

a Night
Of
Prayer



Introduction

For those of you who would desire an electronic version of this prayer booklet to take with you throughout the day, it is available for download online at springpeople.org.

What do we take time for? We take the time to watch TV, to rewatch TV, to rewatch tv. We flip through Facebook, we hang with friends, we work, try out new apps, and edit our selfies. We take time for family. We make time for things that matter to us, intermural and city league sports teams, rock climbing, music, movies, dance, reading.

We take time for others. We help friends move, visit people in the hospital, serve in ministries, volunteer at non-profits.

We make time for the future. We think about it a lot, focus on it; we spend a lot of time thinking about it, some of us, because that's responsible. The grades I get matter. The work I do matters. The people I date matter. We envision a life for ourselves. Some of us make goals and try to accomplish them; others are content to dream, but we definitely make time.

Somewhere, nagging in the back of our minds is this idea. It buzzes around, and we absently swat at it, wondering what it might be and until it becomes a low hum. And we can't help but take time to think about it.

Today we're going to take time to sit at the feet of Jesus. The best we can, we're going to quiet our minds, still the many other thoughts that are clamoring for our attention, and focus on the God who calls us his beloved. This booklet is designed to help you do that through Adoration, Confession, Thanksgiving, Supplication (ACTS) and Offering. We hope that you will find this helpful not only today, but that it will be a beneficial tool for you to use in your own home as you carve out time to sit at the feet of Jesus each day.



Prayer Sections

Adoration

Scripture: 1 Samuel 2:1-10; 2 Samuel 22; Psalm 29; Psalm 30; Psalm 100; Psalm 115; Psalm 145; Hebrews 1:1-4 & 8-12; Revelation 5:8-14; 7:9-12; 19:4-8

Adoration Defined: “Adoration,” simply put is telling God how great he is. It seems like God would know this, and that we already know this, but it is worth remembering and proclaiming each time that we pray, “Oh Lord our Lord how majestic is your name in all the Earth!” When we praise God for his greatness our heart and body tend to experience a change of posture; we bow down, sometimes literally, in worship of the one true God. Often times we begin our normal prayers by telling God, “I need” or “help.” This is not a bad way to pray, but if it is the *only* way we pray, it can be dangerous. It has a way of making us into self-absorbed people, people who think of prayer not as a conversation but as a shopping list of demands and fears. Beginning with adoration helps to reorient us, to remind us that we are not God (which is good because we need God to be God to answer our prayers). It has a way of removing the power from our fears because our perspective changes; compared to the greatness of God anything that threatens us will seem puny.

Psalm 117:1

“Praise the LORD, all you nations!

Extol him, all you peoples!

For great is his steadfast love toward us,
and the faithfulness of the LORD endures forever.

Praise the LORD!”

We adore you, Lord, because of who you are:

Just

Kind

Alive

Long-suffering

Loving

Meek

Perfect

Powerful

Wise

Wonderful

Almighty

Beautiful

Eternal

Ever Present

Faithful

Forgiving

Good

Gracious

Holy

Infinite

“O Educator, be gracious to thy children, O Educator, Father, Guide of Israel, Son and Father, both one, Lord. Give to us, who follow thy command, to fulfill the likeness of thy image, and to see, according to our strength, the God who is both a good God and a Judge who is not harsh. Do thou thyself bestow all things on us who dwell in thy peace, who have been placed in thy city, who sail the sea of sin unruffled, that we may be made tranquil and supported by the Holy Spirit, the unutterable Wisdom, by night and day, unto the perfect day, to sing eternal thanksgiving to the one only Father and Son, Son and Father, Educator and Teacher with the Holy Spirit.”

- St. Clement of Alexandria

“Three in One, One in Three, God of my salvation, Heavenly Father, blessed Son,
eternal Spirit,
I adore you as one Being, one Essence, one God in three distinct Persons,
for bringing sinners to your knowledge and to your kingdom.
O Father, you have loved me and sent Jesus to redeem me;
O Jesus, you have loved me and assumed my nature,
shed your own blood to wash away my sins, produced righteousness to cover my
unworthiness;
O Holy Spirit, you have loved me and entered my heart,
implanted there eternal life, revealed to me the glories of Jesus.
Three Persons and one God, I bless you and praise you,
for love so unmerited, so unspeakable, so wonderful,
so mighty to save the lost and raise them to glory.
O Father, I thank you that in fullness of grace you have given me to Jesus,
to be his sheep, jewel, portion;

O Jesus, I thank you that in fullness of grace you have accepted, embraced, bound me;

O Holy Spirit, I thank you that in fullness of grace you have exhibited Jesus as my salvation,

implanted faith within me, subdued my stubborn heart, made me one with him forever.

O Father, you are enthroned to hear my prayers,

O Jesus, your hand is outstretched to take my petitions,

O Holy Spirit, you are willing to help my infirmities,
to show me my need, to supply words, to pray within me,
to strengthen me that I faint not in supplication.

O Triune God, who commands the universe,

you have commanded me to ask for those things that concern your kingdom and my soul.

Let me live and pray as one baptized into the threefold Name.”

- From The Valley of Vision: A Collection of Puritan Prayers and Devotions; Banner of Truth; ed. Arthur G. Bennett. © 2003

Confession

Scripture: Leviticus 26:40-42; Nehemiah 1:4-11; Psalm 32:1-7; Psalm 51; Psalm 130; Proverbs 28:13; 2 Corinthians 7:8-10; James 4:7-10; 1 John 1:9

Confession Defined: “Confession” simply put, is telling God how we have failed Him. It is good to get those things out of ourselves and where they belong; at the feet of Jesus. It puts our lives into perspective, and we cry out, “Lord have mercy on me, a sinner!” It is important to remember when we pray that we come to God not as equals but as beggars. It is the process of practicing repentance in prayer, turning our lives again and again away from sin and toward the Lord. When we do this we immediately remember and experience the grace of God (1 John 1:9).

Today, Lord, I confess to you...

The evil thoughts of my heart

My shortcomings

How easily I forget and break my promises

How easily I go astray from following You

The needless lies that I have spoken

The countless times I have given into materialism without a care

My neglect of You

My forgetfulness of Your care and Your Word

My willing disobedience

My unknowing disobedience

My constant complaints when I'm so blessed

How quick I am to gossip

How I overanalyze the simple blessings in my life

My impatience

My ignorance of the people hurting all over the world

My stagnancy and comfortability

The bitterness, grudges, and unforgiveness I keep holding in my heart

How quick to anger and slow to kindness I am

How I turn on noise in quiet moments instead of listening to you in the silence

How I value success, work, and my title more than who You want me to be in

Christ

“O Eternal God and King of all creation, Who hast granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed I may please Thy most holy Name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For Thine is the kingdom, the power and the glory of the Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.”

- St. Marcarius

“O Lord, Heavenly King, Comforter, Spirit of Truth, have compassion and mercy on Thy sinful servant and pardon my unworthiness, and forgive me all the sins that I humanly committed today, and not only humanly but even worse than a beast - my voluntary sins, known and unknown, from my youth and from evil suggestions, and from my brazenness, and from boredom. If I have sworn by Thy Name or blasphemed it in thought, blamed or reproached anyone, or in my anger have detracted or slandered anyone, or grieved anyone, or if I have gotten angry about anything, or have told a lie, if I have slept unnecessarily, or if a beggar has come to me and I despised or neglected him, or if I have troubled my brother or quarreled with him, or if I have condemned anyone, or have boasted, or have been proud, or lost my temper with anyone, or if when standing in prayer my mind has been distracted by the glamour of this world,

(cont.)

or if I have had depraved thoughts or have overeaten, or have drunk excessively, or have laughed frivolously, or have thought evil, or have seen the attraction of someone and been wounded by it in my heart, or said indecent things, or made fun of my brother's sin when my own faults are countless, or been neglectful of prayer, or have done some other wrong that I cannot remember - for I have done all this and much more - have mercy, my Lord and Creator, on me Thy wretched and unworthy servant, and absolve and forgive and deliver me in Thy goodness and love for men, so that, lustful, sinful and wretched as I am, I may lie down and sleep and rest in peace. And I shall worship, praise and glorify Thy most honourable Name, with the Father and His only-begotten Son, now and ever, and for all ages. Amen.”

- St. Ephrem

Thanksgiving

Scripture: Psalm 30; 105:1-5a; 107; 116; 118; 126; Luke 17:11-19; Romans 5:6-8; 1 John 4:9-12 Philippians 4:4-7; 1 Thessalonians 5:16-18; 1 Corinthians 1:4-9; Ephesians 1:15-16; Philippians 1:3-6; Colossians 1:3-8; 1 Thessalonians 1:2-3; 1 Thessalonians 2:13; 2 Thessalonians 1:3-4; 1 Timothy 1:12-17; 2 Timothy 1:3; Philemon 4-7

Thanksgiving Defined: “Thanksgiving” is simply thanking God for his many mercies and blessings. This quickly and immediately follows confession as we experience the grace of God anew. The depth of our confession leads us back up to the height of praise- “what do you have that we did not receive?” While adoration praises God for *who he is*, thanksgiving praises God for all *he has done*. This can be for big things, like “for the death and resurrection of Jesus,” and smaller things like “ for the nice breeze.” The better we get at this part of prayer the more joy we will find in life, and the more anxiety we will leave behind, as we begin the habit of gratitude.

I thank you Lord for...

Meeting my daily needs

Providing a job

Waking me up today

Wonderful friends

My loving family

The beauty of your creation

The beauty of winter in Arizona

Providing a church community

The gentle songs of birds heard throughout the world

People who have shown me grace when I deserved punishment

People who have done kind deeds towards me and my loved ones without expecting anything in return

Everlasting life in you

The promise of your Holy Spirit who is always with me

A copy of the Holy Bible that speaks truth into my heart and life

The ability to walk, talk, sing, and run

A roof over my head

Opportunities to share the gospel every day

Delicious food and sweet treats

The gifts and talents you have given me to serve your kingdom

The blessing of living in a country with physical resources and spiritual freedom

The convenience of technology and travel

“We bless Thee, O most high God and Lord of mercy, Who art ever doing numberless great and inscrutable things with us, glorious and wonderful; Who grantest to us sleep for rest from our infirmities, and repose from the burdens of our much toiling flesh. We thank Thee that Thou hast not destroyed us with our sins, but hast loved us as ever, and though we are sunk in despair, Thou hast raised us up to glorify Thy power. Therefore, we implore Thy incomparable goodness, enlighten the eyes of our understanding and raise up our mind from the heavy sleep of indolence; open our mouth and fill it with Thy praise, that we may be able undistracted to sing and confess Thee, Who art God glorified in all and by all, the eternal Father, with Thy only-begotten Son, and Thy all-holy and give thanks to the Lord who is good. God’s love is everlasting.”

- St. Basil the Great

“Father in Heaven, Creator of all and source of all goodness and love, please look kindly upon us and receive our heartfelt gratitude in this time of giving thanks.

Thank You for all the graces and blessings You have bestowed upon us, spiritual and temporal: our faith and religious heritage, our food and shelter, our health, the loves we have for one another, our family and friends.

Dear Father, in Your infinite generosity, please grant us continued graces and blessing throughout the coming year.

This we ask in the Name of Jesus, Your Son and our Brother. Amen.”

- Unknown

Supplication

Scriptures; Luke 11:1-13; John 16:12-15; Acts 1:12-14; Acts 4:23-31; Acts 13:1-4; Acts 16:6-10; Acts 16:25-34; Ephesians 1:15-19a; Ephesians 3:14-19; Ephesians 6:18-20; Philippians 1:9-11; Philippians 4:6-7; Colossians 1:9-12; Colossians 4:2-4; 1 Timothy 2:1-4; Philemon 6; James 5:13-16

Supplication Defined: Supplication is a word that means “asking,” or more accurately “begging.” When we thank God we remember that we have a “Father in heaven... who gives good gifts to his children.” Yet a strange thing happens when we place supplication after these other aspects of prayer; our prayers tend to be broader; we tend to remember the concerns and requests of others before the Lord. It also gives us a certain confidence that God is listening to our prayers and that he will respond. Yet we may find that our earlier praying conditions our asking so that we are less concerned with what we want and more open to the will of God in our desperate situation.

Lord, right now I ask for...

Good health for myself, my friends and family

Salvation for loved ones

Provision for me and my family

Peace for our nation and world

Peace for the inner turmoil of my heart

Confidence

Unity within our nation

An attitude of thankfulness

Patience when I want to be angry or frustrated

The calming of my fears about the future

“Lord, deprive me not of Thy heavenly joys. Lord, deliver me from eternal torments. Lord, if I have sinned in mind or thought, in word or deed, forgive me. Lord, deliver me from all ignorance, forgetfulness, cowardice and stony insensibility. Lord, deliver me from every temptation. Lord, enlighten my heart which evil desires have darkened. Lord, I being human have sinned, but Thou being the generous God, have mercy on me, knowing the sickness of my soul. Lord, send Thy grace to my help, that I may glorify Thy holy Name. Lord Jesus Christ, write me Thy servant in the Book of Life, and grant me a good end. O Lord my God, even though I have done nothing good in Thy sight, yet grant me by Thy grace to make a good start. Lord, sprinkle into my heart the dew of Thy grace. Lord of heaven and earth remember me, Thy sinful servant, shameful and unclean, in Thy Kingdom. Amen.”

“O Lord, accept me in penitence. O Lord, leave me not. O Lord, lead me not into temptation. O Lord, grant me good thoughts. O Lord, grant me tears and remembrance of death and compunction. O Lord, grant me the thought of confessing my sins. O Lord, grant me humility, chastity and obedience. O Lord, grant me patience, courage and meekness. O Lord, plant in me the root of all blessings, the fear of Thee in my heart. O Lord, grant me to love Thee with all my mind and soul, and always to do Thy will. O Lord, protect me from certain people, and demons, and passions, and from every other harmful thing. O Lord, Thou knowest that Thou actest as Thou wilt; may Thy will be also in me, a sinner, for blessed art Thou forever. Amen.”

- St. John Chrysostom

“Jesus, my feet are dirty. Come even as a slave to me, pour water into your bowl, come and wash my feet. In asking such a thing I know I am overbold, but I dread what was threatened when you said to me, “If I do not wash your feet I have no fellowship with you.” Wash my feet then, because I long for your companionship.”

- Origen

“Look upon us, O Lord,
and let all the darkness of our souls
vanish before the beams of thy brightness.
Fill us with holy love,
and open to us the treasures of thy wisdom.
All our desire is known unto thee,
therefore perfect what thou hast begun,
and what thy Spirit has awakened us to ask in prayer.
We seek thy face,
turn thy face unto us and show us thy glory.
Then shall our longing be satisfied,
and our peace shall be perfect.”

- St. Augustine

Offering

Scriptures: 1 Samuel 15:22; 1 Chronicles 29:14; Matthew 10:39; 16:24; Mark 10:45; Romans 12:1; 1 Corinthians 6:19-20; Ephesians 5:1-2; Philippians 2:5-8; Hebrews 12:28; 1 John 3:16; Revelation 4:11

Offering Explained: Offering is a concept that is easy to understand, but a concept that is very difficult when it comes into contact with our real lives. Plain and simple it is the giving (or offering) of ourselves – all that we are and all that we have been given (time, talents, and treasure) - to God. It is a time to surrender our selfish wants and desires before the Lord and instead give ourselves to the things that he would desire. It is a time to shine a light into those dark corners that we have hidden from ourselves and tried to hide from the Lord, thinking, “I will give to the Lord all these other things, but not this.” May we learn to offer our whole selves to the Lord, trusting in our good and gracious Father who desires our well-being and has treasures of wisdom and knowledge and provision that we do not. Another great joy of offering is that we can offer the Lord the failures and burdens of life that weigh us down and he can provide peace where disappointment and turmoil once resided in our hearts.

Today Lord I offer to you my...

Life

Finances

Hobbies

Free time

Career

Desires

Hopes and Dreams

Unaccepted failures

Successes

Fear of the opinions of my bosses or friends

Relationships

Sabbath

Thoughts

Family

“Dear and gracious Lord,

Grant that we your people might understand the depth of your grace and mercy in our lives. And that this understanding might cause us to be a people of deep and rich humility, who see no one as too low or too high for our service. May the sincerity of your love lighten the deep and dark corners of our hearts. Awaken us to the reality of our need of your strength and sustaining hand. May we offer ourselves daily to you for the purposes of your kingdom. We see ever so clearly in ourselves the depth and disparity of our spirits left to themselves, and yet so often we attempt to flee from any working of your true, loving and powerful Spirit within ourselves. Do not allow us to flee so easily, but teach us to endure the trials and difficulties of following you and give us but a foretaste of the indescribable beauty and infinite satisfaction of being with you for eternity, that we might be find joy in the endurance we once found unbearable. Refine us into an offering that is pure and acceptable in your sight, Lord Jesus. We pray this to our one Lord and Savior Jesus Christ.”

- Unknown

Always be joyful.
Never stop praying.
Be thankful in all circumstances,
for this is God's will
for you who belong to Jesus.

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