

PRAYER GUIDE

TO SEE AS YOU SEE

Psalm 25.4 (MSG)

Show me how you work, God;
School me in your ways.

Prayer Practice

As you go throughout your day, do your best to make it a point to take a pause for 30-seconds during your “transition” times of the day (leaving the house, arriving at work, leaving work, getting in the car, etc.). As you take that pause, observe what is around you, specifically looking for people doing small acts of service. As you take notice of these things, begin to pray, blessing those people, asking the Spirit to further illuminate the Kingdom’s movemetns in those little acts

Reflective Prompts

- 1) Where do I feel the most internal 'rush' today*
- 2) Whose small act of service or presence did I likely filter out today?*
- 3) What do I need to adjust in order to become more aware of my surroundings - to see as you see?*

Guided Prayers

“Father, break my habit of looking right through the people who keep my world running smoothly. When I pick up a clean cup, let me see the human being behind such a convenience. I pray for the hidden servants in my life today—those who are running on empty yet still giving out of their dependence. Give them a deep sense of dignity today, and remind them that the treasury of Heaven counts their hidden work as great wealth.”

“Holy Spirit, make my life a place where the invisible feel seen. When I am in a crowded room, a busy office, or a chaotic home, grant me the ability to slow down. Let my undivided attention be a gift of grace to someone who feels completely discarded by a fast-paced world. May your love flow through my pause, my posture, and my presence today. Amen.”



Instrumental Prayer Music

