



Thank you for joining others in prayer as we launch into Rally Weekend and kick off Fall 2025! This guide is designed to give you a framework for your prayer time. If you feel prompted to pray in additional ways, please do so.

During your prayer time, here are some things to prepare for:

1. Expect God to show up. You may encounter Him through reading His Word, feeling His presence, words or pictures that come to mind, or a sense of peace.

2. Take notes. Grab your journal or a notepad.

Make note of your experiences and keep track of the things God may speak to you. If you have something you would like to share, please email Prayer@Hopewdm.org. We would love to hear from you.

3. As you pray, a scripture, a word, or even pictures may come to mind. If so, share it back to God and ask Him for His blessing over how He is speaking to you.
4. Expect to enjoy the time. We are praying you will experience joy and God's presence as you pray.

Frequently Asked Questions:

- **How do I know what to pray?** This Prayer Guide provides a framework for your time. If you would like to pray for additional things you are welcome to do so.
- **What do I do when I pray?** If you like to sit or pray silently, please do. If you like to walk or pray out loud, please do. If you are praying as a group, we recommend you divide out the prayer guide among the group so everyone can participate. There is no expectation of perfection. However, we do ask that you would be open to what God is doing in you and through your prayers.
- **Where do I pray?** You may choose to pray on-site at HOPE West Des Moines, or you may pray at a different location such as your home, work, or a coffee shop. When you registered, there was an opportunity to indicate where you would like to pray. That helps us to prepare.
 - If you chose to pray on-site at HOPE overnight from 10:00 pm – 6:00 am the Jordan Creek Family and Prayer Room will be prepared for you. Please use those doors when entering and exiting. You will receive specific information about safety measures.
- **What if I have other questions?** Please see your email for more details and answers to additional questions. Need more information? Please email: Melissa.Johnson-Matthews@Hopewdm.org

START HERE:

STEP 1: BE STILL & INVITE HOLY SPIRIT TO COME... [5 Minutes]

- Listen and take the first moments to quiet your heart.
- Take a deep breath. Set the timer on your phone if that helps.
- This is a good time to turn on instrumental worship music.
- Invite Holy Spirit to make you aware of His presence with these simple words:
HOLY SPIRIT COME...
- As thoughts or confessions come to mind give them to God.
- Ask Him to carry your burdens and prepare your heart for this time.

[After 1-2 minutes, consider reading the following passage and prayer aloud]

Psalms 46:10 Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth. (3x)

LORD, I praise you. I lift my heart and mind to you right now. Thank you for this place called HOPE. May your Spirit never depart. LORD, we pray all that enter HOPE will feel the presence, the love, the freedom, and the peace of the Holy Spirit. LORD, many come here to worship or to pray, to attend HOPEKIDS, IGNITION or POWERLIFE, or to learn more of your word. Still others come for recovery and community, to share their grief and find shelter in a storm. May they encounter You, Holy Spirit, in real and meaningful ways. AMEN

STEP 2: PRAISE GOD FOR WHO HE IS [5 Minutes]

Pause for a moment and think about God, His character and who He says He is.

Give God praise for who He is. Here are some places to start:

- | | |
|--------------------|------------------------|
| • Perfect and HOLY | • All Knowing |
| • Good | • Merciful |
| • Infinite | • Creator and creative |
| • Enough | • Sovereign |
| • Everywhere | • Faithful |
| • Just | • Gracious |
| • Mysterious | • Love |

Meditate on one or more of the names of God. Praise Him for who He is.

[Consider reading the following passages and prayer below aloud]

- | | |
|--|---|
| • Genesis 1:13 (All-powerful) | • Genesis 21:33 (Eternal God) |
| • Genesis 16:13 (The God Who Sees) | • Genesis 17: 1 (God Almighty) |
| • Genesis 22:14 (Provider) | • Exodus 3:14 (I AM) |
| • Exodus 15:26 (The Lord Who Heals) | • Deuteronomy 10:17 (Lord of lords) |
| • Deuteronomy 7:9 (Faithful) | • Judges 6:24 (The Lord is Peace) |
| • Isaiah 5:16 (Lord of Heaven's Armies) | • Isaiah 7:14 (Immanuel/God with Us) |
| • Psalms 28:1 (The Lord My Rock) | • John 1:1 (The Word) |

*LORD, You alone are Holy. You alone are good.
Thank you for your love. Thank you for your truth.
Thank you for your mercy. Thank you for your faithfulness.
Thank you for the beauty and creativity all around us.
LORD, you are our source of life and strength.
We come before you with praise and thanksgiving today. AMEN*

STEP 3: PRAISE GOD FOR WHAT HE HAS DONE [5 Minutes]

Pause for a moment and think about God's faithfulness to all generations.
[Consider reading the following Psalm (3x) and prayer aloud]

Psalm 100 (x3)

Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.

Gracious LORD, thank you for your faithfulness through the generations. Thank you for sustaining those who have gone before us and prepared the way. We give you glory for all you have done for us individually. We praise you for the blessings we receive as a community.

LORD, you are our safe refuge, you renew us in times of trouble, and through your death and resurrection, you made a way for all to be restored to you. Let the reminder of your faithfulness pour out of all of us like living water into the world around us. AMEN

STEP 4: PRAISE GOD FOR WHAT HE WILL DO [5 Minutes]

Take this time to praise God for His vision for the world He loves.

Praise God for:

- The kids and adults who will hear about and receive God's love this year
- The people who will experience hope and freedom in God this year
- The leaders God is calling and raising up at HOPE

[Consider reading the following passages and prayer aloud]

- **Psalm 96** (Let the whole world praise God)
- **Ezekiel 36:23** (God's holiness would be known to the world)
- **Ephesians 3:16-21** (God's love would be known throughout the world)

Gracious LORD, we place our future into Your loving and merciful hands. We trust Your plans for us as a community and as individuals. You are faithful. Your plans guide our steps and direct our paths. We ask for wisdom to follow Your ways. We confess there are times we have

doubts. Please forgive us. LORD, fill our hearts with Your peace and joy. We humbly submit our plans to yours and seek Your will. Your kingdom come, LORD. Amen

STEP 5: PRAISE GOD THAT HE IS OUR HELP AND OUR HOPE [5 Minutes]

Take a moment and pause to acknowledge all that we have and all we are is because of God.

[Consider reading the following passages and prayers aloud]

- **Zephaniah 3:17** (The Lord your God is with you, the Mighty Warrior who saves)
- **2 Corinthians 3:17-18** (Where the Spirit of the Lord is there is freedom)
- **1 Samuel 7:10-13** (The Ebenezer stone or “the stone of help”)
- **Romans 12:1-2** (Our minds would be transformed toward the things of God)

LORD, thank you. You are ever-present help and hope. Lead us in your ways. We ask that anyone who enters Hope would be drawn into a relationship with you. May all the bible studies and small group meetings, may the worship services and classes, may the conversations and prayers all glorify you and bring heaven even closer. We pray for all who enter HOPE, now and forever - that they feel the presence, the love, the freedom, the peace, the joy, and the redemption of the Holy Spirit. May your Spirit never depart from this church. AMEN

STEP 6: CONCLUDING MOMENTS... [5 Minutes]

As we conclude, think through the things you have prayed for during this time.

- Is there anything additionally that comes to mind that you want to talk with God about?
- Is there anything you would like to confess or a burden you would like to give Him?

Feel free to sit quietly, to sing or hum, or to draw during this time.

CONCLUSION: The Lord's Prayer

Our Father, who is in heaven, Holy is your name.

Your kingdom come, Your will be done, on Earth as it is in heaven.

Give us this day our daily bread,

And forgive us our trespasses, as we forgive those who trespass against us.

Lead us not into temptation but deliver us from evil.

For thine is the kingdom, and the power, and the glory,

forever and ever. AMEN

***“HISTORY IS SILENT ABOUT REVIVALS THAT
DID NOT BEGIN WITH PRAYER.”***

J. Edwin Orr