especially since you let go.

Say Amen and go in peace and serve the Lord!

Sunday, January 10 // Day Three: Vision

In your quiet place, light your candle and turn your thoughts expectantly to what Jesus says.

Visions can be thought of as extraordinary plans of God of which we had no inkling; like the visions of angels that came to Mary, Joseph, Shepherds and Wise Men! More commonly, a vision is seeing or being able to interpret the messages you are receiving in any of your relationships. For instance, we look at our spouse or parents and we can understand where they are coming from and where our relationship is going. We can make determinations about what we will do to sustain or change our relationship. It is that way with our relationship with Jesus. The more we know about Him, the more we see His interactions in our lives and listen to others tell us about their interactions, the more we can see how our relationship is going and where we want to sustain or make changes to our relationship.

Yesterday, we prayed requests for relationships both close and distant, but all of which are important. Today, we look at our relationship with Jesus and we pray to Him to bless and be blessed by our relationship with Him and those for whom we have prayed. Below are three little prayers that you may want to use as a model as you seek Jesus input, with regard to the relationship between you, Him and others.

Heavenly

Read aloud 1 Corinthians 2:10-16. The following is that scripture as found in The Message.

“The Spirit, not content to flit around on the surface, dives into the depths of God, and brings out what God planned all along. Whoever knows what you’re thinking and planning except you yourself? The same with God—except that He not only knows what He’s thinking, but He lets us in on it. God offers a full report on the gifts of life and salvation that He is giving us. We don’t have to rely on the world’s guesses and opinions. We didn’t learn this by reading books or going to school; we learned it from God, who taught us person-to-person through Jesus, and we’re passing it on to you in the same firsthand, personal way.”

The unspiritual self, just as it is by nature, can’t receive the gifts of God’s Spirit. There’s no capacity for them. They seem like so much silliness. Spirit can be known only by spirit—God’s Spirit and our spirits in open communion. Spiritually alive, we have access to everything God’s Spirit is doing, and can’t be judged by unspiritual critics. Isaiah’s question, “Is there anyone around who knows God’s Spirit, anyone who knows what he is doing?” has been answered: Christ knows, and we have Christ’s Spirit.”

Vision is actually knowing where you are in your relationship with Jesus. Are you holding this relationship at an arms-length or relishing it moment by moment, daily? Are you feeling insignificant or held carefully in the arms of God? The answers to these kinds of questions give definition to the vision God has for us. This is an important piece of information for us to remember when we look for our present and future life with Jesus. This is Isaiah 43:1-4 from The Message translation:

“But now, GOD’s Message, the God who made you in the first place, ... “Don’t be afraid, I’ve redeemed you. I’ve called your name. You’re mine. When you’re in over your head, I’ll be there with you. When you’re in rough waters, you will not go down. When you’re between a rock

and a hard place, it won't be a dead end— Because I am GOD, your personal God, The Holy of Israel, your Savior. I paid a huge price for you: That's how much you mean to me! That's how much I love you!

Below are three short prayers you may want to use as a model for your prayers:

Heavenly Father, give me a heart that always wants to serve you by serving others. Remind me of your command to Love one another, especially when it is difficult to love others who are different from me. Help me always to try and find the good in everyone. I can see you in all peoples. Amen

Lord God, I want to tell everyone about you and your word. Help me have the language to explain your greatness and love. May I be bold in my faith. You teach me so much and give me so many blessings, I want to sing and shout your name and praise you with song, dance, and loud drumming! Amen

Lord of the loving heart,
May mine be loving too:
Lord of willing feet,
May mine be willing too:
Lord of the gentle hands,
May mine be gentle too.
So I may grow more like you
In all I say and do.

Phyllis Garlick from Children's Prayers and Praises

Again, please record your thoughts and prayers, in case you wish to share some of them with the Prayer Ministers at the Zoom gatherings.

