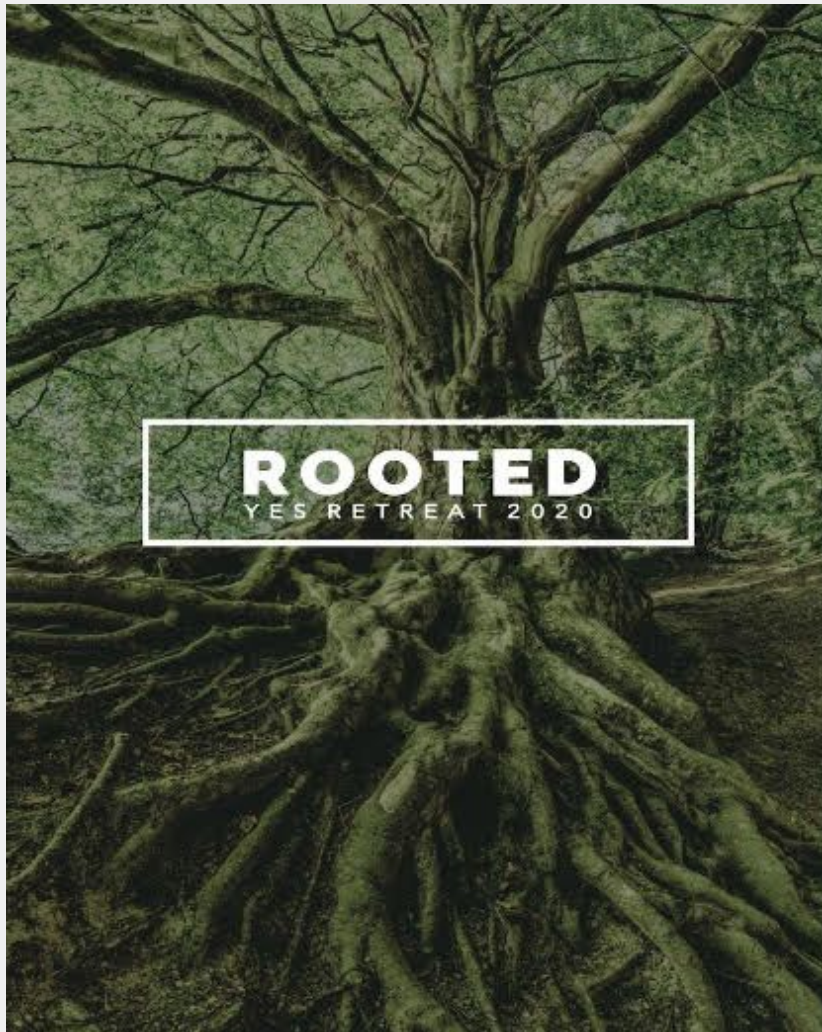


# ROOTED

Daily Prayer Guide  
YES 2020



# Introduction to Daily Prayer...

Dear YES participants,

We have created the Rooted series as a follow up to YES Retreat 2020. Through this series we want to encourage you to take part in a month of daily prayer. It will help you develop some of the skills needed for your own personal prayer time long term. Stuff we are all still learning! This leaflet has the first week to get you started! A few tips:

- Ask God to help you and don't be discouraged when you find it difficult, we all do! You will be grateful for each small step you take. It's all about growing your relationship with a God who knows you and loves you.
- Don't feel like you have to spend loads of time doing this. Overdoing it can leave you feeling overwhelmed and discouraged – the goal is to develop a sustainable, daily habit. Start off with 5 minutes of Scripture Meditation and writing down your thoughts and then 5 minutes to pray using ACTS prayer model below. 10 minutes every day is better than an hour every week! It's a great place to start. We've given you a detailed meditation for Saturday, and then scripture references for the rest of the week so you can try it out yourself.
- Get a journal/notebook - real pen and paper. Not because this is holier but because it is easier, less distracting and means you have it for future reference. It's worth trying if you haven't before. Record your thoughts and prayers as you go through.

We're praying for all of you as you begin this journey!

Blessings,

Peter & The YES Team

## **ACTS - Prayer Model**

**Adoration:** Spend a minute or two thinking about and praising God for an aspect of his Character. You can praise him for his Goodness, Mercy, Loving-kindness, Justice, etc. Pick one that is important to remember in whatever situation you face today.

**Confession:** Spend the next minute or two thinking about any sin from the last 24 hours. Confess it to God knowing that he always forgives us when we repent.

**Thanksgiving:** Thank God for all the blessings in your life! For big things like important relationships (family/friends) andn small things like the warm tea in your hand or the weather outside today. Try to thank him for 2-3 different things every day and keep a list!

**Supplication:** This is asking God for the things you want/need and offering prayers of intercession for others. Try to pray for a mixture of things: your own desires or concerns and also those of others and situations in the world at large.

# Rooted in Christ

**Saturday 31st October (Daily Prayer & Reflection)**

## **Step 1: Scripture Meditation (5 mins)**

Before you begin this meditation say a prayer: ask God to speak to you through his word and help you to understand the scripture, by the power of his Holy Spirit. Then read the passage below. If it's easier, you can search for the passage in your own bible.

Colossians 2:6-10 (NIV) - "Fullness of Life in Christ"

*"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.*

*See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.*

*For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness. He is the head over every power and authority."*

## Reflection Questions

1. What are the first things that stand out to you when you read the passage? Think about how you could be 'rooted and built up' in your faith and write a list of things you could do to strengthen you in your faith.
2. What are some of the 'hollow and deceptive philosophies' that you see in the world around you today?
3. Ask God to show you if there is anywhere in your life where you have been 'taken captive' by the hollow and deceptive philosophies of this world. Are there any changes you can make, or things you can do, that will help you be 'rooted and built up in [Christ]' instead?

*Is there anything here that you do not understand? Why don't you ask someone like your mother, father, youth group leader or someone you respect explain it to you?*

## **Step 2: ACTS (5 mins)**

Using the ACTs Prayer Model on the previous page, spend 5 mins working through each of the steps: Adoration, Confession, Thanksgiving & Supplication. You could then finish your prayer time with an Our Father.

# Rooted in Christ

## Daily Meditations for Week Beginning 1st November

### Step 1: Scripture Meditation

Start by asking God to speak to you through His word. Pray that he will give you wisdom and understanding as you read it and learn to apply it. Use the Scripture Readings below (one each day) for your time of meditation.

- **Read** the passage, maybe write it out into your notebook.
- **Think & Apply:** What stands out to you about this passage? Write down your thoughts about it. Think about how to apply the passage to your life. How does it affect the way you think, see or understand the world and the way you behave? Write that down.
- **Pray** and ask God to give you the grace and power to make whatever change or action is needed in your life.

### Step 2: ACTS

Once you've completed your scripture meditation, then you can use the ACTS Prayer Model for the second part of your prayer.

Day	Scripture Readings
Sunday 1/11/2020	<b>John 15:15-16</b>
Monday 2/11/2020	<b>Deuteronomy 6:4-5 &amp; Isaiah 41:10</b>
Tuesday 3/11/2020	<b>Joshua 1:7-9</b>
Wednesday 4/11/2020	<b>Exodus 34:6-7</b>
Thursday 5/11/2020	<b>John 10:9-10</b>
Friday 6/11/2020	<b>Jeremiah 17:5-10</b>