

October Prayerfast

October 28, 2026

John 10:4 "...and the sheep follow him because they know his voice."

Often our times of prayer are filled with our own words and concerns. God seeks to know our hearts, and He wants to hear our voice. Sometimes it's hard to know His voice amidst all of the noise. Today, let's listen to the heart of God placing ourselves inside the Psalms (the prayer book of the Bible) to listen for what God says to us using imaginative prayer. Remember, silence is a part of prayer. Feel free to write things down to remember them.

Come Close – *"Come close to God and He will come close to you..." James 4:8*

- Read Psalm 62:5-8 twice with a pause in between. For the second time, listen for one word or phrase that catches your mind.
- Spend some time in imaginative prayer. Picture a rock, high and solid. *What's the texture, the temperature? Where are you standing in relation to it? What does it feel like to lean your weight against it?*
- Imagine Jesus with you. *Where is He in this setting? What does He look like? Is He saying anything?* Take some time to rest with Jesus, listening to him, and coming close to God.

He Is Our Help – *"My help comes from the Lord, who made heaven and earth." Psalm 121:2*

- Read Psalm 51 slowly.
- This psalm is about honesty. Verse 6 says, "Behold, You desire truth in the innermost being, and in secret You will make wisdom known to me." Honesty is what moves us toward being cleansed and restored, not stuck in guilt.
- Imagine bringing something to Jesus that you have been carrying or avoiding. This could be in the same location you were in, a favorite place of yours, or the room you are in at the moment. *What does Jesus look like as He is with you? What is His posture like? What do you need to bring into the light with Jesus? How does He want to restore you? What is God creating in you?* Take time to listen and sit with Jesus.

Intercede – *"First of all, then, I urge that requests, prayers, intercession, and thanksgiving be made in behalf of all people, for kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity." 1 Timothy 2:1-2*

- Think of someone you would like to pray over in your life. Bring that person into the space you are in with Jesus. *Where are they at? What is their posture? Where is Jesus at in relation to them?*
- Read Psalm 20 slowly as a blessing over them.
- *What would you say to Jesus about this person? What would Jesus say to them? Is there anything you want Jesus to do or say for you to them?* Listen and sit in the presence of Jesus with this in mind.

Ask For Direction – *“But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him.” James 1:5*

- Think about decisions that lay in front of you and any area of uncertainty in your life.
- Read Psalm 25:4-11 twice. Notice what sticks out.
- Picture a path in front of you. *What’s the landscape? Where does it fork or fade? Now imagine Jesus walking beside you. What is his pace? Does He say anything, point anywhere, or simply walk with you?* Spend some time walking with Jesus.

Share – *“...and let’s consider how to encourage one another in love and good deeds...” Hebrews 10:24*

- Take some time to share with someone about your experience. *What did you notice? Was there a word or image you want to hold onto?*