



DAY OF SACRIFICIAL PRAYER

March 14, 2024

Join the Trinity Church family for a Day of Prayer, beginning Wednesday, March 13 at 7:00pm with Worship Night, intentionally setting aside time to pray and to pray sacrificially.

PRAY AT A TIME YOU'VE NEVER PRAYED BEFORE

- Set an alarm and pray early in the morning
- Pray when you start your day and when you go to bed
- Pray every hour on the hour

PRAY IN A DIFFERENT POSTURE

- On your knees
- As you walk your neighborhood or workplace
- With open palms on your lap—as a symbol that you're ready to receive from God and releasing your cares and concerns to Him

PRAY WITH OTHERS

- **Prayer and Worship Night:** Wednesday, March 13 @ 7:00pm in Trinity's Student Auditorium
- **Online Prayer Gatherings:** Thursday, March 14 @ 12:00pm and 6:00pm, which can be found on our regular broadcasting platforms
- Ask a friend to meet with you and pray together
- Text 5 people and ask how you can pray for them today
- Attend Trinity's **Prayer Retreat** on April 13, 9:00am–2:30pm
Sign up at wearetrinity.com/prayer-retreat

PRAY SCRIPTURE

The Bible's 150 Psalms can be used to help us pray in many different ways and with the full range of our emotions.

- These Psalms focus on the theme of gratitude for God's faithfulness and steadfastness: Psalm 1, 8, 14, 19, 33, 104 and 145
- These Psalms are a response to a season of heartache, pain, grief, or disappointment: Psalm 3, 6, 55, 60, 74, 88, 126, 137

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PRAY LONGER THAN YOU USUALLY DO

- **How to Have a 10-minutes Prayer Time (using P.R.A.Y.)**
 - *Pause (1 min)*: Sit quietly for a minute, stilling your soul.
 - *Rejoice (2 min)*: Read a short Psalm or listen to a worship song.
 - *Ask (3 min)*: Tell God what's on your heart. Pray through your day. If you have a prayer list, quietly name each person before God.
 - *Yield (3 min)*: Read a few verses from the New Testament until a phrase pops out at you and then talk to God about it. Are there any sins you need to confess? Ask the Holy Spirit to fill you afresh.
 - *Amen (1 min)*: Pray the Lord's Prayer.
- **How to Have a 30-minute Prayer Time (using the Lord's Prayer)**
 - *Our Father in Heaven (2 min)*
 - Be still. Sit quietly and ask "Where is the evidence of the Father's love in my life right now?" Give thanks.
 - *Hallowed be your name (3 min)*
 - Read a Psalm or listen to a worship song.
 - *Your kingdom come, your will be done (3 min)*
 - What would it look like for God's kingdom to come in the three circles of your life today—your own needs, needs of your friends and family, needs of the wider world.
 - *Give us this day our daily bread (15 mins)*
 - Read a section from Matthew, Mark, Luke, or John.
 - The emphasis here is on quality, not quantity. When a phrase resonates with you, treat it as if God is starting conversation by pausing to pray about it.
 - *Forgive us our sins as we forgive others (2 mins)*
 - Review the last 24 hours, allowing the Holy Spirit to challenge any sinful thoughts, words, and deeds. Are there people to whom you need to apologize or others you need to forgive?
 - *Lead us not into temptation but deliver us from evil. (2 mins)*
 - Pray protection for yourself and for those you love, especially in areas of vulnerability.
 - *For the kingdom, the power, and the glory are yours... (3 mins)*
 - Finish by listening to another worship song or returning to the psalm with which you started.