THE PARK CHURCH

PRAYER CONFERENCE

Follow Up Prayer Guide

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

A Word Before We Begin

> ***"God will use the hardest parts of our story to know Him better — to give us unspeakable joy and intimacy."***
>
> — Michael McAfee

One of the reasons many of us don't experience the abundant life Jesus promised is that we run from both pain and laughter — neither of which can be controlled. The darkness of lament is facing what can't be fixed,

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

and the fear of inappropriate laughter is facing what can't be stopped. In both cases, our efforts at control are useless.

Acceptance is another word for giving up control. It's the recognition that some things, as horrible as they are, simply aren't fixable. Bad stuff happens — sometimes really bad stuff. Jesus said that God “makes His sun rise on the evil and on the good, and sends His rain on the just and the

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

unjust” (Matthew 5:45). In other words, life really is hard.

If you're into control, the only way to deal with it is to recognize and intentionally affirm that everything — and that does mean everything — is a God thing.

— Author unknown

---

*Reflection questions adapted from **Beyond Our Control**, by Lauren & Michael McAfee*

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

What's Inside

PART ONE

Misconceptions, Expectations, & Anxiety

PART TWO

Prayer, Perspective, & Perseverance

PART THREE

Election Prayers

Use this booklet throughout the conference and as a reference afterwards — to follow along, reflect, and pray through each section at your own pace.

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

· PART ONE ·

Misconceptions, Expectations, & Anxiety

What do you make of the fact that so many people are falling for the half-truth that if we make good decisions and do good things, God owes us a life that is "good"? Have you fallen prey to this deception? If so, what factors caused you to believe it?

Why do you think it's so hard for Jesus' followers not only to believe the truth about Him, but also to demonstrate those beliefs in our actions day after day?

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

Misconceptions We Believe

Ephesians 2:8–9 • 2 Corinthians 12:9

> *"God saved you by His grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it."* **Ephesians 2:8–9, NLT**

> *"Each time He said, 'My grace is all you need. My power works best in weakness.' So now I am glad to boast about my weaknesses, so that the power of Christ can work through me."* **2 Corinthians 12:9, NLT**

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

PRAYER *Father, I confess my sins of entitlement and self-righteousness. Help me to recognize the gifts in both joyous and challenging moments. Holy Spirit, remind me that Your grace is sufficient in whatever test I am facing, and that every experience is shaping my faith journey. You are drawing me closer to You. Teach me to embrace each day with a thankful heart. Amen.*



A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

Unmet Expectations

Job 12:4; 13:3 • Habakkuk 1:2–3, 13

> *"Yet my friends laugh at me, for I call on God and expect an answer. I am a just and blameless man, yet they laugh at me."* **Job 12:4, NLT**
>
> *"How long, O LORD, must I call for help? But You do not listen! 'Violence is everywhere!' I cry, but You do not come to save."* **Habakkuk 1:2–3, NLT**
>
> *"But You are pure and cannot stand the sight of evil. Will You wink at their treachery? Should You be silent while the wicked swallow up people*

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

more righteous than they?” **Habakkuk 1:13, NLT**

PRAYER *Gracious God, I confess my expectations were not aligned with Your will. I come to You with a heart heavy with uncertainty. Please grant me the courage to face my fears and the wisdom to find peace within the storm. Help me to trust in Your plan, even when I cannot see the way forward. Fill my spirit with Your presence, reminding me that I am never alone. Guide my steps, Lord, and let Your light shine through the darkness. Amen.*

❖

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

Control & Anxiety

Philippians 4:6–7 • Psalm 94:18–19 • Luke 12:25–26

> *"I cried out, 'I am slipping!' but Your unfailing love, O LORD, supported me. When doubts filled my mind, Your comfort gave me renewed hope and cheer."* **Psalm 94:18–19, NLT**
>
> *"Can all your worries add a single moment to your life? And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things?"* **Luke 12:25–26, NLT**

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

PRAYER *Heavenly Father, I come before You to acknowledge that I often try to control every thought, word, and action on my own. Holy Spirit, help me to recognize that true control is found in You, not in my own will. Anchor my heart in Your love and trust that You are working all things for my good. Like a rock and a refuge, You have promised to protect and defend me. Protect me from wrong thoughts about who You are. Amen.*



A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

Grief & Loss

Jeremiah 8:18 • Romans 9:2 • Psalm 147:3

> *"My grief is beyond healing; my heart is broken."* **Jeremiah 8:18, NLT**
>
> *"My heart is filled with bitter sorrow and unending grief."* **Romans 9:2, NLT**
>
> *"He heals the brokenhearted and bandages their wounds."* **Psalm 147:3, NLT**

PRAYER *Lord, I come to You carrying deep grief. My heart feels heavy with loss. Please comfort me in this sorrow. Hold me when the pain feels overwhelming and give me strength for each moment. Help me find hope in Your promises and rest in Your*

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

presence. Grant me healing and remind me that I am not alone. Amen.



Powerlessness

Isaiah 40:29 • 1 Corinthians 1:27 • Romans 5:6

> *"He gives power to the weak and strength to the powerless."* **Isaiah 40:29, NLT**
>
> *"God chose things the world considers foolish in order to shame those who think they are wise. And He chose things that are powerless to shame those who are powerful."*
>
> **1 Corinthians 1:27, NLT**

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

"When we were utterly helpless, Christ came at just the right time and died for us sinners." **Romans 5:6, NLT**

PRAYER *Father, I come before You in my moments of powerlessness. I admit that I cannot carry this alone, and I confess my weakness. But You said, 'My grace is sufficient for you, for My power is made perfect in weakness.' Lord, as I feel unable, remind me that You give strength to the weary and increase the power of the weak. Amen.*

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

· PART TWO ·

Prayer, Perspective, & Perseverance

When have you seen God use truly terrible circumstances to bring about good in your life?

Describe a time when letting your emotions rule you led to heartache and despair. What were the circumstances? What emotions were in play?

His Will, Not Ours

Romans 12:2 • Psalm 143:10 • 1 John 2:15–17 • Luke 12:31–32

> *"Don't copy the behavior and customs of this world, but let God*

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." **Romans 12:2, NLT**

"Teach me to do Your will, for You are my God. May Your gracious Spirit lead me forward on a firm footing." **Psalm 143:10, NLT**

"Seek the Kingdom of God above all else, and He will give you everything you need. So don't be afraid, little flock. For it gives your Father great happiness to give you the Kingdom." **Luke 12:31–32, NLT**

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

PRAYER *Lord, teach me to surrender my plans for Yours. Where I have clung tightly to my own will, loosen my grip. Let me seek Your Kingdom above all else, trusting that You delight to give me what I need. Amen.*

❖

A Change in Perspective

Ephesians 1:16–20 • 2 Corinthians 4:17–18

> *"I pray that your hearts will be flooded with light so that you can understand the confident hope He has given to those He called — His holy people who are His rich and glorious inheritance."* **Ephesians 1:16–20, NLT**

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

“Our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen.” **2 Corinthians 4:17–18, NLT**

PRAYER *Father, flood my heart with light. Give me spiritual wisdom and insight so I might grow in my knowledge of You. Help me fix my gaze on what is unseen and eternal, not on the troubles in front of me. Amen.*



A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

Peace & Perseverance

Romans 5:3–5 • James 1:3–4 • Hebrews 12:1–2

> *"We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation."* **Romans 5:3–5, NLT**
>
> *"Let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us, keeping our eyes on Jesus."* **Hebrews 12:1–2, NLT**

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

PRAYER *Loving Lord, I thank You for the many witnesses of faith who have shown that Your power is sufficient for every danger, disappointment, and pain we encounter on our journey. Strengthen and uphold me by Your Spirit, and sustain me so that I may patiently endure to the end, to Your praise and glory. I ask this in the name of Jesus. Amen.*

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

· PART THREE ·

Election Prayers

Against Apathy

Ecclesiastes 4:5 • Revelation 3:15–16

> *"Fools will fold their hands and starve to death."* **Ecclesiastes 4:5, CEV**
>
> *"I know everything you have done, and you are not cold or hot. I wish you were either one or the other. But since you are lukewarm — neither cold nor hot — I will spit you out of My mouth."* **Revelation 3:15–16, CEV**

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

PRAYER *Lord, I pray for voters to be well-informed. Grant them access to accurate information and the discernment to evaluate sources critically. Make us eager to participate in the election process for Your glory. Amen.*



For a Christ-Like Spirit

Titus 2:2–3 • 1 Timothy 6:11–12

> *"Tell the older men to have self-control and to be serious and sensible. Their faith, love, and patience must never fail."* **Titus 2:2–3, CEV**

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

“Pursue righteousness and a godly life, along with faith, love, perseverance, and gentleness. Fight the good fight for true faith.”

1 Timothy 6:11–12, NLT

PRAYER *Almighty God, I pray for the leaders who will be chosen in this election. Raise up men and women who fear You, who are lovers of truth, and who will govern with justice and mercy. Protect them from corruption and guide their hearts and minds to serve Your purposes. May Your Kingdom principles be honored through our behavior and their leadership. Amen.*



A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

For Nonviolence in Our Country

Romans 12:17–18 • James 1:19–20

> *"Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone."* **Romans 12:17–18, NLT**
>
> *"You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires."* **James 1:19–20, NLT**

PRAYER *Lord of Peace, I pray for a profound sense of peace to settle over our land during this election season.*

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

Calm the anxieties, quiet the divisions, and foster an atmosphere of mutual respect. Help us to engage with one another in love, even when we disagree. Amen.

❖

Humility & Against Defensiveness

Proverbs 26:4–5 • Colossians 3:12–13

> *"Don't answer the foolish arguments of fools, or you will become as foolish as they are. Be sure to answer the foolish arguments of fools, or they will become wise in their own estimation."* **Proverbs 26:4–5, NLT**

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

“Since God chose you to be the holy people He loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults and forgive anyone who offends you.” **Colossians 3:12–13, NLT**

PRAYER *Father, I pray for a spirit of humility to rest upon all candidates and future leaders. Help us to show up as Your holy people and make allowance for each other's faults. May we all lead with servant hearts and seek to honor You. Amen.*



A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

The Act of Voting & the Election Outcome

Titus 3:1 • 1 Timothy 2:1–3

> *"Remind the believers to submit to the government and its officers. They should be obedient, always ready to do what is good."* **Titus 3:1, NLT**
>
> *"I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity."* **1 Timothy 2:1–3, NLT**

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

PRAYER *Sovereign God, I commit the outcome of this election into Your hands. May Your will be done, not ours. We trust that Your plan is perfect and that You are working all things for good. Whatever the results, help us to accept them with grace and to continue to serve You faithfully. Amen.*

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.

A Note About Scripture Translations

To make this guide easy to read and engage with, we have primarily used plain-language Bible translations. While these translations help communicate Scripture clearly, they are only one way of expressing the truths of God's Word. As you meditate on these passages, we encourage you to read them in multiple translations and versions. Doing so can deepen your understanding, broaden your perspective, and help you discover new dimensions of God's message.