

ARRABON

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PRAYER GUIDE

ONE HOUR OF PRAYER FOR PEACE

A RESPONSE TO
THE JANUARY 6 CAPITAL ATTACK

WHY ARE WE PRAYING?

On January 6, The Feast of the Epiphany, a mob stormed our U.S. Capitol Building. Five people died. Several were injured. Many of our most fundamental tenets of democracy were egregiously violated.

Our nation is grieving. Our social fabric is already tattered, yet this terrible event digs an even deeper divide. As Christians we know that God is a God of peace. God is sovereign. And so, in times of deep grief, fear, and uncertainty we turn to God in prayer. We invite you to join us.

GUIDANCE ON LISTENING PRAYER

Prayer is conversation with God. It's both listening and talking. Since we have two ears and one mouth, let's try to listen more than talk. Here's a process that can help us pray in this manner:

- Listen to God by slowly reading Scripture.
- Share your heart with God guided by what you've read.
- Spend time in silence listening to what God might share.

GUIDANCE ON HOW TO PRAY FOR ONE HOUR

Praying for one hour is doable when you break up each movement of prayer into 15-minute units of time. You can pray in 15-minute-segments for one hour straight, or you can pray four times throughout the day: morning, lunch, dinner, and evening.

GUIDANCE FOR ENGAGING SCRIPTURE

Listening to God through Scripture can be done multiple ways. Choose a method that is most engaging for you:

- Read the Scripture
- Listen to Scripture
- Handwrite the Scripture

MOVEMENT I: CONSECRATION

1 TIMOTHY 2:1-8

As we pray, let's start off by focusing and consecrating ourselves. The word consecrate means to dedicate ourselves for God's work. Read the call for consecration in 1 Timothy 2:1-8 and pray accordingly.

MOVEMENT II: LAMENT

PSALM 10

A lament is a passionate expression of grief and sorrow to God. Feel free to express your pain to God and expect God to meet you in that pain. Be guided by Psalm 10 as you pray.

MOVEMENT III: CONFESSION

ISAIAH 58

Listen to the prayer of confession and song of lament. Start with an examination of your own sins and shortcomings and move outward to examine the sins and shortcomings we are engaging in a community. Talk to God in your heart or through journaling as you engage Isaiah 58.

MOVEMENT IV: INTERCESSION

MATTHEW 5:43-48

Intercession is praying on the behalf of others. Read Matthew 5:43-48 and use it as a guide in your prayers for those in your family, friends, neighbors, and enemies.

A BENEDICTION

FROM THE BOOK OF COMMON PRAYER

Eternal God, in whose perfect kingdom no sword is drawn but the sword of righteousness, no strength known but the strength of love: In might, spread abroad your Spirit, that all peoples may be gathered under the banner of the Prince of Peace, as children of one Father; to whom be dominion and glory, now and for ever. Amen.