

PRAYER GUIDE

PURSUE

Purposefully following Jesus



This booklet serves to act as an invitation to prayer.

There are six different reflections to help guide and focus your prayer time. As a church, we will focus on one theme per day, but you are welcome to use the reflections however you wish.

If you are praying in person at the church, each reflection corresponds with a prayer station that has been set up for you. At each “station” there is a Scripture for you to read in this booklet, and a reflection on which to meditate, that will help guide your prayer.

If you are praying at home or elsewhere, the reflections can simply be used to guide the time you have set aside to spend with Jesus.

We pray that this will be a beautiful and meaningful time for you as you seek God more deeply.

REFLECTION 1: WHERE ARE YOU GOING?

Do you know where you're heading? What are you chasing?



REFLECTION

Where are you going? It is a simple question on the surface, but if you scratch below the surface, it is sometimes difficult to define exactly what our vision and intention is; or we start off with a clear idea of what we want, but our plan gets hijacked by the pressures and busyness of life.

Jesus invites us to follow Him, intentionally, purposefully and wholeheartedly. The pursuit of Jesus is the only truly worthwhile pursuit, and the only thing that will really lead to life.

Spend some time prayerfully reflecting on your goals, dreams and aspirations. What are the things that matter to you most? What do you want to be known for? If someone had to write a tribute to you, what would you most like them to say?

Notes...

Prayerfully reflect on these Scriptures and commit your dreams, hopes and desires to God. Ask Him to help you put Him first and make following Jesus the ultimate pursuit of your life, letting everything else fall into its proper place.



SCRIPTURES

Proverbs 3:1-6:

*My son, do not forget my teaching,
but keep my commands in your heart,
²for they will prolong your life many years
and bring you peace and prosperity.
³Let love and faithfulness never leave you;
bind them round your neck,
write them on the tablet of your heart.
⁴Then you will win favour and a good name
in the sight of God and man.
⁵Trust in the LORD with all your heart
and lean not on your own understanding;
⁶in all your ways submit to him,
and he will make your paths straight.*

Psalms 27:4

*⁴One thing I ask from the LORD,
this only do I seek:
that I may dwell in the house of the LORD
all the days of my life,
to gaze on the beauty of the LORD
and to seek him in his temple.*

Matthew 6: 31-33:

“So do not worry, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Notes...

REFLECTION 2: HOPE



REFLECTION

In Jesus we find eternal hope. When we pursue Him, our lives can be infused by His hope, no matter what we face. We have the hope of eternal life one day, and the hope of His presence, power and comfort every day until then. Hebrews speaks about hope in Christ as an anchor for our souls that roots us, firmly and securely, through all the storms of life (Hebrews 6:18-20).

Spend some time prayerfully reflecting on and thanking God for the ways that You experience His hope. Thank Him for your experience of His goodness, faithfulness, comfort or strength.



SCRIPTURES

Psalm 31:24

Be strong and take heart, all you who hope in the Lord.

Psalm 62:5:

Yes, my soul, find rest in God; my hope comes from him.

Isaiah 40:31:

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Romans 5:1-5:

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. 3 Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. 5 And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Notes...



REFLECTION

As we find and experience hope in Christ, we are called to be agents of His hope in the world.

Spend some time interceding for things in our world that seem hopeless and lost. Pray for those who are far from God or those who live without hope. Stand in the gap as a vessel of God's hope today. As a prophetic action, perhaps light a candle as you pray into dark situations, trusting that God will bring His light, truth and life to them.

Isaiah 60:1-3

*'Arise, shine, for your light has come,
and the glory of the LORD rises upon you.*

*²See, darkness covers the earth
and thick darkness is over the peoples,
but the LORD rises upon you
and his glory appears over you.*

*³Nations will come to your light,
and kings to the brightness of your dawn.*

Notes...

REFLECTION 3: FORGIVENESS



REFLECTION

In God's abundant love and mercy, He offers us forgiveness and a fresh start each day. If you have gone down the wrong road, or pursued the wrong things, there is grace in the perfect forgiveness of Christ.

Spend some time in confession and lay down the things of which you need to repent. What are the ways you have not honoured God? What sin holds you back from really living for Him?



SCRIPTURES

Psalm 103:1-5:

- 1 Praise the Lord, my soul;
all my inmost being, praise his holy name.*
- 2 Praise the Lord, my soul,
and forget not all his benefits –*
- 3 who forgives all your sins
and heals all your diseases,*
- 4 who redeems your life from the pit
and crowns you with love and compassion,*
- 5 who satisfies your desires with good things
so that your youth is renewed like the eagle's.*

Lamentations 3:22-23:

*22 Because of the Lord's great love we are not consumed,
for his compassions never fail.
23 They are new every morning;
great is your faithfulness.*

Hebrews 12:1:

*Therefore, since we are surrounded by such a great cloud of
witnesses, let us throw off everything that hinders
and the sin that so easily entangles. And let us run with
perseverance the race marked out for us,*



REFLECTION

We are called to forgive others, as we have been forgiven by God. Are there any burdens of unforgiveness you are carrying? Is there any baggage from your past that is weighing you down and hindering you from living the life Jesus has for you? Spend some time prayerfully reflecting on who you need to forgive or what you need to let go. Lay it down at the feet of Jesus knowing that He knows your pain, that He knows the truth and that He can make all things new.



SCRIPTURES

Mark 11:25

*"And when you stand praying, if you hold anything against anyone,
forgive them, so that your Father in heaven may forgive you your
sins."*

Colossians 3:13

13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you

Psalm 55:22:

*22 Cast your cares on the Lord
and he will sustain you;
he will never let
the righteous be shaken.*

Notes...

REFLECTION 4: HOLINESS



REFLECTION

We are called to pursue righteousness and holiness as we learn to know and love Jesus more. If we are to really dedicate our lives to Him as our primary focus and aim, we have to live according to His ways.

Spend some time asking God to examine your heart and to reveal things to you about where you may be conforming to the world or your own wisdom, rather than His perfect ways. Where are you falling short of holiness and all God has for you? You can use the prayer from Psalm 139 as a guideline or springboard:

Psalm 139:23-24

*²³ Search me, God, and know my heart;
test me and know my anxious thoughts.*

*²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.*

How will you practically pursue holiness in your life? Commit this to God in prayer.

Notes...



SCRIPTURES

1 Peter 1:13-16:

13 Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. 14 As obedient children, do not conform to

the evil desires you had when you lived in ignorance. 15 But just as he who called you is holy, so be holy in all you do; 16 for it is written: 'Be holy, because I am holy.'

Romans 12:1-2:

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

REFLECTION 5: FREEDOM



REFLECTION

When we pursue Jesus, we find true freedom. When He is our goal, our hope and our help, we can live in the freedom of knowing that He is in control and that He holds our future securely in His loving hands.

Take some time to rejoice in the freedom Jesus offers you and ask Him to help you really live in it every day.

Notes...



SCRIPTURE

Psalm 119:45:

I will walk about in freedom, for I have sought out your precepts.

2 Corinthians 3:17-18:

17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. 18 And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.



REFLECTION

Where God's Spirit is, there is freedom.

Ask God to fill you with His Spirit again... to fill you to overflowing so that you can experience His freedom and fullness.

What are the empty places in your life and soul right now? Invite the Spirit in.

Where do you feel stuck, imprisoned or hindered? Ask God's Spirit to bring freedom and life.

Notes...

REFLECTION 6: WHAT'S DOWN THIS ROAD?



REFLECTION

We do not know what the future holds, but we know the one who holds the future. As you consider where God is leading you, spend some time reflecting on your journey with Jesus so far. What has He taught you? How have you experienced His faithfulness? What are the “spiritual markers” – times you experienced Him in profound ways – that mark your journey? What does your story so far reveal to you about where God might be leading you next?

Pray and ask God to give you a specific Word or Scripture for 2022 that will give you guidance or encouragement.

A large, empty rounded rectangular box with a thin black border, intended for the user to write their reflection.

God promises that He will complete the good work He has started in you... and He has MORE for you.

Pray and ask God to help you not to settle for anything less than all He has for you.



SCRIPTURES

Philippians 1:3-6:

3 I thank my God every time I remember you. 4 In all my prayers for all of you, I always pray with joy 5 because of your partnership in the gospel from the first day until now, 6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Ephesians 3:20-21:

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Psalms 32:6-8:

6 Therefore, let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them.

7 You are my hiding-place; you will protect me from trouble and surround me with songs of deliverance.

8 I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.



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