A blurred photograph of a sidewalk next to a brick building with trees in the background. The image is out of focus, creating a bokeh effect with the trees and building. The sidewalk is in the foreground, leading towards the background. The brick building is on the left side, and trees are on the right side. The overall tone is soft and contemplative.

# when you pray

booklet for guided prayer

All Scripture used is from the NRSVue.  
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12345 40 Street SE Calgary Alberta  
**faccalgary.com**

# when you pray

We know we should pray. And we know sometimes it's hard. Or we're not sure how. As we examine our hearts for Lent, looking towards the cross and the empty grave, we'll pause to pray at the moments He did that are recorded for us in the Bible – honest, real, sublime, challenging, humbling, uplifting – let's pray the prayers of Jesus.

## **when you pray ... start with Jesus**

We begin with the Lord's Prayer; the prayer Jesus taught us to pray; a pattern we can follow. It reminds us of what matters most as we open our hearts to God.

**Silence & Stillness before God** (*2 minutes*)

### **Scripture Reading: Matthew 6:9-13**

<sup>9</sup> “This, then, is how you should pray:

“Our Father in heaven, hallowed be your name,

<sup>10</sup> your kingdom come, your will be done,  
on earth as it is in heaven.

<sup>11</sup> Give us today our daily bread.

<sup>12</sup> And forgive us our debts, as we also have  
forgiven our debtors.

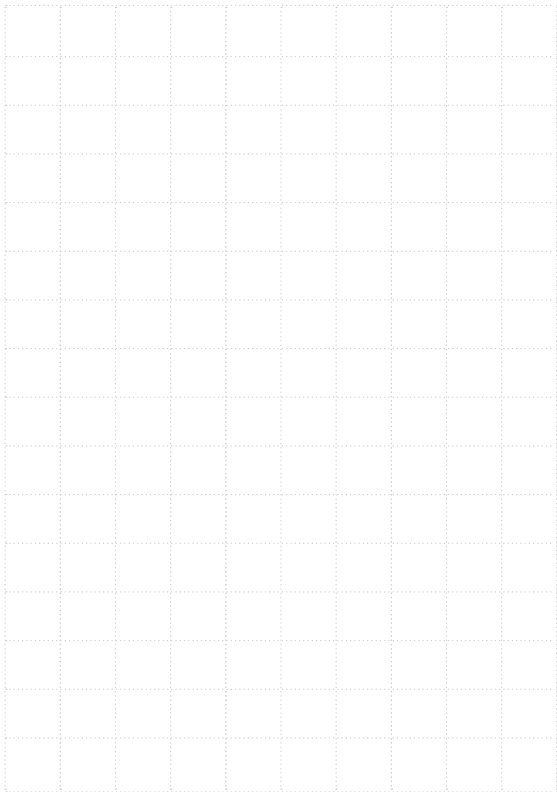
<sup>13</sup> And lead us not into temptation, but deliver us  
from the evil one.’

**Reflection:** This is often called the Lord's Prayer because Jesus gave it to the disciples to show them how to pray. It can be a pattern for our prayers. We should praise God, pray for His work in the world, pray for our daily needs, and pray for help in our daily struggles.

**Prayer:** *Dear Lord, show me Your ways, teach me Your paths. Lead me in Your truth and teach me, for You are the God of my salvation; on You I wait all day, and I am grateful that I don't have to find my way in this world on my own. Thank You for directing my path and leading me every day of my life. Amen.*

**Silence & Stillness before God** (2 minutes)

**notes:**



## week 2

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# when you pray ... thank God

Even when people don't really understand Jesus, He prays with thanksgiving. That's not our usual response. But maybe as we learn to pray with Jesus our hearts can be changed.

**Silence & Stillness before God** (*2 minutes*)

### **Scripture Reading: Matthew 11:25-26**

<sup>25</sup> At that time Jesus said, "I praise You, Father, Lord of heaven and earth, because You have hidden these things from the wise and learned, and revealed them to little children. <sup>26</sup> Yes, Father, for this is what You were pleased to do."

**Reflection:** How can I take a posture of thanksgiving towards those who I struggle with?

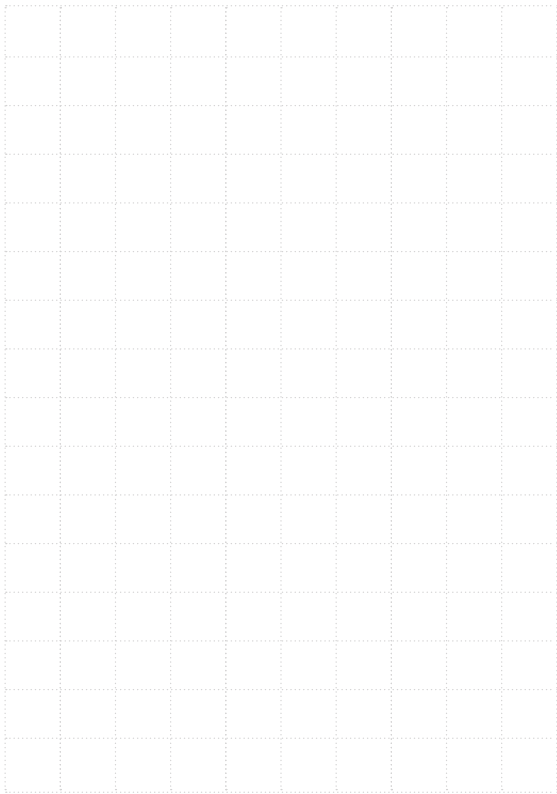
**Prayer:** *Gracious Heavenly Father, blessed be Your Name.*

*Thank You for the love You have for us, the love You have for me. Your love is deeper than I can ever understand or grasp, and yet I am so incredibly thankful for it, and when I struggle with others please help me to remember that You love them in the same way that You love me. Help me to understand them and love them with Your love, putting their needs above my own. I know that this is not something I can do in my own strength but only through the power of Your Spirit at work in and through me. Holy Spirit, please do a new work in my life. I surrender my wants, needs, “rights” to You. Lord Jesus, please give me courage to love in a way that points others to You. I love You Lord, in Jesus’ name I pray, Amen.*

**Silence & Stillness before God** (2 minutes)



**notes:**



## **when you pray ... let go**

Jesus knows what is coming next. He is well aware of His saving mission. This is a prayer of surrender that will cause us to pause as we glimpse Jesus in His glory.

**Silence & Stillness before God** (*2 minutes*)

### **Scripture Reading: John 12:27-28**

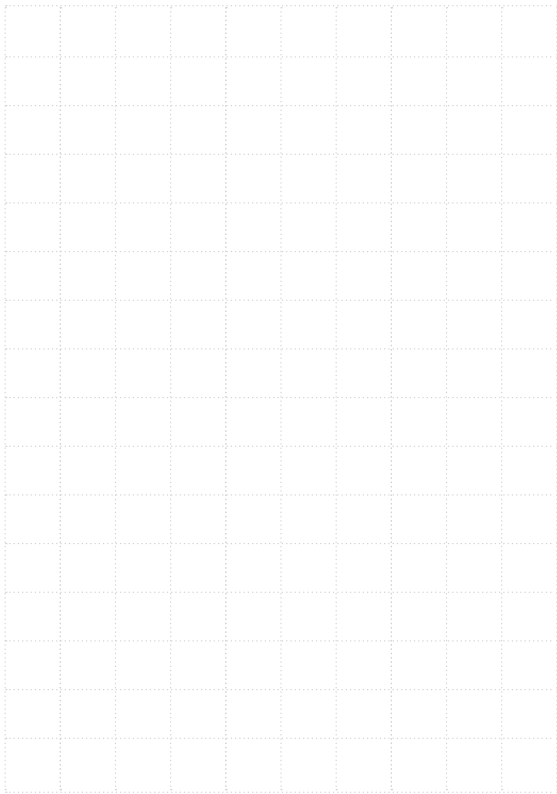
<sup>27</sup> “Now my soul is troubled, and what shall I say? ‘Father, save me from this hour’? No, it was for this very reason I came to this hour. <sup>28</sup> Father, glorify Your name!” Then a voice came from heaven, “I have glorified it, and will glorify it again.”

**Reflection:** What do I need to surrender to God?

**Prayer:** *Dear Jesus, thank You for loving me so much to die on the cross so that I am made right with the Father and have been granted eternal life. Jesus I trust You and I want to follow You, even into the hard places of my life. Show me Your will that I may walk in obedience and honor You through my life. Amen*

**Silence & Stillness before God** (2 minutes)

**notes:**



## **when you pray ... be all in**

The moment has arrived. Jesus does not have long to go and as he prays for himself he prays that God's glory will be made manifest in what comes next. Let's slow down to be with Jesus.

### **Silence & Stillness before God** (*2 minutes*)

#### **Scripture Reading: John 17:1-6**

<sup>1</sup> 'After Jesus said this, He looked toward heaven and prayed:

“Father, the hour has come. Glorify your Son, that your Son may glorify You. <sup>2</sup> For You granted Him authority over all people that He might give eternal life to all those you have given Him. <sup>3</sup> Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent. <sup>4</sup> I have brought you glory on

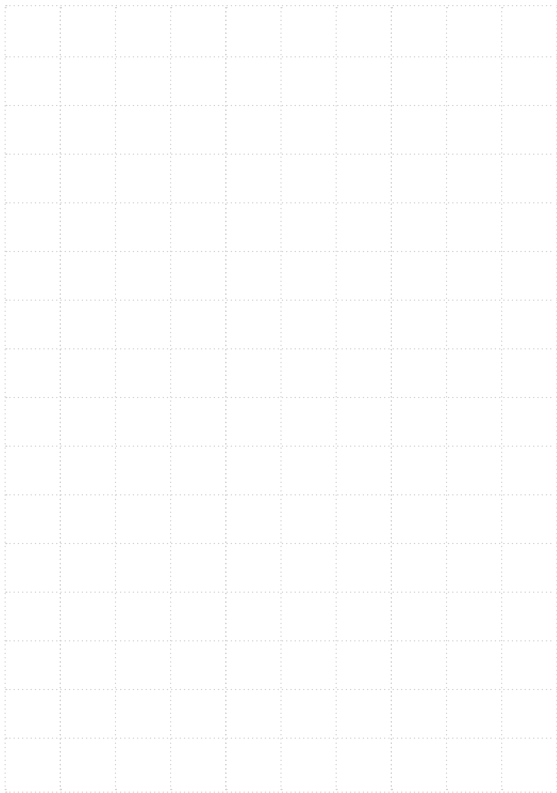
earth by finishing the work you gave Me to do.  
<sup>5</sup>And now, Father, glorify Me in Your presence with the glory I had with You before the world began. <sup>6</sup> “I have revealed You to those whom You gave me out of the world. They were Yours; You gave them to me and they have obeyed Your word.”

**Reflection:** Jesus has revealed God the Father to us. How do we fulfil our responsibility to study God’s Word to learn about both God and Jesus?

**Prayer:** *Dear Father, thank you for sending Jesus to pay the penalty for my sins by his death on the Cross. Thank you that by studying your Word I can know you better and love you more. May I grow in understanding of your will for my life. Grant me the commitment and the courage to then be all that you have created me to be. Amen*

**Silence & Stillness before God** (2 minutes)

**notes:**



## **when you pray ... you belong**

Jesus actually prays for us, all of us. Whenever we feel overwhelmed or forgotten we need to remember Jesus prayed for us, and he still does! We are never alone, never abandoned.

**Silence & Stillness before God** (*2 minutes*)

### **Scripture Reading: John 17:9-26**

<sup>9</sup> I pray for them. I am not praying for the world, but for those You have given me, for they are Yours.

<sup>10</sup> All I have is Yours, and all You have is Mine. And glory has come to Me through them. <sup>11</sup>I will remain in the world no longer, but they are still in the world, and I am coming to You. Holy Father, protect them by the power of Your name, the name You gave Me, so that they may be one as We are one. <sup>12</sup> While I was with them, I protected them and kept them safe by



that name You gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled. <sup>13</sup> “I am coming to You now, but I say these things while I am still in the world, so that they may have the full measure of My joy within them. <sup>14</sup> I have given them Your word and the world has hated them, for they are not of the world any more than I am of the world. <sup>15</sup> My prayer is not that You take them out of the world but that You protect them from the evil one. <sup>16</sup> They are not of the world, even as I am not of it. <sup>17</sup> Sanctify them by the truth; your word is truth. <sup>18</sup> As You sent me into the world, I have sent them into the world. <sup>19</sup> For them I sanctify Myself, that they too may be truly sanctified.

<sup>20</sup> “My prayer is not for them alone. I pray also for those who will believe in me through their message, <sup>21</sup> that all of them may be one, Father, just as You are in Me and I am in You. May they also be in Us so that the world may believe that You have sent Me.

<sup>22</sup> I have given them the glory that You gave me, that they may be one as We are one – <sup>23</sup> I in them and

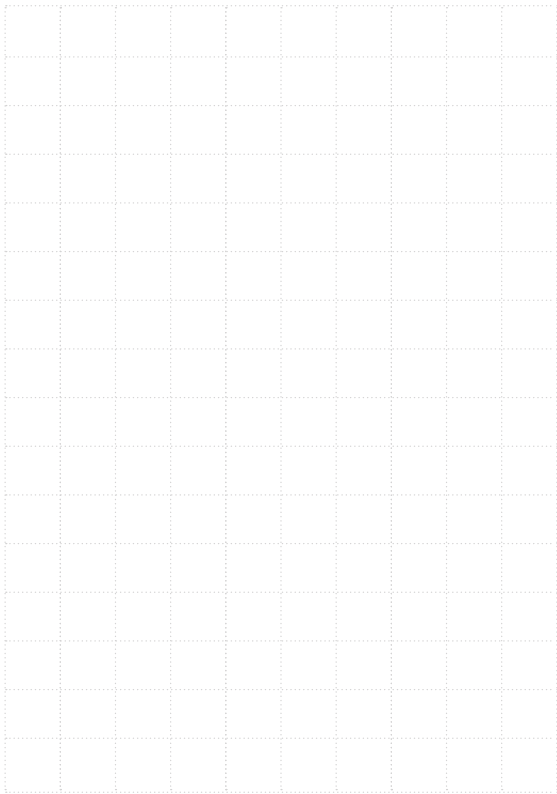
You in Me – so that they may be brought to complete unity. Then the world will know that You sent Me and have loved them even as You have loved Me.

**Reflection:** In what ways do I need to remember that Jesus is always with me?

**Prayer:** *Father God, I am Yours and You are mine. Thank You that You are always with me, walking right beside me, even when I feel alone or scared. You are my strength and my hope. In You alone do I put my trust. Jesus, give me courage to face my day and all that may come and give me grace to walk in Your ways as I keep my eyes focused on You. Amen.*

**Silence & Stillness before God** (2 minutes)

**notes:**



## **when you pray ... let it go**

Time is up. Arrest is immanent. The cross awaits. And in his prayer of agony Jesus chooses God's will. Jesus chooses you!

**Silence & Stillness before God** (*2 minutes*)

### **Scripture Reading: Matthew 26:39-42**

<sup>39</sup> Going a little farther, He fell with His face to the ground and prayed, "My Father, if it is possible, may this cup be taken from Me. Yet not as I will, but as You will." <sup>40</sup> Then He returned to His disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. <sup>41</sup> "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." *(continued ...)*

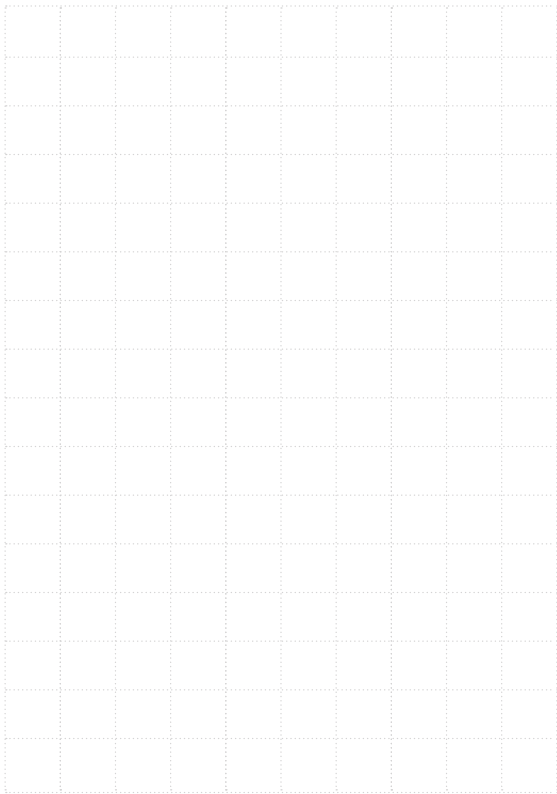
<sup>42</sup> He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may Your will be done.”

**Reflection:** Where do I need to choose God’s will over your own?

**Prayer:** *Heavenly Father, thank You for Your precious Word that always reminds me that I am not alone, thank You because through Your son, Jesus, today I belong to Your family and the same love with which You have loved Jesus is in me. Help me to always treasure this truth; Jesus is in me, and I am in HIM. Help me to stand firmly on Your path and never stray. May I always walk hand in hand with You and depend on Your perfect love. In the name of Jesus I pray, Amen.*

**Silence & Stillness before God** (2 minutes)

**notes:**



## Jesus prays on the cross

Why have you forsaken me?

Father forgive them.

Father into your hands ...

**Silence & Stillness before God** (*2 minutes*)

### Scripture Readings:

**Matthew 27:46** About three in the afternoon Jesus cried out in a loud voice, “*Eli, Eli, lema sabachthani?*” (which means “*My God, My God, why have You forsaken Me?*”)

**Luke 23:34:** Jesus said, “Father, forgive them, for they do not know what they are doing.” And they divided up His clothes by casting lots.

**Luke 23:46:** <sup>46</sup> Jesus called out with a loud voice,  
“Father, into your hands I commit My spirit.”  
When He had said this, He breathed His last.

**Reflection:** When you need help, do you turn to your  
“Faithful God”? The only true source of help when  
feeling troubled.

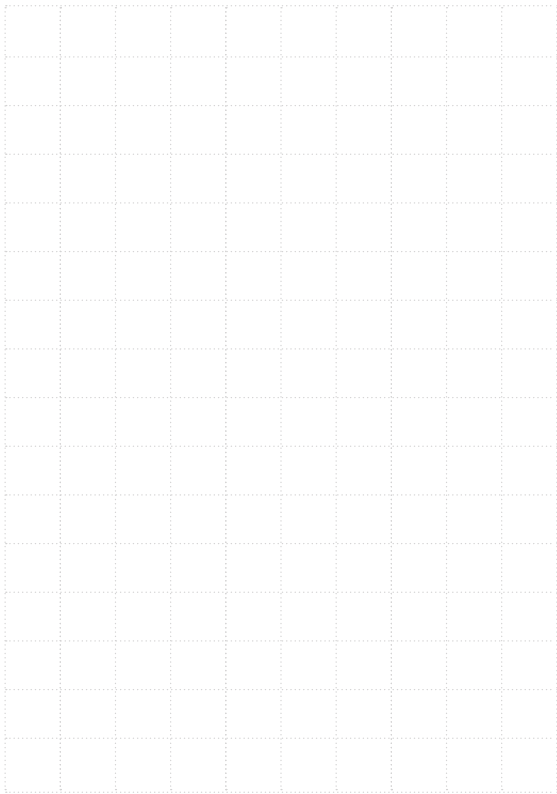
**Prayer:** Psalm 31:1-2

*“In You, Lord, I have taken refuge;  
Let me never be put to shame;  
Deliver me in your righteousness.  
Turn your ear to me,  
Be my rock of refuge,  
A strong fortress to save me. Amen”*

**Silence & Stillness before God** (2 minutes)



**notes:**





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