

# We Pray San Diego Prayer Guide

January 30, 2021 9-10am – San Diego County

[www.wepraysandiego.com](http://www.wepraysandiego.com)

*This guide is provided to help us pray in unity through our time together on January 30<sup>th</sup> as we gather united with the purpose of seeking the blessing of God on San Diego and beyond.*

## Admire

The Bible says in Psalm 29:9, “Give unto the Lord the glory due His name; worship the Lord in the beauty of holiness.”

Spend the next 2 minutes thanking God for what He has done in your life and is going to do.  
Spend the next 2 minutes admiring God for who He is and how good He is.

## Wait

Lamentations 3:25-26 says, “The Lord is good to those who wait for Him, to the soul who seeks Him. It is good that one should hope and wait quietly for the salvation of the Lord.”

Spend the next 2 minutes waiting quietly in the presence of God and listen for what God might speak to you.

## Confess

The Bible says in James 5:16, “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”

Spend the next 2 minutes admitting pride and habitual/intentional sin.  
Spend the next 2 minutes confessing unintentional sin.  
Spend the next 2 minutes confessing unforgiveness/bitterness.

## Intercede

The Bible says in Ephesians 6:18, “And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.”

Spend the next 2 minutes praying for **frontline medical workers**: Pray for the physical protection of first responders, nurses, physician assistants, nurse practitioners, doctors, CNA's, radiologists, respiratory therapists, and medical technicians as they work. Pray for administrators and support staff. Pray for them by name as the Holy Spirit brings them to mind.

Spend the next 2 minutes praying for **comfort for people who are separated from their loved ones during this time**: Pray for patients, healthcare, workers, and families who are separated from their loved ones and may be experiencing loneliness. Pray that they would be comforted by the Holy Spirit and experience his nearness.

Spend the next 2 minutes praying for **those lacking the finances to tend to their medical needs**: Pray for miraculous financial provision and for generous gifts. Pray that they would experience God as a good Father, who supplies our needs according to His riches in glory by Christ Jesus (Phil 4:19).

Spend the next 2 minutes praying for **medical staff who are experiencing discouragement or fear**: Pray that their hope would be fortified in this season as they deeply root themselves in God's unfailing love. Pray that they would not be afraid of the mess but would instead enter the chaos with a sense of calling

and the confidence that God is with them! Pray that they would experience supernatural compassion when compassion fatigue could easily set in.

Spend the next 2 minutes praying **for labor and delivery healthcare workers and women going into labor during this time**: Pray that they would experience deep peace and would be able to celebrate new life even in the midst of restrictions and abnormal conditions.

Spend the next 2 minutes praying **for anyone hospitalized or dealing with medical issues during this time**: Pray for healing, and pray that they would have the proper medical attention and resources they need to have a full recovery. Pray that patients would be protected as they come and go from appointments.

Spend the next 2 minutes praying for **medical and public health experts, advisory boards, and other leaders in the medical field**: Pray for heavenly wisdom and the gift of administration as they make decisions and work toward potential solutions.

Spend the next 2 minutes praying for **the mental health of all frontline medical workers**: Pray that their minds would experience healing from any trauma they have experienced. Pray that they would be able to fix their minds on that which is lovely, pure, true, honorable, etc. Pray for adequate counseling and psychological support for these workers.

Spend the next 2 minutes praying **for peace and joy in hospitals and healthcare facilities**: Pray that these spaces would be filled with peace that surpasses understanding and the supernatural JOY of heaven.

Spend the next 2 minutes **praying that the name of Jesus would be made known in hospitals and medical facilities**: Pray specifically for people who do not know Jesus in these environments - that they would encounter his healing presence and abundant grace.

## Petition

In John 15:7 it says, "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you."

Spend the next 2 minutes praying for God to align your heart with His.

Spend the next 2 minutes praying for your needs.

Spend the next 2 minutes praying for God's favor and provision in your life.

Spend the next 2 minutes praying for divine health and protection.

Spend the next 2 minutes praying for God's will in your life.

## Admire

The Bible says in Psalm 29:9, "Give unto the Lord the glory due His name; worship the Lord in the beauty of holiness."

Spend the next 2 minutes thanking God for what He has done.

Spend the next 2 minutes thanking God for what He is going to do.

Spend the next 2 minutes thanking God for who He is and how good He is.