

Prayer Sheet 113: God Gives Us Rest

Prepare Heart (Enter the Prayer Room 15 minutes prior, wait on God in praise and worship music)

I. Praise (12-15 minutes): Praise God for who He is, His attributes, His name, or His character (use short prayers with God's word, no intercessory requests during this time).

Attribute: God Gives Us Rest

Declaration: When we find God, we find rest because God alone is the resting place for our souls.

Scriptures (ESV):

- [Exodus 33:12-14] Moses said to the LORD, 'See, you say to me, "Bring up this people," but you have not let me know whom you will send with me. Yet you have said, "I know you by name, and you have also found favor in my sight." ... Therefore, if I have found favor in your sight, please show me now your ways, that I may know you in order to find favor in your sight. Consider too that this nation is your people.' And he said, 'My presence will go with you, and I will give you rest.'
- [Isaiah 63:14, 16b] Like livestock that go down into the valley, the Spirit of the LORD gave them rest. So you led your people, to make for yourself a glorious name. ... But you, O LORD, are our Father, our Redeemer from of old is your name.
- [Isaiah 11:1-2, 10] There shall come forth a shoot from the stump of Jesse, and a branch from his roots shall bear fruit. And the Spirit of the LORD shall rest upon him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the LORD. ... In that day the root of Jesse, who shall stand as a signal for the peoples—of him shall the nations inquire, and his resting place shall be glorious.
- [Jeremiah 6:16a] Thus says the LORD: 'Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls.'
- [Matthew 11:28-30] Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

II. Confession (2-3 minutes): Confess and repent. "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9 (NKJV)

III. Thanksgiving (8-12 minutes): Thank God for what He has done; also thank God for adversities, submitting to God's sovereignty. No intercessory requests during this time. "In everything give thanks; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:18 (NKJV)

IV. Intercession (30-40 minutes): According to the theme of the day, first pray the scriptures then pray for specific matters. Group 2-3 intercessors together.

Intercessory Scriptures:

For believers, choose a1 or a2

a1. Heavenly Father, You were angry forty years with those who sinned, whose corpses fell in the wilderness; to those who did not obey, You swore that they would not enter Your rest. Please Increase ____'s faith, help ____ trust in You fully, and lead ____ into Your rest. (Hebrews 3:17-19)

a2. Heavenly Father, help ____ to be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let ____'s requests be made known to You; and Your peace, which surpasses all understanding, will guard ____'s heart and mind through Christ Jesus. (Philippians 4:6-7)

For unbelievers

Heavenly Father, please give to ____ the spirit of wisdom and revelation so that ____ may know You. Open the eyes of ____, turn ____ from darkness to light, from the power of Satan to God, so that ____ may receive forgiveness of sins and a place among those who are sanctified by faith in Jesus Christ. (Ephesians 1:17; Acts 26:18)

Pray for schools/workplaces: (5-10 minutes) Use scriptures "a" or "b" to pray for principals, teachers/bosses, employees; pray for spiritual awakening and revival, protection, etc.

V. Pray for Nations, Churches/Organizations, and All People (5 minutes): Pray freely for the following points as the Holy Spirit leads. **1. Nations:** nations and governments, those in authority, peace, justice, the spread of the Gospel, and the salvation of people; **2. Churches/Organizations:** churches, ministries, missions, and their leaders; unity, holiness, wisdom, strength, protection, and faithfulness in fulfilling God's calling; **3. All People:** families, children, young people, and those in need. (Note: Keep the content of intercession in the prayer room, do not spread it out!)