



Sisters and Brothers in Christ,

Crosstown is blessed by your willingness to take part in this special time of seeking God's presence! This sheet is offered as an encouragement and guide. It is meant to act as a "launching board" as you engage in prayer conversation with our Living God. There is no reason to be limited by this sheet. Pray as you are led and guided by the Holy Spirit! Participate in the four prayer stations in the sanctuary as an effort to help prompt your prayer time as you pray through the Crosstown 2022 verse of the year. Take time just to be in God's presence. May God bless you for your faithfulness in seeking our Lord in prayer!!! Thank you for your commitment and sharing in this journey of prayer for 2022.

- Pastor John & Crosstown Elder Board

### Crosstown's 2022 Verse of the Year

#### *Philippians 1:9-10*

*"And this is my prayer: that your LOVE may  
abound more and more in KNOWLEDGE  
and depth of INSIGHT,  
so that you may be able to DISCERN what is best and  
may be pure and blameless until the day of Christ."*

**Directions:** *There are 4 prayer stations set up in the sanctuary. These are intended to support you during your prayer time. This is your time to be with God. He invites us into His presence so He can comfort, refine and bless us! As you enter in, remember that you are invited to come as you are, a precious child, belonging to a wonderful Maker. Each station invites participation! This is your space, and your time!*

***\*\*If you are joining us from home, we encourage you to gather a few things before you begin. You may want to use a journal through each station. you will also need your Bible, one candle, pen, post it or small pieces of paper.***

## STATION 1 ~ Confession - Repentance - Burdens ~

**Materials Needed:** Paper and pen

As you begin your time in prayer, take some deep breaths and think about what's on your heart and mind right now? What are you carrying in with you as you begin your prayer time with God today? There are many things that can wear on us, or be heavy for us. Your Father knows you and each thing you carry. As you see the four words before you, take time to identify each/all that you bring.

- Sin - sin is anything that is against God. This can be word, thought or deed. Things done or said, or things left undone. Anything that has hurt God or others.
  - Do you have unconfessed sin? How are you feeling in your relationship with God? Is there something between you and God?
- Anxieties -
  - What are you worried about? What is bringing you concern that is out of your control?
- Grief
  - Are you feeling downcast or sad about something in particular? Does grief weigh on you?

Take time to identify these to God. If it's helpful, write them down on the paper provided and bring them to the next station with you.

**Pray:** God, the Bible tells us to cast our burdens on you because you care for me. God I confess that I am heavy with things on my mind and heart. I want to bring those things to you LORD. Help me LORD see my sin, so I can quickly confess and repent. Help me LORD see and have insight into my anxieties, so I can understand the root and ask you for help. Help me LORD see my grief and come to you for comfort.



## STATION 2 ~ Giving Over to Jesus ~

**Materials Needed:** Papers from station 1

In front of you is a cross and a box. Sit before the cross and close your eyes. Imagine Jesus sitting on His throne! What comes to mind as you notice Him. Imagine a box at His feet. Jesus is inviting you to give all your concerns, past sin and burdens to Him, because he cares for you! Take your time, and hand over to Jesus your papers from station 1. If it's helpful, place them in the box, or just at the foot of the cross.

**Pray:** O LORD, thank you for your kindness and compassion! You know us fully! I know as I leave these things with you, you will work them out according to your will! God help my faith as I trust in you! LORD help me remind me that your yoke is easy and your burden light. And Lord Jesus, help me as I rise, to be strong and move forward!

**Read the Verse of the Year: Philippians 1:9-10.** Look it up in your Bible or find it on the first page here. As a child of the Father, and a living member of this body of believers, pray and meditate on Philippians 1:9-10.

**Ask God in Prayer:**

- What is God speaking to Crosstown through this verse in 2022?
- How might God grow our love this year?
- What knowledge and insight might God be revealing to us?
- Pray and ask God that we would have open eyes, ears and hearts to how He will lead Crosstown.

**\*\*As a part of this body, please trust that the Spirit speaks to and through you! As you think things, share them with others so we can pray together for discernment. Please consider sharing them with Pastor John or Polly!**

## STATION 3 ~ Thanksgiving!

**Materials Needed:** Small pieces of paper, post it size. If participating from home, please consider bringing your papers to church to add to our 2022 Praise Jar!

“A life filled with thankfulness and gratitude for what God has provided will dispel fear and anxiety. By reminding ourselves about the good things we have been given, we will have less room for negative thoughts in our lives. The Bible encourages us to be grateful! Take some time to reflect on the last year. If needed, use the questions below to help you capture some of the things to be grateful for. Ask God to open your eyes and see all that you have been given. These gifts are from God and He specifically chose them for you to receive. As you reflect, use the paper to name those gifts.”

**Read Philippians 4:6-7, 1 Thessalonians 5:16-18**

### Gratitude Reflection

1. What abilities do I have that I'm grateful for?
2. What life experience (good or bad) have I had that I'm grateful for?
3. What material possessions am I thankful for?
4. Who do I appreciate? Why?
5. How can I be thankful for the challenges I've experienced? What did I learn from them?
6. What in nature inspires me and why?
7. What is different today than it was a year ago that I'm grateful for?
8. What's one kind or thoughtful thing someone did for me recently?

Take a few moments to write these things out and place them in the 2022 Praise Jar. As a spiritual discipline, we will write down and thank God for things all year long! Take some time in prayer to thank God for these gifts.

**Pray:** Dear God, thank you for your amazing power and work in our lives, thank you for your goodness and for your blessings over us. Thank you that you are able to bring hope through even the toughest of times, strengthening us for your purposes. Thank you for your great love and care. Thank you for your mercy and grace. Thank you that you are always with us and will never leave us. Thank you for your incredible sacrifice so that we might have freedom and life. Forgive us for when we don't thank you enough, for who you are, for all that you do, for all that you've given. Help us to set our eyes and our hearts on you afresh. Renew our spirits, fill us with your peace and joy. We love you and we need you, this day and every day. We give you praise and thanks, for You alone are worthy! In Jesus' Name, Amen. By Debbie McDaniel

## STATION 4 ~ Joy!

**Materials Needed:** A lit candle

As you approach the LIGHT, feel Jesus's warmth and love for you. You are His. He is yours. In His mercy you are given a new birth and living hope. Your inheritance will never parish and is waiting for you in heaven. How will you use this fresh space in your heart and head to show the joy you have in this life for Jesus?

**Read and meditate** on the Verse of Year:

Crosstown's 2022 Verse of the Year

*Philippians 1:9-10*

*"And this is my prayer: that your LOVE may  
abound more and more in KNOWLEDGE  
and depth of INSIGHT,  
so that you may be able to DISCERN what is best and  
may be pure and blameless until the day of Christ."*

**Pray:** LORD, as I move through 2022, guide me in your LIGHT and in your WAYS and in your WORD. LORD, I want to be used in your Kingdom building on Earth. Help me trust your plan and goodness for me. Help your Church LORD be united as we do the good work you have prepared for us.

**Write** out a prayer for yourself or Crosstown, using Philippians 1:9-10 (verse of the year) as a template. Please consider sharing it with Pastor John or Polly!



**crosstown**

COVENANT CHURCH

2022  
24 Hours of Prayer  
January 7-8 (12noon-12noon)  
Prayer Guide

### Giving Additional Prayer Requests for 2022

- Pray for Crosstown's mission: To invite and equip all people to experience a life-changing, ever-growing relationship with Jesus Christ.
- Pray for the fellowship of believers at Crosstown - that our love would abound more and more for each other and those around us
- Pray that God would ignite passion in our hearts so that we might be bold to share the good news of Jesus Christ with those around us
- Pray for the continued food distribution initiative being hosted in our building
- Pray for those in our community that come to our building for whatever reason. Pray that their eyes would be opened to saving grace of Jesus Christ
- Pray for our children, as they learn about Jesus and their important part to shine their light
- Pray that effective small group leaders will be raised up on an ongoing basis.
- Pray that we find effective doors of outreach ministry in our community that result in people coming to know Jesus and being saved
- Pray for our next worship director - pray for the right person, with the right skills, for this time, in the name of Jesus!
- Pray for our next youth director - pray for the right person, for this next season of ministry
- Pray for Crosstown's current volunteers - pray for an increase of anointing, energy, and passion! (Childrens, youth and worship volunteers)
- Pray for the leadership of the church - elders, deacons and staff
- Pray for those who are grieving
- Pray for marriages
- Pray for families to grow in their love for Jesus, and their calling to serve those around them

### Psalms Reading Suggestions

Psalms 25	"O LORD, I give my life to you. I trust in you, my God!"
Psalms 46:1	"God is our refuge and strength, an ever-present help in trouble."
Psalms 91:1-2	"Whoever dwells in the shelter of the Highest will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."
Psalms 95	"Let us come to him with thanksgiving. Let us sing psalms of praise to him."
Psalms 100	"Shout with joy to the LORD, all the earth!" read through and celebrate the wonder and majesty of our Triune God!
Psalms 105: 1-8	"Look to the Lord and his strength; seek his face always."
Psalms 118:6-7	"The Lord is with me; I will not be afraid. What can man do to me? The Lord is with me; he is my helper."