



24 Hour Prayer Vigil Guide

Cascades Presbyterian Church
April 17-18, 2025

24 Hour Prayer Vigil

Let Us Begin (10 minutes)

Welcome to our 24 Hour - 1 Hour Prayer Vigil. I don't know about you but in this time, it can feel like we are helpless amidst a world that has run amuck. But we, as God's children, we are neither powerless nor left to our own vices. God is working in ways that we have no idea and God invites us to be part of His great work in the world. As we pray, we are literally being God's agents of change, bringing heaven to earth.

So pick a spot in your house or in the sanctuary. Get comfortable. (But not too comfortable so that you can't stay awake.) Grab a cup of coffee. You may want a journal to write down any thoughts that come to mind, to doodle any images that you "see", or to take note of any distractions you might encounter. The Lord could be speaking to you through them in ways that we may not understand quite yet. Or, you can use this prayer guide as your journal to make notes in the margin.

Let us pause to be still. Let us quiet our hearts and minds as we wait on the Lord. Let us remain in silence and listen for God's whisper.

Read and reflect on the following scripture:

1 Kings 19:11-13

11 The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. **12** After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. **13** When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Then a voice said to him, “What are you doing here, Elijah?”

Pause: Make yourself available to God. Set a timer for 5 minutes of silence before God. If your mind wanders, use a breath prayer like the ones below to bring you back to a stilled posture.

Lord Jesus, Come

or

Lord have mercy. Christ have mercy.

or

***Christ before me, Christ above me, Christ below me,
Christ beside me, Christ in me.***

Yield: Listen for God’s voice. Write down any ideas, images, or distractions that came to mind. You don’t have to understand them or know how to approach them in this time.

ACTS - Adoration, Confession, Thanksgiving, Supplication

We are going to use this short acronym to guide us through prayer. This format will help us to be intentional with our prayers. We will also be following the advice that Pete Greig offers in his book *How to Pray: A Simple Guide for Normal People*. “Pause. Rejoice. Ask. Yield.” Greig also encourages us to “Keep it simple. Keep it real. And keep it up!”

Adoration - Rejoice (10 minutes)

This is probably the hardest and most important part of prayer: simply acknowledging God for being God. Too often we skip right to our wants and needs, and do not give God the glory and praise that is so rightfully deserved.

Reflect on the following scriptures:

Psalm 113:1-4

“Give praise, you servants of the LORD;
praise the Name of the LORD.

Let the Name of the LORD be blessed,
from this time forth for evermore.

From the rising of the sun to its going down
let the Name of the LORD be praised.
The LORD is high above all nations,
and his glory above the heavens.”

Psalm 146

“Praise the Lord, O my soul. I will praise the Lord all my
life; I will sing praise to my God as long as I live.”

Psalm 148

1 Praise the Lord.

Praise the Lord from the heavens;
praise him in the heights above.

2 Praise him, all his angels;
praise him, all his heavenly hosts.

3 Praise him, sun and moon;
praise him, all you shining stars.

4 Praise him, you highest heavens
and you waters above the skies.

5 Let them praise the name of the Lord,
for at his command they were created,

6 and he established them for ever and ever—
he issued a decree that will never pass away.

7 Praise the Lord from the earth,
you great sea creatures and all ocean depths,

8 lightning and hail, snow and clouds,
stormy winds that do his bidding,

9 you mountains and all hills,
fruit trees and all cedars,

10 wild animals and all cattle,
small creatures and flying birds,

11 kings of the earth and all nations,
you princes and all rulers on earth,

12 young men and women,
old men and children.

13 Let them praise the name of the Lord,
for his name alone is exalted;
his splendor is above the earth and the heavens.

14 And he has raised up for his people a horn,
the praise of all his faithful servants,
of Israel, the people close to his heart.
Praise the Lord.

Sing the Doxology

Praise God from whom all blessings flow.

Praise Him all creatures here below.

Praise Him above ye heavenly hosts.

Praise Father, Son, and Holy Ghost.

Amen.

Pause: Set a timer for 5 minutes of silence before God. If your mind wanders, use the breath prayer from the start to bring you back to a stilled posture. Make yourself available to God.

Yield: Listen for God's voice. Write down any ideas, images, or distractions that came to mind. You don't have to understand them or know how to approach them in this time.

Confession (10 minutes)

We are now going to move into a time of personal and corporate confession.

Reflect on the following scriptures:

Romans 3:23

"All have sinned and fallen short of the glory of God."

1 John 1:3b-10

"God is light and in him is no darkness at all. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.”

2 Chronicles 7:13-14

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

Now openly confess the ways that we have fallen short of God’s intentions for us:

In Our World

In Our Country

In Our Community

In Our Church

In Our Home

In My life

Pause: Set a timer for 5 minutes of silence before God. If your mind wanders, use the breath prayer from the beginning to bring you back to a stilled posture. Make yourself available to God.

Yield: Listen for God’s voice. Write down any ideas, images, or distractions that came to mind. Is there anything that God is wanting to change within you? You don’t have to understand them or know how to approach them in this time.

Thanksgiving (10 minutes)

We are now going to move into a time of thanksgiving because we have so much for which to be thankful.

Reflect on the following scripture:

Psalm 136:1-7, 23-26

“Give thanks to the Lord, for he is good. His love endures forever.

Give thanks to the God of gods. His love endures forever.

Give thanks to the Lord of lords. His love endures forever.
to him who alone does great wonders. His love endures forever.

who by his understanding made the heavens. His love endures forever.

who spread out the earth upon the waters. His love endures forever.

who made the great lights. His love endures forever.

the sun to govern the day. His love endures forever.

the moon and stars to govern the night. His love endures forever.

to the one who remembered us in our low estate. His love endures forever.

and freed us from our enemies. His love endures forever.

and who gives food to every creature. His love endures forever.

Give thanks to the God of heaven. His love endures forever.

Give thanks to God for the goodness as represented in the following areas of our lives:

In Our World

In Our Country

In Our Community

In Our Church

In Our Home

In My life

Pause: Set a timer for 5 minutes of silence before God. If your mind wanders, use a breath prayer to bring you back to a stilled posture. Make yourself available to God.

Yield: Listen for God's voice. Write down any ideas, images, or distractions that came to mind. Is there anything that God is wanting to change within you? You don't have to understand them or know how to approach them in this time.

Supplication - Ask (10 minutes)

Jesus wants us to ask the Father for whatever we need in our lives. It's not that God doesn't already know these things, but some how when we give voice to our prayers, we participate in God's miraculous workings.

Reflect on the following scriptures:

Matthew 18:19

Jesus said, "Again I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in Heaven. For where two or three come together in my name, there I am with them."

James 4:2-3

"You do not have, because you do not ask God. When you ask, you do not receive because you ask with wrong motives, that you may spend what you get on your pleasures."

Philippians 4:6

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

1 Chronicles 16:11

“Look to the Lord and his strength; seek his face always.”

Now pray specifically on behalf and for our particular spheres of influence:

For Our World

For Our Country

For Our Community

For Our Church

For Our Home

For My life

Pause: Set a timer for 5 minutes of silence before God. If your mind wanders, use a breath prayer to bring you back to a stilled posture. Make yourself available to God.

Yield: Listen for God’s voice. Write down any ideas, images, or distractions that came to mind. You don’t have to understand them or know how to approach them in this time.

'Pick a Fight' Challenge (10 minutes)

Our world is so broken and there is so much injustice within it that it can be overwhelming on most days to know how to best pray for it.

Reflect on the following scriptures:

Isaiah 58:6-9

"Is this not the kind of fasting that I have chosen? To loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter - when you see the naked, to clothe him, and not to turn away from your own flesh and blood?" Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry for help, and he will say: HERE I AM!"

Matthew 25:40

Jesus said, "Whatever you did for the least of these brothers and sisters of mine, you did it for me."

Select one of the highlighted issues below (or add your own), pray about it, perhaps do some research, write a short prayer, and commit to emailing it to the offices our senators, congressional representatives, or the President of the United States. Pete Greig describes this as "Get informed. Get inspired. Get indignant. Get in sync."

International Ignorance and Apathy toward the effects of Global Warming

Armed Conflicts - Russia/Ukraine, Israel/Palestine, Sudan

Corruption and Political Instability

Spread of Misinformation and Disinformation World Wide

Purchase of American Political Power

Global Human Trafficking for Sex Industry

Governmental Disregard of US Constitution

Rise of American Christian Nationalism and Isolationism

Protecting The Rights of innocent undocumented peoples in America (particularly the children born in America who's parents might be deported)
Illegal deportations of legalized foreigners in America
Justly and humanely securing American borders
Protecting American right of freedom of speech
Establishing Foreign Prisons to Incarcerate American Citizens
Blatant disregard of American judicial system by wealthy politicians
Imbalance of Wealth
Drug Abuse Crisis in America
Homelessness and Affordable Housing
Cutting Federal Funds & Shuttering Mental Health Services
Observance of Basic Human Rights and Dignity for Marginalized Peoples (LGBTQ+)
Forgotten Seniors in Senior Living Facilities
Speaking Up For & Protecting Rights of the Unborn
Protecting Women's Health
Global Food Inequities
Lack of Basic Health Care in Poor and Rural Communities
Rising Rents for People Living in Mobile Home Parks
Cutting Off Foreign Aid to Impoverished Nations Needing Crucial Food and Medical Supplies
Israeli Genocide of more than 50,000 Innocent Palestinian people in Gaza
Hamas' Murdering and taking prisoner of 1,200 Innocent Israeli peoples on October 7, 2023.
Russian dominance and military bullying of Ukraine.
American Imperialist and Colonial Attitudes toward Greenland, Mexico, Canada, and the Gulf of Mexico.
Using American Neighbors and Allies for Self Gain and Not as We Wished to be Treated.

Pause: Set a timer for 5 minutes of silence before God. If your mind wanders, use a breath prayer to bring you back to a stilled posture. Make yourself available to God.

Yield: Listen to God. Write down any ideas, images, or distractions that came to mind. You don't have to

understand them or know how to approach them in this time.

Closing Prayer (1 minute)

Let us take some time to close our hour of prayer by joining in with all of God's children by reciting together the Lord's prayer.

*Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.*

Give us this day our daily bread.

*And forgive us our debts,
as we forgive our debtors.*

*And lead us not into temptation,
but deliver us from evil.*

*For thine is the kingdom and the power and glory forever.
Amen.*

Feel free to email Pastor Chris with any thoughts, ideas, or impacts that this time of prayer has had on you. He would love to hear how God has met you in this time.

chris@caspres.org

Additional Prayer Time Examen' Space

The Examen is a wonderful and ancient way to close out the day with prayer. It was created by St. Ignatius of Loyola who invited people to reflect and pray in five simple steps.

Create a comfortable environment.

- 1 Become aware of God's presence
- 2 Think through your day with gratitude
- 3 Pay attention to how you feel and ask the Holy Spirit to highlight moments from your day
- 4 Choose one thing and pray about it and
- 5 Pray about tomorrow (Psalm 46:10a)

Creative ideas moving forward:

Grab some notecards and send a little encouraging note to someone and let them know you are praying for them. You can even include a verse. (Phil. 1:3-6, Phil. 1:9-11, Eph. 1:16-19, Eph. 3:16-19)

May we live our lives like Epaphras in Colossians 4:12!

Read through a Book of Promises—verses in the Bible that are God's promises to us. He is always faithful.

Get some notecards and write out some of your favorite scriptures. Commit to reading them frequently.

"I have hidden Your Word in my heart so that I may not sin against you." Psalm 119:11

Take notecards and write the name of each person you are committed to praying for, possibly even writing down your specific requests on them. Over time, write down how God has answered them. You can also do this in a prayer journal instead.

Create a piece of art (painting, drawing, photo, etc.), add a scripture that speaks to you through the art.

Consider downloading the Lectio 365 app on your phone and listen to daily prayer devotionals in the morning or the evening.

Read Pete Greig's book, *How to Pray, A Simple Guide for Normal People*. Pete Greig is the founder of the International 24/7 Prayer Movement.

Consider becoming a Prayer Partner for one of our youngest Cascadians. Contact Janet Lind for more information.

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