

# CONTEND

PRAYER GUIDE



**And he who was seated on the throne said, “Behold, I am making all things new.”**

**Rev 21:5a**

As followers of Jesus, we recognise God’s promise to make all things new, to see “the whole Central Coast Healthy, Growing and Full of Love”.

Aligned with God’s promise, **our calling as followers of Jesus who reside on the Central Coast is to: *Contend for the Renewal of the Central Coast.***

Contend is a call to prayer. It is the call to wrestle and labour for one another on our knees before God.

Join us this week to Contend in Prayer.

# Sunday

## Posture

Before you begin... Find a quiet, distraction-free place to pray. Posture yourself ready for prayer – slow down your breathing as you prepare to sit with the Father today.

## Scripture: Psalm 24:1-4

The earth is the Lord's, and everything in it,  
the world, and all who live in it;  
for he founded it on the seas  
and established it on the waters.

Who may ascend the mountain of the Lord?

Who may stand in his holy place?

The one who has clean hands and a pure  
heart, who does not trust in an idol  
or swear by a false god.

As we begin our contending prayer week, we start by looking to OUR Father, the author of life and creator of the cosmos, who calls us His children.



**Take this time today to behold the King of Glory.**



**Reflect & Pray**

Reflect on the words of David in Psalm 24  
“Who may stand in his holy place? The one who has clean hands and a pure heart.”

Ask God what it would look like to have a heart aligned with His heart. “Search me, God, and know my heart; test me and know my anxious thoughts.

See if there is any offensive way in me, and lead me in the way everlasting”

Ps 139:23-24

# Monday

## Posture

Before you begin... Find a quiet, distraction-free place to pray. Posture yourself ready for prayer – slow down your breathing as you prepare to sit with the Father today.

## Scripture: Psalm 133:1

How good and pleasant it is when God's people live together in unity!



Pause and reflect on these words. Reflect on the example of unity displayed in the Trinity.



Contending for the Renewal of the Central Coast is something we cannot do in silos; we can only contend for the renewal of the Central Coast collectively.

# Tuesday

*Prayer for education spaces, families and young people.*

## **Posture**

Before you begin... Find a quiet, distraction-free place to pray. Posture yourself ready for prayer – slow down your breathing as you prepare to sit with the Father today.

## **Scripture: Deuteronomy 6:6-7**

These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home, when you walk along the road, when you lie down and when you get up.



## **Reflect & Pray**

You may know the names of the educators, students, directors and families of these generational spaces; if so, write their names on a piece of paper or picture their faces as you come before the Lord this morning.

- Coast Christian School
- Coast Community Preschool – Bensville.
- Coast Community Preschool – Berkeley Vale.
- Nurture Me
- Mainly Music
- Youth at Tumbi
- Youth at Bensville

# Wednesday

*Prayer for Care initiatives: hampers, cafe, families.*

## **Posture**

Before you begin... Find a quiet, distraction-free place to pray. Posture yourself ready for prayer – slow down your breathing as you prepare to sit with the Father today.

## **Scripture: Isaiah 43:19**

See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.



## **Reflect & Pray**

God is making a way – Things labelled wastelands will see green shoots.

Spend this time of prayer around our Care initiatives, which see the practical love and care of a coffee, a traineeship, a hamper, an emergency relief card, or a car to see a sprout of reconciliation with His Sons and daughters.

What do you perceive today?

# Thursday

*Prayer for neighbours*

## **Posture**

Before you begin... Find a quiet, distraction-free place to pray. Posture yourself ready for prayer – slow down your breathing as you prepare to sit with the Father today.

## **Scripture: John 1:14 MSG**

The Word became flesh and blood and moved into the neighbourhood.

Begin to think about our neighbourhoods today. Those surrounding our church facilities that might join us for in-common groups like; CoffeePlus or Woven, as well as your local neighbours in the place where you live...



## **Reflect & Pray**

Name the people in your neighbourhood, walk or drive past their houses today with the prayerful intention for families, homes, and businesses.

As you go, ask yourself:

What do I see?

What is on my heart for this neighbourhood?

Then, ask God:

What does He see?

What is His heart for this neighbourhood?

What is He doing in this neighbourhood?

# Friday

*Prayer of thanksgiving – Faithfulness.*

## **Posture**

Before you begin... Find a quiet, distraction-free place to pray. Posture yourself ready for prayer – slow down your breathing as you prepare to sit with the Father today.

## **Scripture: Psalm 107:1**

Give thanks to the Lord, for he is good; his love endures forever.

As we sit in this place of finishing up our Prayer Assignment and readying ourselves for the first night of our first Contend Conference tonight, let's spend time in silence reflecting on God's faithfulness.



## **Reflect & Pray**

Think about the past year, decade and even your lifetime. His love has remained steadfast through the ups and downs, twists and turns.

He was faithful,  
He is faithful,  
He will be faithful.

Stir up your gratitude and have it flow through into praise. Start to thank Him for His faithfulness to you, our church, and your community.

Journal it: dot points, mind maps, or lengthy monologues to the author of life. Speak it aloud, let your prayers of thanksgiving run from your lips, and change the atmosphere.