# TUNNEL HILL

## A Call To Prayer During these times.. March 23-28

#### Introduction:

During our church retreat with Dr. Bill Thrasher, he shared "prayer is helplessness plus faith" and "faith is simply coming to Christ with our helplessness." Many are feeling that helplessness in our nation and throughout the world with the threat of the coronavirus. We believe the Lord is calling His people to pray. We are sending some scriptures and suggestions for prayer. We are certainly not limited to praying scripture, but we also know when we pray the Word, we are praying the Lord's will and can pray with confidence. As you read the scriptures, allow the Holy Spirit to guide you in prayer and to make the prayers personal.

Prayer certainly does not require a formula. As Psalm 69:13 says, "As for me, my prayer is to You." O. Hallerby, a Christian teacher said, prayer is an attitude of the heart toward God. We are free to pray as needed, but we might want to think about the acronym **A.C.T.S.**-Adoration, Confession, Thanksgiving, and Supplication. There are times when our prayers will incorporate each of these types of prayer, with praise and adoration of our Lord being a priority. May the Lord's House truly become a "House of Prayer!" Teach us to pray, Lord!

#### Instruction:

The following is a suggested prayer guide for this week. You will find 2 parts for each of the A.C.T.S. sections. You could do one part a day, multiple parts at a time or simply use the passages in your own way. Feel free to pray through them however you desire.

#### A suggested prayer guide for this week...

#### Adoration and Praise:

Below is an example of how to pray scripture. Each point follows the points made by the Psalmist.

#### Open to Psalm 91:1-6

#### Part 1- Pray the passage. Pause at each point to praise God for the truths displayed in this Psalm.

- Lord, we praise You that You are a personal God, our living Father and Lord. You are *our* God.
- You save us from hidden dangers You deliver us. (Ps. 91:3)
- You are faithful and You are our shield. (Ps. 91:4b)
- You protect us from the enemy and we have nothing to fear. (Ps. 91:4-6)
- We love You Lord, God Almighty and worship You for You are worthy of all praise. We praise you for our salvation through Jesus Christ our Lord, You are the King of Kings and Lord of Lords!

### Part 2- Several names are used for God in verses 1-2. Take a moment to consider them and praise Him for who He is.

- You are *Most High* (Elyon, Ps. 91:1).
  - You are Supreme, above all others in power and authority; we live under Your protection!
- You are *Almighty* (Shaddai or Shadday, Ps. 91:1).
  - You are all powerful, omnipotent and that there is nothing You cannot do.
  - We praise You that we dwell in your shadow!
- You are LORD (Yahweh or Jehovah, Ps. 91:2). You are always there for your people.
  - We praise You that You are with us. You are always present with us.
  - You are our refuge and fortress, our place of safety.
- You are God (Elohim, Ps. 91:2).
  - o You are maker of the universe and the Supreme Creator of all life! We trust in You our Creator!
  - We understand you to be the self-existent & eternal one.
  - You are the Alpha & Omega (the beginning & the end)

#### **Confession and Repentance:**

Part 1- In the box below the 3 key passages you will find a typed out prayer in response to the truth of scripture. Read the passages and then read the prayer as your own prayer to God.

• Psalm 139:23-24

Search me, O God, and know my heart! Try me and know my thoughts!

And see if there be any grievous way in me, and lead me in the way everlasting!

• 2 Chronicles 7:14

If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

• 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, we humble ourselves and pray, acknowledging our need of You. Search us Lord and know us and see if there is any wicked way in us. Please reveal to us sin in our lives that hinder our relationship with You. (Take time to listen and be still before Him.) .... Please forgive us.

Please forgive us for not seeking You above all else, for not spending the time with You that we should, and for not honoring You as You deserve! We ask for Your forgiveness. Help us Lord, to lay down our "rights" and wants and help us to focus on You and Your will for us. Help us truly be willing to decrease in our importance and to allow You to increase in our lives that You will be glorified. Lord, we praise You that when we confess our sin, that You are faithful and just to forgive us our sin and to cleanse us from all unrighteousness.

Part 2- Re-read the passages and write out your own prayer of confession and repentance.

### Thanksgiving:

Part 1- In the box below our 3 key passages you will find a typed out prayer in response to the truth of scripture. Read the passages and then read the prayer as your own prayer to God.

• Isaiah 26:3

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

• 1 Thessalonians 5:18

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

• Open Psalm 136

Give thanks to the Lord, for he is good, for his steadfast love endures forever.

Thank You, Lord, that You will keep us in perfect peace when our mind is stayed on You, because we trust in You!

We give thanks to You, Oh Lord, for You are good and Your love endures forever.

List some things right now in your life you are thankful for and turn them into praise and thanksgiving.

Part 2- Re-read the passages and write out your own prayer of confession and repentance.

**Supplication and Intercession:** Read the passages below and pray through the points provided.

#### 1Timothy 2:1

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people,

#### 2 Thessalonians 3:1

Finally, brothers, pray for us, that the word of the Lord may speed ahead and be honored, as happened among you,

- Lord, we pray for our brothers and sisters in Christ that...
  - 1. We will walk with faith and wisdom.
  - 2. We will keep our minds stayed on You.
  - 3. That those who have the virus will be healed.
  - 4. That even if we or someone we love becomes sick, that we will continue to trust in your love, goodness, and faithfulness and that your plan is a good plan.
- We pray, Lord, for those in positions of influence and leadership in our nation and around the world...
  - 1. That the spread of the virus will soon be eradicated.
  - 2. For wisdom for our government in dealing with this situation.
  - 3. For doctors and nurses to have wisdom and strength and for their safety.
  - 4. For Your guidance for scientist and others searching for cures.
- We pray for opportunities to share the gospel during this time.
  - 1. We pray the compassion and unity of the church will be noticed by the world and will open doors for we your people to share the good news.
  - 2. We pray that we your people will be lights shining in the darkness pointing others to Jesus Christ.
  - 3. We pray the resolve and sacrifice of missionaries will pave the way for fruitful ministry.
- We pray for wisdom in decision making among church leaders
  - 1. For wisdom for our pastors and leaders and that of other Bible Believing churches how to shepherd their members during this unique time.
  - 2. For Christians in counseling friends and loved ones, especially the grieving.
  - 3. On how to help those who are financially stressed by this situation.

**Psalm 29:2** Ascribe to the Lord the glory due His Name.