

# Praying for Our City & Nation in Difficult Times

*“Turn away from evil and do good.  
Search for peace, and work to maintain it.”*

**Psalm 34:14**

This guide contains four prayer sections. Pray through every section in a single sitting or choose to pray through one section at a time.

**Each time you pray, pause and remain silent for several minutes before you begin.**

*God, as I spend time praying for my community and country, I recognize that you are with me and that you are love. I am looking for you and to you.*

## Pray for Springfield, Illinois, and the Central Illinois Community

*God, I pray for each category in general, but I also lift up specific names, faces, and groups as you bring them to my mind.*

Pray for...

- An end to violence in our community
- People who are hurting and grieving as a result of violence
- Caregivers, churches and community organizations as they care for people
- People in positions of authority and leadership within our community
- Your neighbors
- Yourself to grow in compassion for people who are unlike you

## Pray for our nation, especially leading up to the fall election

*God, I lift each of these people and groups to you, remembering that each person is your beloved child.*

Pray for...

- An end to the division and contempt between people and groups
- A peaceful election process
- Candidates running for office, both locally and nationally
- The future of our country

## Pray for the Church

*God, I pray for my local church, other churches nearby, and the global church of Jesus.*

Pray for...

- God's Church to show the love of Jesus to everyone
- The Church to be unified in the way Jesus prayed for in John 17
- The Church to bring help, hope, and healing everywhere

## Pray for God to Work Within You

*God, I invite you to keep working in my heart and in my life. Show me how you want to shape me through what's happening right now.*

Pray for...

- What is on your heart and mind right now, knowing God hears and cares
- Your words and thoughts to be pleasing to God
- God to show you the ways you need to turn away from evil and do good
- God to show you people and places where you can search for peace and work to maintain it
- Your heart to be thankful to God for his love, forgiveness, and work in your life

### Additional ways to pray:

- **The Lord's Prayer** - Use the words of Jesus' prayer in Matthew 6:9-13 as your own prayer or put the themes into your own words.
- **Fasting** - Choose a time period to go without food (or something else that's important to you) as a way to focus your attention on your need for God.
- **Prayer Walk** - Go on a walk in our community with the purpose of praying for the people and places you see.
- **Prayer of Examen** - <https://www.wschurch.org/content/shepherding/PrayerOfExamen.pdf>
- **Immanuel Prayer Journaling** - <https://www.wschurch.org/Content/shepherding/ImmanuelPrayerHandout.pdf>
- **Prayer for Elections (24/7 Prayer)** - <https://www.24-7prayer.com/wp-content/uploads/2024/10/Pray-for-Elections-final.pdf>