



# DEEPENING CONVERSION

Prayer Week Guide 2019  
Grandview Church

## A Living Sacrifice

**12** Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. **2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

## Humble Service in the Body of Christ

**3** For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. **4** For just as each of us has one body with many members, and these members do not all have the same function, **5** so in Christ we, though many, form one body, and each member belongs to all the others. **6** We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; **7** if it is serving, then serve; if it is teaching, then teach; **8** if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

## Love in Action

**9** Love must be sincere. Hate what is evil; cling to what is good. **10** Be devoted to one another in love. Honor one another above yourselves. **11** Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. **12** Be joyful in hope, patient in affliction, faithful in prayer. **13** Share with the Lord's people who are in need. Practice hospitality. **14** Bless those who persecute you; bless and do not curse. **15** Rejoice with those who rejoice; mourn with those who mourn. **16** Live in harmony with one another. Do not be proud, but be willing to associate with people of low position.

Prayer week is an opportunity to begin 2019 rooted in the life of God and the call to an ongoing conversion. This seminal passage from Paul's letter to the Romans has shaped the church's vision of transformation for 2000 years. It continues to shape our vision for what conversion looks like today.

Check out the week's schedule for where you can participate and also create your own personal time for prayer.

# SCHEDULE FOR PRAYER WEEK

## **24 hour prayer chain (Monday- Tuesday)**

Join the prayer chain! If you did not have a chance to sign up on the list, no matter - choose an hour and join in. You can pray right where you are, or make plans ahead of time to meet with the prayer companions of that hour. Either way, as you begin, pray for those who went before you, pray for those who are praying with you, and as you finish, pray for those who will be praying next. (An e-mail will be sent out from Celeste with the list of times and pray-ers. See following pages for ideas of how to spend your hour of prayer).

## **Contemplative Evening Prayers**

**(Sunday through Thurs, 8:30-8:45pm @ 2022 East 3<sup>rd</sup> > *in the backyard garden suite*)**

Join with others for 15 minutes of stillness at the end of the day. You are invited to enter and leave in silence, and you are welcome to remain afterward to sit in the silence if you wish.

## **Wednesday Morning Neighbourhood Prayers**

**(January 16<sup>th</sup> Wednesday, 6:30-8am @ Stillpointe > *1575 Salisbury Drive, ground level teal door*)**

Every Wednesday morning for over 17 years GCBC folks have been gathering to do a lectio divina and pray for the neighbourhood. This week is your chance to check it out.

## **Prayer with and for our partner groups and ministries**

**(January 17<sup>th</sup> Thursday, 9-10am in the Living Room > *the room behind the sanctuary*)**

Focused prayer for: Streams of Justice, REED, ESG, MOMS, Co:Here, Salisbury, Kinbrace, Crossroads, C.L.E.A.N. Break Laundry Program, JustWork, & Potter's House.

## **Prayer for Global Workers**

**(January 20<sup>th</sup> Sunday, 2:30-3:30 in the Living Room > *the room behind the sanctuary*)**

We have some super GCBC folks that are doing amazing work around the world. Come pray for them and the Kingdom of God moving around the world.

# YOUR OWN TIME OF PRAYER

## Preparing for your time of prayer:

- Make sure the time is cleared on your calendar. Turn off your phone and computer and decide what forms of prayer you are drawn to so that you can make the necessary preparations.
- You may be drawn to fast for a meal before your prayer time.
- You may invite someone to join you.
- Create a space that is conducive to the form of prayer. Light a candle? Put on music? Clear off the table? Begin by reading the theme verses (Isaiah 60:1-2) and taking up Jesus' invitation to come into his presence to rest and learn.

## What to pray for (remembering that prayer is dialogue: listening and speaking):

- Our city and nation: Places you long to see transformed by Christ.
- Our vision, calling, and community at GCBC in 2018
- Our internal partner organizations: MOMS, Stillpointe, C.L.E.A.N. Break Laundry Program, Crossroads Community Meal, Eastside Story Guild, Healing at the Wounding Place, The Center for Formation
- Our External Partners: Kinbrace, Justwork, Salsbury Community Society, Co-here Foundation, Streams of Justice, REED,
- Our Global Workers: The Nachos, The McEllroys, The Ndabarushimanas, Jasmine Kwong, Kristin Cato and Matt Wall
- Give thanks for the co-here community. Pray for increased affordable housing initiatives and funding in our nation.
- Persons that are on your heart and mind
- Important issues of our day such as climate change, First Nation's Reconciliation, poverty alleviation/economic inequality. You may want to pray for specific people or people groups who are impacted by these forces too.

## Ideas for how to spend your time of prayer:

- **Write and pray a psalm.** Many of the psalms include remembering and naming how God acted in their individual and communal story. This leads to elements of praise or petition. Write a personal psalm that has elements of remembering, praise, and petition.

- **Go on a prayer walk.** Begin by praising the Creator for elements of creation that you see. Move into dialogue and prayer for Grandview Church, individuals on your heart, our city and world. You may like to come up with a simple blessing that you pray over the people and places you pass or ask God how to pray for those places and people.
- **Go on a prayer walk and pray “The Jesus Prayer”.** As you walk repeat the famous prayer of the Russian pilgrim, “Lord, Jesus Christ, have mercy on me, a sinner.” After praying this first prayer for a while, pray for others: “Lord, Jesus Christ, have mercy on \_\_\_\_\_.” You may pray for individuals, groups, ministries, regions, issues, politics, our city, etc.
- **Paint or draw your prayer.** Draw a simple outline of two open hands to represent God’s hands. Prayerfully draw in the hands people, places, or situations that you would like to place in God’s hands in prayer.
- **Journal your prayers.** Write your prayer as a letter to God in your journal. Be sure to listen for God’s response and record that as well (or you may choose to journal your prayer as a dialogue with God). When listening for the response first simply write what comes to mind and your heart. You can discern afterwards if this listening seems to be in line with God’s character and Scripture.
- **Pray with an image.** Set up the image (Icon of the conversion of Saint Paul) on the back of this booklet in a quiet, meditative space. Ask God to help you see God and our world in new ways (like parables) through this image. Prayerfully focus on the image, and listen and pray as you are led.
- **Pray with a group.** Sometimes prayer is easier with a group. Ask some others to join you for your time of prayer.
- **Pray with children.** Create prayer flags with children. Cut triangles out of colourful paper and draw or write words on each triangle for your prayers. Attach them to a string and hang up your prayers where you and the children can remember to keep holding them up in prayer and watching for how God may answer.
- **Resting Prayer:** Find a comfortable space, light a candle and put on some music that is worshipful for you. Sit with God, rest in his light and love, as a baby rests in a parent’s arms. You may spend the time in silence like you would with an old friend or be together in conversation.
- **Pray with the following prayer as an outline.**

# AN OUTLINE FOR PRAYER

God, you are holy, the source of all being;  
we praise your name.

God, you are light, the one who lightens our path;  
we seek to follow you.

God, you are love, and you show us the extent of your love in Christ;  
we humble ourselves before you.

We name and give thanks for the ways that you have revealed yourself to us this past year  
... in the story of Grandview Church.  
... in our own lives.

We pause and listen for you to remind us of other ways that you have been working to transform and deepen our conversion.

[Silent listening]

We confess that we have not always lived faithfully into your story of grace, compassion, and love. You have called us to seek you and your kingdom first, and we confess that our lives are checkered with inconsistency and rejection of your ways.

We listen for you to shine your light on the places of darkness and bondage....

... in our story as a nation and world [Silent listening].

... in our story as a church [Silent listening].

... In our own lives [Silent listening].

We confess these sins to You, and ask You to lead us out of darkness and into your kingdom of light. We ask that you continue to transform our lives.

Because you uphold all those who fall, we rest in your forgiveness and compassion.

We look now toward the year ahead, trusting that will lead us to an ever deepening conversion.

We pray for the year ahead:

We pray for our world and city.....

We pray for our church community, partner groups  
and global workers ....

We pray for work, family, and friend communities.....

We pray for our own lives....

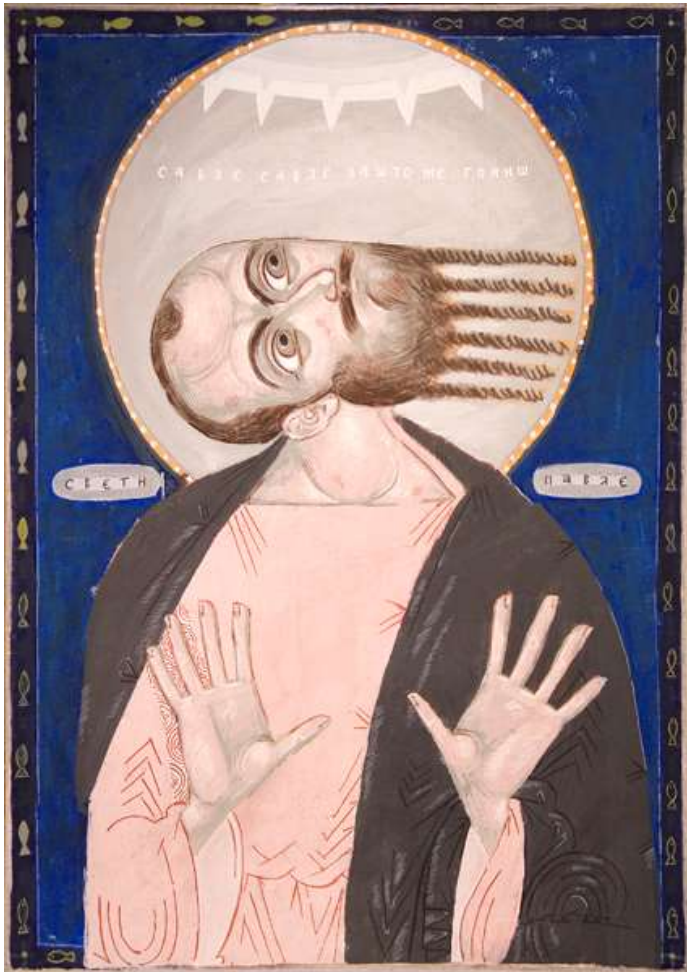
We have offered you our prayers, and now ask what is on  
Your heart for the year ahead in each of these areas.

[Silent listening]

May your kingdom come on earth as it is in heaven and may  
your name be glorified in our church.

*Now to him who is able to keep you from falling, and  
to make you stand without blemish in the presence of his  
glory with rejoicing, <sup>25</sup> to the only God our Saviour, through  
Jesus Christ our Lord, be glory, majesty, power, and authority,  
before all time and now and forever. Amen.*

**AMEN**



*Icon of the Conversion of Saint Paul*