

## Prayer Guide

The senseless and tragic shooting in Highland Park is yet another act of violence that has become all too common in the world in which we live.

We grieve over the loss of life and weep with those struggling to pick up the pieces of their shattered lives.

We join the hurting in Highland Park with a tearful cry of lament: ***“Why O Lord, why?”***

In these trying and upsetting days, we invite you to enter a time of prayer by meditating upon the following words found in **Psalm 46:10**, “Be still and know that I am God.”

We also encourage you to prayerfully read from one or more of the following Psalms, trusting in God's faithfulness.

The apostle Paul says it's simply and best, ***“God is faithful”*** (1 Corinthians 10:13).

So, we invite you to set aside time for personal prayer.

Begin by settling yourself into a quiet space (in the sanctuary or home).

Set aside a block of time for prayer (5 – 30 minutes).

Silence or turn off your phone.

**1 – Start off by speaking to God** (out loud or in silence or by journaling) **whatever is on your heart.**

This can include prayers about our world/country/community.

This can also include personal prayers for whatever other concerns you are wrestling with today.

**2 – Take time to listen and be still before God.**

### **3 – Spend time in God’s Word and be attentive to the Holy Spirit’s leading as you reflect on the Scriptures.**

Here’s a list of suggested Psalms (choose one for your prayer time):

**Psalm 27:1-6**

**Psalm 34**

**Psalm 46**

**Psalm 116: 1-6**

**Psalm 121**

What does the Scripture reveal about God? About humanity? About me?

What hope do we have in the midst of troubles?

### **4 – Close in Prayer**

*“God, grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.*

*Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace;*

*taking as He did, this sinful world as it is, not as I would have it; trusting that He will make all things right if I surrender to His will;*

*so that I may be reasonably happy in this life and supremely happy with Him forever and ever in the next. Amen.”*

- prayer by Reinhold Niebuhr