

## Rooted in Prayer Template

### What are you worried about these days? What stresses you out?

Father, teach \_\_\_\_\_ to cast all their cares on You, for You care for them. I pray that \_\_\_\_\_ will remember that You, Lord God are with them and You are mighty to save; You rejoice over them with singing and quiet them with Your love. (1 Peter 5:7, Zephaniah 3:17).

Father, I pray that \_\_\_\_\_ will be anxious for nothing, but in everything, by prayer and supplication, with thanksgiving, let their requests be made known to You; and Your peace, which passes all understanding, will guard their heart and mind through Christ Jesus. Help \_\_\_\_\_ to know and deeply believe that they can do all things through You who strengthen them. Help them to see Your wonderful promise to supply all that they need according to Your riches in glory in Christ Jesus. (Philippians 4:6-7, 13, 19).

Let not \_\_\_\_\_'s heart be troubled, Father; help them to believe in You and believe also in Jesus. In this world, \_\_\_\_\_ will have trouble, but they can be of good cheer because You have overcome the world. The Holy Spirit will teach them all things and help them to remember all the things You have said to us in Your word. Peace You leave with \_\_\_\_\_, Your peace You give them, not as the world gives, do You give to us. Let not their heart be troubled, neither let it be afraid. (John 14:1, 26-27, 16:33).

### In what ways do you feel like you aren't enough? Is there some place in your life where you don't feel you measure up?

Father, remind \_\_\_\_\_ that if anyone is in Christ, they are a new creation. The old has passed away, and the new has come. Help \_\_\_\_\_ to remember that they were washed, they were sanctified, they were justified in the name of the Lord Jesus Christ and by Your Spirit, O God. (2 Corinthians 5:17, 1 Corinthians 6:11).

May \_\_\_\_\_ be able to hear Your Spirit bearing witness with their spirit that they are a child of God – and if a child, then an heir, a fellow heir with Christ. (Romans 8:16).

Father, help \_\_\_\_\_ to understand, deep in their heart, that there is no condemnation for those who are in Christ Jesus, and in fact Your grace is sufficient for them, for Your strength is made perfect in weakness. (Romans 8:1, 2 Corinthians 12:9).

### What is making it difficult for you to rest in the Gospel right now?

God, help \_\_\_\_\_ to see that because You are rich in mercy, and because You have loved them with a great love, they have been saved *by grace through faith*. Help them to trust that salvation is not a result of their own doing, nor a result of works, but rather a gift that You have given them. (Ephesians 2:4-8).

Father, help \_\_\_\_\_ to come to You when they are laboring and heavy laden. You will give them rest. I pray they will take your yoke upon them and learn from You, because You are gentle and lowly in heart. In You alone \_\_\_\_\_ will find rest for their weary soul, for Your yoke is easy, and Your burden is light. (Matthew 11:28-30).

Father, \_\_\_\_\_ is (like me) an earthen vessel with the treasure of Your Spirit within them, so that the excellence of Your power may be clearly from You, and not from them. Right now \_\_\_\_\_ is hard pressed one every side, yet not crushed; perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.

Therefore do not allow \_\_\_\_\_ to lose heart. Help them to know they are being renewed by Your Spirit, day by day. Their light afflictions, which are but for a moment, are working in them a far more exceeding and eternal weight of glory. Teach \_\_\_\_\_ to turn their gaze from the things which may be seen to the things which cannot be seen. For the things which are seen are temporary, but the things which are not seen are eternal. (2 Corinthians 4:7-9-16-18).

### **What specific things do you need prayer for right now?**

*[This would be a good place to teach your student how to search Scripture to pray for themselves (or you), and to talk about the heart issues behind specific circumstances. Love, wisdom, and discernment apply to almost any need we can think of, so some prayers for these things are included here.]*

I pray, Father, that \_\_\_\_\_'s love may abound more and more, with knowledge and all depth of insight, that they may be able to discern what is best. Keep them pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to Your glory and praise! (Philippians 1:9-11).

Father, I pray that \_\_\_\_\_ will know how to refuse the evil and choose the good. Teach them, that they may distinguish between the holy and the unholy. (Isaiah 7:15, Leviticus 10:10).

Lord please bless \_\_\_\_\_ with wisdom. I pray they will not walk in the way of the wicked, nor stand in the way of sinners, or sit in the seat of scoffers. Instead, Father, I pray that they will delight in Your law, and meditate on it day and night. I pray You will plant them like a tree beside streams of water, so that they will yield fruit and never wither, so that all that they do will prosper. (Psalm 1:1-3).

### **What are some ways you see God at work in your life right now?**

Father, open \_\_\_\_\_'s eyes to what You have done for them! Fill them with the wonder of Your saving love, and they will be like one who dreams. Then their mouths will be filled with laughter, and their tongues with singing. Then they will say among the people, "The Lord has done great things for me," and they will be glad. (Psalm 126:1-2).

Let us thank You, Lord, for Your steadfast love, for Your wondrous works towards the children of man! You satisfy \_\_\_\_\_'s longing soul. When their soul is hungry, You fill it with good things. When they cry out to You in their trouble, You deliver them from their distress. You send out Your word and heal them, and You deliver them from their destruction. (Psalm 107: 8-9, 19-20).

Father, together we pray: "You are our Lord; we have no good apart from You. You, O Lord, are our chosen portion and You hold our future. The lines have fallen for us in pleasant places. We bless You, Lord, who have given us counsel. You are always before us, and because You are right beside us, we will not be shaken. Our hearts are glad; we rejoice in You; we dwell secure because You will never abandon our souls. Make known to us the path of life. May we find fullness of joy in Your presence and pleasures forevermore at Your right hand. Amen." (adapted from Psalm 16).

In Jesus' Name, Amen