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Daily Prayer

Maureen L. Huang

As we pursue God's shalom in the area of racial justice, we need God's strength, courage, and power. This work begins in God's presence, seeking direction, wisdom and God's intervention. This daily prayer guide is based on the acronym **ACTS—adoration, confession, thanksgiving, and supplication**. It's a simple, memorable way to structure prayer times and can be utilized with different topics.

In this section, you will find **seven prayer guides**—one for each day of the week. The first six days expand in focus: personal, communal, campus, national, global, and the environment. The last day focuses on rest, a critical component to sustain us on the life-long journey of justice.

MONDAY: PERSONAL

1. Adoration

How have you experienced God's goodness this week? Celebrate God's character through your prayers, worship, or reading Psalms. Praise God for creating you with intentionality and love, including the good and beautiful aspects of your ethnic and cultural backgrounds.

2. Confession

What sins do we need to repent of in our lives? What are lies you have internalized about yourself or your people group? Where have you held onto unforgiveness?

3. Thanksgiving

How have you seen God show up for you? Meditate on God's goodness to you, reflecting on your upbringing, ethnic heritage, family, neighborhood, and formative experiences. Let these reflections overflow in thanks to God.

4. Supplication

Ask God for what you need today. Take a moment to listen and see if there's anything else God might want to give you. Pray over what you heard with a posture of receiving.

TUESDAY: COMMUNITY

1. Adoration

We worship a triune God who has formed us as a people—a community—in Christ. Focus your prayers of adoration on the mystery and beauty of God's character demonstrated by the many parts that make the body of Christ!

2. Confession

What sins do we need to repent of as a community? How has your fellowship or community not been welcoming to others? Confess the barriers to pursuing justice within or outside of the fellowship.

3. Thanksgiving

Thank God for your community! What are the ways you've seen the Holy Spirit growing your fellowship in multiethnicity, justice, and reconciliation?

4. Supplication

Ask God to help your community to grow in mutuality—that you would be a fellowship that shares in one another's joys and pains. Invite God to open the eyes of your community to those who are missing and need God's love.

WEDNESDAY: CAMPUS

1. Adoration

Worship God as the Creator of every subject taught on campus! Celebrate the expanse of his knowledge, creativity, and care.

2. Confession

Are there people or areas of campus that are overlooked and ignored? Confess ways you and your community have failed to care for campus.

3. Thanksgiving

Thank God for the glimpses of God's shalom on campus (consider people, spaces that embody God's shalom, or stories).

4. Supplication

Look at a campus map and pray over different sections of campus. Invite God's justice, reconciliation and shalom to cover your campus.

THURSDAY: NATIONAL

1. Adoration

Praise the God of justice, whose authority and leadership is trustworthy and leads to life. Praise Jesus who alone is supreme and worthy of our worship and allegiance. God is constant and present through all circumstances.

2. Confession

Confess the ways we have put our faith in human leadership rather than God and elevated our national identity above our identity in Christ.

3. Thanksgiving

Thank God for intervening in the face of injustice and God's constant presence even when kingdoms rise and fall. Offer prayers of gratitude for those who have committed their lives to working for the common good.

4. Supplication

Pray for our nation to seek justice and mercy through its programs and policies. Pray for leaders by name and intercede for any important issues that are currently in the news or that God brings to your attention.

FRIDAY: GLOBAL

1. Adoration

Give glory to the Lord who made the whole world and everyone in it. Praise God for the diversity of places, people, food, and cultures throughout the world and the many ways they reflect him.

2. Confession

Confess the ways the United States has exploited or overestimated its place as a global power. Repent for the ways these choices have caused harm and cost others socially, economically, and environmentally.

3. Thanksgiving

Give thanks for the global body of Christ that is alive and at work throughout the world, seeking shalom for people and place.

4. Supplication

Pray for events and issues impacting another country. Intercede for students from one of our IFES movements in another part of the world.

SATURDAY: ENVIRONMENT

1. Adoration

Worship Creator God. Give praise to God for our beautiful earth and all creation.

2. Confession

Confess the ways humanity has exploited rather than cared for the earth. Repent over our greed that drives hoarding and consumption of our shared resources. Pray over our blindness to the interconnectedness of creation.

3. Thanksgiving

Give thanks for prophets who have spoken up for our earth and for people who are actively at work in preserving our planet for future generations (farmers, scientists, activists, etc.).

4. Supplication

Intercede for the earth and ask God to help humanity fulfill its role as stewards and caretakers of creation. Pray for any environmental issues your area is facing and the ways they may impact different communities.

SUNDAY: REST

1. Adoration

Worship God, who while all powerful, chose to rest. Praise the God of the sabbath, who promises to restore our souls and whose love is not contingent on our productivity.

2. Confession

Confess the ways you have avoided or failed to rest. Confess any tendencies towards unhealthy self-reliance, savior-mentality, or treating your body like an exploitable resource.

3. Thanksgiving

Express gratitude for God's tenderness and care. Give thanks that Jesus models a way to pursue justice that doesn't require burnout. The Holy Spirit gives all we need to follow the way of shalom.

4. Supplication

Pray that God would teach us how resisting a culture of productivity and output through rest is part of our pursuit of justice. Ask God to help the community integrate spiritual formation practices that will sustain the pursuit of justice and reconciliation on campus.