

FOREWORD BY DOUG FIELDS

PRAY   
*for* ME  
— STUDENT PRAYER GUIDE

THE STUDENT'S GUIDE TO  
BECOMING A PRAYER CHAMPION

TONY SOUDER

# PRAY FOR ME



## STUDENT PRAYER GUIDE

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TONY SOUDER

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## PART ONE

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### THE ADVENTURE OF PRAYER

**W**elcome to the adventure of praying for your peers. Yes, I am using the word adventure concerning your prayers. Life with God is always an adventure and prayer is at the very heart of it. Prayer actually launches us into the adventure of having a relationship with God through Jesus. It is the first thing that anyone does as a follower of Jesus. In fact, you become a follower of Jesus by calling out to him for salvation in prayer. Prayer is clearly the visible starting point of our relationship with God, but it doesn't stop there. Prayer is our lifeline of ongoing relationship with Jesus. What an amazing gift God has given to us in prayer; to be able to have access to the King of the universe whenever or wherever we are is simply another example of his stunning and lavish grace!

Praying for someone to see and savor the truth of the Gospel is one of the most important and adventurous things you can ever do for them. It flows out of our relationship with Jesus and how we honor him with our lives. In this Prayer Guide you will be praying for yourself, close personal friends, and people you know only by name, but everyone you pray for matters. We *all* need people asking the King of the universe to bring his goodness to bear on our lives.

## Praying the Scriptures

This guide is designed to give your prayers focus, clarity, and consistency through three primary components: praying the Scriptures, The 7 Essentials, and SeeSavorShare. We begin by establishing our roots in the truths of Scripture. The Bible is the Word of God and as such has the power to give life to us and our prayers. Throughout this book you will learn how to turn Scripture into prayers. Praying Scripture is one of the most powerful and authoritative ways to pray. Let's take a moment to be reminded of some of the promises that await us as we soak in the Scriptures.

### The Word of God:

- Gives life (Psalm 119:25, 107)
- Strengthens (Psalm 119:28)
- Guards from sin and keeps us pure (Psalm 119:9, 11)
- Creates and sustains the universe (Psalm 33:6, 2 Peter 3:5, Hebrews 1:3, 11:3)
- Creates spiritual life (1 Peter 1:23, James 1:18)
- Is able to save our souls (James 1:21)
- Is living and active and able to discern the thoughts and intentions of the heart (Hebrews 4:12)
- Produces faith (Romans 10:17)
- Teaches, reproves, corrects, and trains in righteousness (2 Timothy 3:16)

These passages offer a taste of the goodness that flows from the supremacy and power of the Word of God.

One of the compelling aspects of this guide is that it takes the most powerful words in the world, the very words of God, and makes them the catalyst for our prayers. The apostle Paul in Ephesians 6:17 refers to the Scriptures as the "Sword of the Spirit," and we know from Hebrews 4:12 that "the word of God is living and active, sharper than any two-edged sword, piercing to the division

of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.” God uses his Word to transform our hearts whether it is written, spoken, or uttered silently in prayer to the Father. In this Prayer Guide I am committed to letting the very truths of Scripture be the fuel for our prayers. We will take passages of Scripture that relate to each of The 7 Essentials and turn them into life-giving prayers for you and your peers.

### Praying like the Psalmist Prays

It would be hard to have a Scripture-centered prayer guide that didn't in some way point to the primary prayer and songbook in the Bible. Therefore, we will be taking cues from the Psalms in our efforts to turn Scriptures into prayers. They reveal a plethora of ways to plead with God. There is a grittiness and authenticity in the Psalms that promotes clarity, honesty, urgency, and directness. Let's look at a few phrases from Psalm 119 that can give us a glimpse into the psalmist's directness and dependence on God in prayer:

- Do good to your servant (17)
- Open my eyes that I may see (18)
- Remove from me scorn (22)
- Preserve my life according to your word (25)
- Teach me your decrees (26)
- Let me understand the teaching of your precepts (27)
- Strengthen me (28)
- Keep me from deceitful ways (29)
- Do not let me be put to shame (31)
- Give me (34)
- Direct me (35)
- Turn my heart (36)
- Turn my eyes (37)
- Fulfill your promise (38)
- Take away (39)



- May your unfailing love (41)
- Do not snatch your word from my mouth (43)
- Remember (49)
- Be gracious (58)
- Let your compassion (77)

Each of these phrases is a clear call for God to act; a plea for the favor of God to act on the psalmists' behalf. As you turn Scripture into prayer, you are ushering a clear call for God to act on behalf of yourself and others. It is my prayer that God would be gracious to act and intervene for the good of your generation through your prayers! I pray that he would cause you to be relentless in your prayers and intentionality in making his greatness known! May God soften your heart to his greatness and grant you faithful responsiveness to his Word.

## The 7 Essentials

This Prayer Guide is structured around The 7 Essentials. These seven aspects of life are the minimums that need to be attended to for you to flourish in living faithfully before God and man.

The 7 Essentials come directly from two passages of the Bible, but their importance saturates all of Scripture. The first two, wisdom and favor, come from Luke 2:52: "And Jesus increased in wisdom and in stature and in favor with God and man." When I read this verse to groups, I jokingly say, "Everyone grows in stature, except for me, so stature is not an essential." You see, I am only five foot six inches tall. I often tell my six foot six friend who played basketball for Duke that the only reason he is considered tall is because he has me to compare to. So stature, being a physical characteristic rather than spiritual, is not an essential component of flourishing in faith and life, but wisdom and favor clearly are. It is

not surprising that Jesus grew in wisdom and favor because he was God in human form. What is surprising is that Luke makes sure that we know Jesus grew in wisdom and favor. Luke could have said anything he wanted about Jesus, but he made a point to let us know that growing in wisdom and favor with God and man were essential, even for the Son of God. If it was essential for God's Son to grow in wisdom and favor, then there is no question that these two are essential for us.

The other five Essentials are found in 1 Timothy 4:12: "Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity." It is crucial to understand that Paul is not using throwaway words here. He is giving Timothy the essential categories that he needs to pay attention to in order to set an appropriate example for all believers. There was a lot at stake in this simple and precise directive from Paul to Timothy. These categories remain essential for us today.

### The SeeSavorShare Discipleship Process

As you dive into this Prayer Guide, I want to introduce you to a simple process that can help your relationship with God flourish: SeeSavorShare (or S3 for short). S3 is about seeing the greatness of God in all of life, savoring it for all it is worth, and sharing it freely along the way. Over the last decade S3 has become the rhythm of my life with God, and I would like to encourage you to embrace it as your own as well. First, let me give you a little background concerning its value and necessity. I have been a follower of Christ since 1978 (yes I know that is a long time ago, but stay with me here). In March of 1995 God enrolled my wife and me in an intensive spiritual growth course. It was at that time that my wife began having severe migraine-like headaches. Over the next several decades, with three major surgeries and fifty-plus doctors from all across the country in our rearview mirror, her pain has not

## PART TWO: A WEEK OF EACH ESSENTIAL

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### THE FAVOR FOUNDATION

One of the designs of this book is to help you make praying the Scriptures for your peers as natural as breathing. Unlike breathing, though, identifying key passages and turning them into prayers takes a little practice. As you work your way through each chapter I encourage you to start creating your own prayers. Begin identifying any words or phrases that are especially encouraging or inspiring to you as you are praying. Also, be on the hunt for portions of Scripture that you would like to make the focus of your own prayers. Remember to ask God for his favor to create prayers that will strengthen and encourage your peers.

The next seven chapters will focus on each of The 7 Essentials. There will be a short introduction to help you understand and embrace the importance of each Essential for that week. These sections will also highlight a few key Scripture passages that underscore the essence of each Essential along with some questions to ponder as you hover over the passages and prayers. Enjoy!

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The One World Trade Center in New York City stands 1,776 feet tall, making it one of the tallest buildings in the Western Hemisphere. This is the building that was built in the very location where the World Trade Center Twin Towers fell during the 9/11

terrorist attacks. It's 408-foot spire graces the Manhattan skyline, and it's hard not to marvel at the grandeur of such a structure. But how often do we take time to consider the part of the building that makes it possible for all 104 floors to stand tall and grand? Foundations are easily forgotten and yet they are indispensable. Often times we forget that God's favor is the foundation of our lives. It is our strong and secure foundation, but in this world that values self-reliance it is easy to forget that we are completely dependent on him. Jesus is the foundation for every aspect of our lives.

*He [Jesus] is the image of the invisible God, the firstborn of creation. For by Jesus all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through Jesus and for Jesus. And Jesus is before all things, and in Jesus all things hold together. (Colossians 1:15-17)*

One way to get a handle on God's favor in our lives is to realize his favor is anything he does in, through, or for you. Remember that we can see the favor of God toward us in his provision, protection, presence, and purposes. Here are several passages to help us get our heads and hearts around the immensity of God's favor:

*For from him and through him and to him are all things. To him be glory forever. Amen. (Romans 11:36)*

*For who sees anything different in you? What do you have that you did not receive? If then you received it, why do you boast as if you did not receive it? (1 Corinthians 4:7)*

*Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above*

*all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all. And now we thank you, our God, and praise your glorious name. (1 Chronicles 29:11-13)*

*The God who made the world and everything in it, being Lord of heaven and earth, does not live in temples made by man, nor is he served by human hands, as though he needed anything, since he himself gives to all mankind life and breath and everything...In him we live and move and have our being. (Acts 17:24-25, 28)*

*I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. (John 15:5)*

*Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change. Of his own will he brought us forth by the word of truth, that we should be a kind of firstfruits of his creatures. (James 1:17-18)*

All of these passages point to God's creating and sustaining favor, upon which our entire existence rests. This is the foundation for all of the other Essentials. The importance of this Essential causes me to wonder what you and I need in order to recognize God's favor in our lives. We need eyes to see, ears to hear, and humble hearts to understand and embrace the favor of God for all it is worth. We must be diligent in praying for a posture of humility so that we might see the favor of God in his provision, protection, presence, and purposes.

One of the most important things you can do for your peers is to ask the God of the universe to show them his favor so that they might see and savor him for all that he is worth. The greatest thing in the world is to have our hearts captured by the greatness

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of God. So, pray diligently for yourself and your peers that God would be your greatest delight.

Pray on!

## WEEK ONE // PRAYING FOR FAVOR

*Give us, O Lord, a steadfast heart, which no unworthy affection may drag downwards; give us an unconquered heart, which no tribulation can wear out; give us an upright heart, which no unworthy purpose may tempt aside. Bestow upon us also, O Lord our God, understanding to know you, diligence to seek you, wisdom to find you, and a faithfulness that may finally embrace you; through Jesus Christ our Lord. —St. Thomas Aquinas*

DAY ONE // FAVOR

Father, open my eyes that I might *see* you more clearly, *savor* you more fully, and *share* you more freely.

Circle or underline any key words or phrases you *See*:

*But by the grace of God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God that is with me. (1 Corinthians 15:10)*

*Savor* these truths in prayer for yourself and others:

Father, I praise and thank you for your grace and favor. I pray that you would give \_\_\_\_\_ and me hearts that are tender and responsive to the goodness of your favor working in our lives. Awaken our minds and hearts to know and understand what the apostle Paul understood in the 1 Corinthians 15:10. That it is your ongoing grace and favor that empowers us to work diligently to glorify you and help those around us. Guard us from believing that it is by our own strength and goodness that we are making a difference in our world. Cause us to boast only in you. It is by your grace that we are who we are. You are transforming us and your work in us is never in vain. Create in us a relentless desire to be daily strengthened by your grace so that we will be tenacious in seeking to bless others for your glory and their good. In the matchless name of Jesus, amen.

Write down any thoughts you may want to *Share*:



## DAY TWO // FAVOR

Father, open my eyes that I might *see* you more clearly, *savor* you more fully, and *share* you more freely.

Circle or underline any key words or phrases you *See*:

*Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days. (Psalm 90:14)*

*Savor* these truths in prayer for yourself and others:

Father, every day \_\_\_\_\_ and I will be presented with things that promise to make us happy and satisfy the longings of our hearts. I pray that you will help us see the greatness of your steadfast love as you display it in our lives, in your Word, and in creation each day. Don't let us be tricked into believing that we would be more satisfied in life if we were smarter, stronger, prettier, or richer. You alone can satisfy our hearts and make us glad all our days. Awaken the taste buds of our hearts to enjoy the sweetness of your love every time we see it. Bring people into our lives that will help us delight in loving you. Help us learn to share our joy in your love more naturally and freely with others each day. For your glory and our good, in the all-satisfying name of Jesus, amen.

Write down any thoughts you may want to *Share*:

DAY THREE // FAVOR

Father, open my eyes that I might *see* you more clearly, *savor* you more fully, and *share* you more freely.

Circle or underline any key words or phrases you *See*:

*“Glory to God in the highest, and on earth peace among those with whom he is pleased!” (Luke 2:14)*

*Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all. (2 Thessalonians 3:16)*

*Savor* these truths in prayer for yourself and others:

Father, when your angels announced Jesus’ arrival in the world, they declared glory to you and peace to us. Thank you that Jesus’ coming declares your glory and our need. I pray for \_\_\_\_\_ and myself, that you would create in us a longing for the peace that you offer to the world through Jesus. Help us to identify any fears or anxieties that reside in our hearts about anything and bring them to you, that you would reign over them with your peace that surpasses all understanding. Help us to know that your peace in Jesus brings freedom that the world does not know. Cause us to become peacemakers to those around us. For your glory and our good, in the name of the Prince of Peace, Jesus, amen.

Write down any thoughts you may want to *Share*:

## DAY FOUR // FAVOR

Father, open my eyes that I might *see* you more clearly, *savor* you more fully, and *share* you more freely.

Circle or underline any key words or phrases you *See*:

*What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? (Romans 8:31-32)*

Savor these truths in prayer for yourself and others:

Father, I pray today that \_\_\_\_\_ and I would sense the magnitude of your favor and goodness toward us. Let us be amazed by the fact that you are more than enough for whatever we face in this life. Let the truth that you are “for” us give us unbelievable courage to live for you in spite of our fears. Cause our confidence in you to be matched by a growing dependence on you, seeking your presence, protection, and provision each day. Show us that all the resources of heaven are ours in Jesus. You have given the greatest gift of all in Jesus and I pray you would let the significance of his life, death, and resurrection sink into the depths of our hearts. Cause our trust in you to increase because of the truths of Romans 8:31-32. For your glory and our good, in Jesus’ name, amen.

Write down any thoughts you may want to *Share*:

DAY FIVE // FAVOR

Father, open my eyes that I might *see* you more clearly, *savor* you more fully, and *share* you more freely.

Circle or underline any key words or phrases you *See*:

*Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!*  
(Psalm 90:17)

*Savor* these truths in prayer for yourself and others:

Father, I pray that \_\_\_\_\_ and I would know your favor in our work today, whether at school or our jobs or at home. Help us to realize that whatever we set our hands to do should be for your glory. You have created us for good works and we should devote ourselves fully to the work to which you have called us. Establish the work of our hands, giving us a sense of accomplishment. Make it clear that your hand of favor is upon us through your provision, protection, presence, and purposes. Encourage us to find joy in our work, and make us a joy to work with. Cause us to study with diligence and delight in the truths we learn. For your glory and our good, in Jesus' name, amen.

Write down any thoughts you may want to *Share*:

## DAY SIX // FAVOR

Father, open my eyes that I might *see* you more clearly, *savor* you more fully, and *share* you more freely.

Circle or underline any key words or phrases you *See*:

*It is he who remembered us in our low estate, for his steadfast love endures forever; and rescued us from our foes, for his steadfast love endures forever; he who gives food to all flesh, for his steadfast love endures forever. Give thanks to the God of heaven, for his steadfast love endures forever. (Psalm 136:23-26)*

*Savor* these truths in prayer for yourself and others:

Father, your steadfast love for \_\_\_\_\_ and me endures forever. It is through your grace and favor that we are able to know and experience your steadfast love toward us. If we are discouraged today, give us hope by reminding us that you love us. I pray that you would guard, protect, and rescue us from harm, and help us to have discernment in judging the intentions of others. Give us eyes to see the goodness of your provision every time we sit down to a meal. Stir up enduring thankfulness in us toward you and your favor. For your glory and our good, in the matchless name of Jesus, amen.

Write down any thoughts you may want to *Share*:

## DAY SEVEN // FAVOR

Father, open my eyes that I might *see* you more clearly, *savor* you more fully, and *share* you more freely.

Circle or underline any key words or phrases you *See*:

*He [Jesus] is the image of the invisible God, the firstborn of all creation. For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. And he is before all things, and in him all things hold together. (Colossians 1:15-17)*

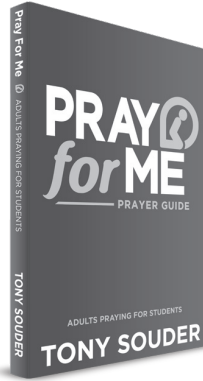
*Savor* these truths in prayer for yourself and others:

Father, thank you that you create and sustain all things. Your Word declares that every day we are receiving your matchless favor through the sustaining power and goodness of Jesus. I pray that \_\_\_\_\_ and I would have a clear sense that we were not only created by Jesus, but also for Jesus. Fill our hearts and minds with delight in you that overflows in what we say and do. Let our lives give others hope in you as the creator and sustainer of life. Cause our delight in Jesus to continually increase, so that each day we would seek a deeper understanding of all that He is. For your glory and our good, in the matchless name of King Jesus, amen.

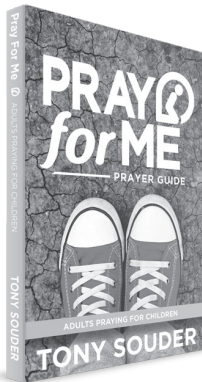
Write down any thoughts you may want to *Share*:

# PRAY FOR ME

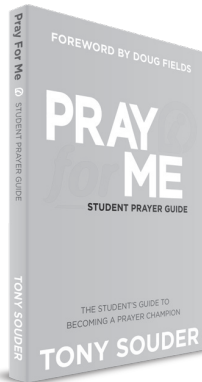
## RESOURCES



**ADULTS PRAYING FOR STUDENTS**  
Praying for middle and high school students



**ADULTS PRAYING FOR CHILDREN**  
Praying for children fifth grade and below.



**STUDENT PRAYER GUIDE**  
Students praying for their peers.

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