



# Prayer Guide

PRAYER IS OUR FIRST LINE OF DEFENSE IN ADDRESSING ABUSE. MEDITATE ON THESE SCRIPTURES AND USE THIS GUIDE AS A STARTING POINT TO ALIGN YOUR HEART WITH GOD'S PURPOSE FOR THIS PROGRAM AND PREPARE FOR THE JOURNEY AHEAD.

**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

PHILIPPIANS 4:6-7 (NIV)

## Ambassador/Shepherd

Dear God, help me to serve as a channel of Your truth and grace; to be open to the leading of the Holy Spirit; to be an advocate for the abused and bring justice to the hurting; and to have obedience to do whatever You call me to do.

**Again Jesus said, "Simon son of John, do you love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep."**

JOHN 21:16

**Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here I am. Send me!"**

ISAIAH 6:8

**But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.**

JOHN 14:26

**Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.**

PROVERBS 31:8-9

**A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.**

JOHN 13:34-35



## Boldness

Lord, help me to have boldness to challenge current situations and social norms; courage to speak out against evil; confidence to have uncomfortable conversations; and to be able to recognize and overcome any of my unconscious biases.

**For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.**

2 TIMOTHY 1:7

**He proclaimed the kingdom of God and taught about the Lord Jesus Christ—with all boldness and without hindrance!**

ACTS 28:31

**Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.**

DEUTERONOMY 31:6



## Companionship

God, help me to walk humbly, compassionately, and constantly with those who are hurting; and to keep connected and available to those in need.

**This is my commandment: Love each other in the same way I have loved you.**

JOHN 15:12

**He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.**

2 CORINTHIANS 1:4

**Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.**

ECCLESIASTES 4:9-10

**Iron sharpens iron, and one man sharpens another.**

PROVERBS 27:17



## Dignity of Every Person

Dear God, please help me to recognize Your face in every person, and to embrace each person as a brother or sister; to be able to express genuine empathy; and to embrace the reality that their suffering is my suffering.

**Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'**

MATTHEW 25: 37-40

**Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.**

LUKE 12:7

**Share each other's burdens, and in this way obey the law of Christ.**

GALATIANS 6:2

**Rejoice with those who rejoice, weep with those who weep.**

ROMANS 12:15



## Abuse and Bondage

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Dear Lord, help me to constantly seek the well-being of individuals and groups by encouraging them to exercise and experience the power of their own God-given freedom.

**It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.**

GALATIANS 5:1

**So if the Son sets you free, you will be free indeed.**

JOHN 8:36

**Therefore encourage one another and build each other up.**

1 THESSALONIANS 5:11



## Gratitude

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God, help me to be grateful for any progress toward healing; to be thankful for the personal opportunity to be available to accompany someone who needs healing; and to praise You even in difficult circumstances.

**Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.**

JAMES 1:17

**...Give thanks in all circumstances; for this is God's will for you in Christ Jesus.**

1 THESSALONIANS 5:18



**You, God, are my God; earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.**

PSALM 63: 1-5

## Humility

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God, help me to recognize that You use us to accomplish Your plans but that it is only You, God who brings redemption and can save us from the evils we experience.

**He must become greater; I must become less.**

JOHN 3:30

**Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others.**

PHILIPPIANS 2:3-4

**For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.**

EPHESIANS 2:8-9



## Wisdom & Insight

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Father, please prepare my church to identify and welcome hurting members; to implement effective and loving policies and practices to avoid further hurt and harm; to hold everyone accountable for true discipleship; and to exercise good judgment while not casting judgment on others.

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**I am your servant, give me understanding, that I may know Your testimonies.**

PSALM 119:125

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**Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.**

MATTHEW 7:7

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**Open my eyes, that I may see Wondrous things from Your law.**

PSALM 119:18

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**Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.**

MATTHEW 7:1-2

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## Protection from the Enemy

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Dear God, I pray for a hedge of protection around each person's mind, body, and soul. Help me to trust that You are always with me; and to seek comfort from You, my Heavenly Father, during difficult circumstances.

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**Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.**

EPHESIANS 6:11-12

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**We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.**

2 CORINTHIANS 4:8-9

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**When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.**

ISAIAH 43:2

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**In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.**

PSALM 4:8

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## Surrender

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God, help me to surrender completely to You and Your will.

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**Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it."**

MATTHEW 16:24-25

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**Trust in the Lord with all your heart and lean not on your own understanding, in all your ways submit to him, and he will make your paths straight.**

PROVERBS 3:5-6

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**Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.**

PSALM 46:10

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