



PRAYER GUIDE

ARROWHEAD CHURCH

PERSONAL DAILY PRAYER GUIDE

The battle to pray begins with knowing where to start. This guide is a Monday-Friday structure. Most days are similar length, but some are slightly longer than others. Though the days are labeled, you can obviously use them anytime. Avoid over-analysis and jump in! After all, the best way we can learn to pray is by praying. In these pages, you'll find some references to my family and roles unique to me. You should make changes that align with your family, work, and opportunities the Lord has blessed you with. Some of the requests may sound unique to me or to a pastor's work, so I'd love it if you prayed those things for me and also changed them to match your work.

The first thing you'll notice is a daily reminder to pray the Word. In my time with God, I read the Bible first, usually following the Arrowhead plan (you can find a link on our website). After I read, I pray. Before I pray, I choose a 1-2 verse focus from my Bible reading plan and turn those verses into a prayer for myself, my family, and anyone on the day's list who it applies to (which is usually everybody!). After this, I pray through this guide. Each day also begins with a verse or two that frame how I think about praying for the people on the list for that day, so you can use those verses as prayers as well. Each day concludes with praying for Arrowhead partners by name. If you are a partner, you can find a PDF of this list with names and pictures in your monthly partner email. If not, attend Arrowhead Essentials on the first Sunday of next month and get started on that process!

For full disclosure, I have edited this document a good bit, but its original structure belongs to Pastor Jeremy Morton (fbcw.org) and a few other sources (noted). If you'd like me to fill in any gaps or answer any questions you may have about the guide, I'd love to talk!

-Pastor Ben Shoun

MONDAY: MINISTRY

Today I pray for Arrowhead Church and our ministry partners.

Pray the Word.

“I give thanks to Christ Jesus our Lord who has strengthened me, because he considered me faithful, appointing me to the ministry—“

1 Timothy 1:12

“Now Ezra had determined in his heart to study the law of the Lord, obey it, and teach its statutes and ordinances in Israel.”

Ezra 7:10

Send workers to our church - volunteers, leaders, and those with a heart to serve.

“He told them, “The harvest is abundant, but the workers are few. Therefore, pray to the Lord of the harvest to send out workers into his harvest.” Luke 10:2

Help me to preach and teach with the power of the Holy Spirit.

“My speech and my preaching were not with persuasive words of wisdom but with a demonstration of the Spirit’s power,” 1 Corinthians 2:4

For our elders.

- “Pay close attention to your life and your teaching; persevere in these things, for in doing this you will save both yourself and your hearers.” 1 Timothy 4:16
- By name: Gary & Shanci Robinson, Brent & Lisa Davis, Glenn & Phyllis Starnes, Bruce & Lindy Fowler, Ben & Charlie Baker

I pray for authentic worship of Jesus in Spirit and truth in our services.

“So he answered me, “This is the word of the Lord to Zerubbabel: ‘Not by strength or by might, but by my Spirit,’ says the Lord of Armies.” Zechariah 4:6

Make us a church that seeks to evangelize the lost both near and far.

• “But you will receive power when the Holy Spirit has come on you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” Acts 1:8

- Locally and globally, may our people and partners see many saved.
- Break our hearts over lostness!

Strengthen those who teach the Bible:

- AKids teachers
- Connect Group & Believe Group leaders and teachers
- Anointing, energy, and ability to see and share the text. Give us a hunger and thirst for righteousness (Matt 5:6).

I pray we have a good reputation in our city (a place of honor, love, hope, & help).

- “A good name is to be chosen over great wealth; favor is better than silver and gold.” Proverbs 22:1

For our Church Staff and Leaders:

- Wisdom from heaven
- Personal integrity in all things
- Moral purity in their mind/body
- Genuine love for Christ
- Genuine love for the church, the community, and the Lost.

- By name: Ben Shoun (Sara / Eli, Sally Beth), Bryce Berry (Taylor / Elias, Arlo), Ryan Lovelace (Jen / Louella, Elijah), Garrett Stelling, Holden Britton, Lisa Biery (Kyle / Luke, Lilah, Keaton), Rachel Shrum, Jared Belcher (Jill / Malachi, Rosemary), Sabrina Starnes, & Nick Bible

For Arrowhead Greeneville:

- By name for staff: Lee Brown (Mindy / Addie, Ellee, Sam, Elijah, Alex), David Noe (Hope / Jude, Simon), Jay Guinn (Susan / Chesney), John Stewart, Liz Raith (David), Jessica (Michael / Emmalyn, Ezra)

Pray for Arrowhead Partners by name.

TUESDAY: TIMES

Today I pray for leaders and the time and season we find ourselves in.

Pray the Word.

“First of all, then, I urge that petitions, prayers, intercessions, and thanksgivings be made for everyone, for kings and all those who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity.”

1 Timothy 2:1-2

“A king’s heart is like channeled water in the Lord’s hand: He directs it wherever he chooses.”

Proverbs 21:1

“Let everyone submit to the governing authorities, since there is no authority except from God, and the authorities that exist are instituted by God...Pay your obligations to everyone: taxes to those you owe taxes, tolls to those you owe tolls, respect to those you owe respect, and honor to those you owe honor.”

Romans 13:1 & 7

Prayers for Our President

- Wisdom
- Moral discretion, courage, and humility
- Energy
- A good listener, a teachable spirit

Prayers for Governor Lee

Prayers for my Tennessee Regional

Leaders/Senators and Representatives

Prayers for Hamblen County & City Mayor

Prayers for Police, Fire, and EMT

leadership: our sheriff, police chief, and fire chief

Prayers for Hamblen Co. School

Superintendent and all administrators, teachers, and students

Prayers for Hamblen County

Commissioners, Morristown City Council

Pray that I will be a man/woman of God in this city.

- I do not pray to be rich, famous, or popular.
- Make me a faithful, godly ambassador for Christ.
- Give me special wisdom to lead well in these unique times.
- Wisdom to lead in the unique challenges of this moment in history.

I pray for those who minister to the young, to the elderly, and to the poor.

- Give us a heart for the next generation. Jesus said, “Let the children come to Me...”
- Give us a heart for widows and the elderly. Pray for ALPS.
- Make Arrowhead generous to the poor.
- Pray for Isaiah117, New Creation Outreach, Stepping Out, Food on Foot, Kingswood, Central Services.

*Dear Lord, please send revival and
spiritual awakening across the land.*

- Raise up many people of God.
- Bless other pastors and churches (first name listed): Manley (Tony), True Life (Jimmy), Providence (Tony), TCAR (Marty), Avenue (Justin), FBCD (Justin), LPC (Chris), Freedom (Dustin), Shoreline (Jason), SHBC (Tim), GracePoint (George), Oakland (Stacey)

• Send revival
“and if my people, who bear my name,
humble themselves, pray and seek my
face, and turn from their evil ways, then I
will hear from heaven, forgive their sin,
and heal their land.” 2 Chronicles 7:14

Pray for Arrowhead Partners by name.

WEDNESDAY: WITNESS

Today I pray for myself, for the lost, and for evangelistic ministry partners.

Pray the Word:

“For I am not ashamed of the gospel, because it is the power of God for salvation to everyone who believes, first to the Jew, and also to the Greek.”

Romans 1:16

- Take a moment and thank God for salvation!
- Praise God that you are His child and He will finish the work (Philippians 1:6)

“Test yourselves to see if you are in the faith. Examine yourselves. Or do you yourselves not recognize that Jesus Christ is in you? — unless you fail the test.”

2 Corinthians 13:5

God, make me a soul-winner! Give me clarity and boldness on who to talk to minute by minute and with strategic ongoing focus. Fill me with Your Spirit.
• “The fruit of the righteous is a tree of life, but a cunning person takes lives.”
Proverbs 11:30

God, fill my life with the aroma of Christ!
2 Corinthians 2:16

• “For to God we are the fragrance of Christ among those who are being saved and among those who are perishing. To some we are an aroma of death leading to death, but to others, an aroma of life leading to life. Who is adequate for these things?” 2 Corinthians 2:15-16

God, make my presence in my city a presence of evangelistic blessing and care for the lost!

• “Pursue the well-being of the city I have deported you to. Pray to the Lord on its behalf, for when it thrives, you will thrive.” Jeremiah 29:7

God, help me to view people as you see them!

• “When he saw the crowds, he felt compassion for them, because they were distressed and dejected, like sheep without a shepherd.” Matthew 9:36

When it comes to every person I meet, give me this perspective:

- They need to be saved (if they are lost)
- They need to be encouraged (if they are saved)
- Pray against the idea that many in our area believe falsely they are saved.

Make me a witness:

- In my neighborhood, to know their names and needs. I pray for:
- The parents of my children’s friends and classmates (make me a witness). I pray for:
- At my gym. I pray for:
- In the community...in all my meetings/interactions. I pray for:
- In my preaching – make me clear about the gospel. I pray for:

*Lord, this week, make me faithful/
intentional to share the gospel!*

- Open eyes
- Open heart
- Open mouth
- Open calendar

*Bring awareness and openness to the
following lost people that I am praying
for:*

*Missionaries through Arrowhead, NAMB,
SBC:*

- Taylor & Jessica Jolley (Lylah, Brayden) - Nairobi, Kenya
- Amanda Gibson - Rwanda
- Young Life (Scott, Brooke, Grayson, Arden McMinn, Taylor Berry)
- DC Church Plants (Bill & Katie Decker, Emmanuel Church)
- IMB (Former CN student in North Africa)

Pray for Arrowhead Partners by name.

THURSDAY: TROUBLE

Today I pray especially for those I'm acquainted with who are suffering.

Pray the Word

“Therefore, pray to the Lord of the harvest to send out workers into his harvest.”

Matthew 9:38

“When Jesus approached the city of Jerusalem, He looked out over the city and wept.”

Luke 19:41

Who is hurting?
Who needs encouragement?
Who do I need to remember?
Who do I need to thank?

Connect Group Prayer Requests:

Marriage and Family Issues

*Sicknesses, Surgeries, Losses, and/or
Other Concerns*

*Recovery + Support and Counseling
Leaders and Situations*

Pregnancies at Arrowhead

Pray for Arrowhead Partners by name.

FRIDAY: FRIENDS and FAMILY

Today I pray for myself and those in my circle of relationships.

Pray the Word:

Today, on Friday, I aim to drill down a little further on the personal specific roles

I have in life:

I am a husband, so I pray for:

I am a dad, so I pray for:

I am a son, so I pray for:

I am a brother, so I pray for:

I am a nephew and an uncle, so I pray for:

I am a cousin and a friend, so I pray for:

I am a neighbor, so I pray for:

I am a pastor, so I pray for:

I am a citizen in the community, so I pray for:

For myself as a man (as a person):

- May my life be marked by holiness and Christlikeness
- Make me a godly husband who loves Sara like Christ loves the Church - godly, patient, supportive, attentive.
- Make me a godly dad
- Give me great integrity
- Help me to live/walk in purity
- Give me wisdom
- Help me to be generous
- Fill me with a real spirit of authentic humility

Bless my wife with energy, godly character, good friends, grace for her roles.

10 things to pray for your wife: (from desiringgod.org) (Note: Take 1-3 per week and pray for these! Don't feel pressure to cover all of them. Just return next week where you left off.)

1. Be her treasure and all. Make her jealous for your exclusive supremacy over all her affections (Psalm 73:24-25)

2. Increase her faith — give her a rock-solid confidence that your incomparable power is only always wielded for her absolute good in Christ (Romans 8:28-30).

3. Intensify her joy — a joy in you that abandons all to the riches of your grace in Jesus and that says firmly, clearly, gladly: "I'll go anywhere and do anything if you are there" (Exodus 33:14-15).

4. Soften her heart — rescue her from cynicism and make her tender to your presence in the most complicated details of dirty diapers and a multitude of other needs you've called her to meet (Hebrews 1:3).

5. Make her cherish your church — build relationships into her life that challenge and encourage her to walk in step with the truth of the gospel, and cause her to love corporate gatherings, the Lord's Table, and the everyday life of the body (Mark 3:35).

6. Give her wisdom — make her see dimensions of reality that I would overlook and accompany her vision with a gentle, quiet spirit that feels safe and celebrated (1 Peter 3:4).

7. Sustain her health — continue to speak your gift of health and keep us from presumption; it is by blood-bought grace (Psalm 139:14).

8. Multiply her influence — encourage and deepen the impact she has on our

children. Give her sweet glimpses of it. Pour her out in love for our neighbors and spark creative ways to engage them for Jesus's sake (John 12:24).

9. Make her hear your voice — to read the Bible and accept it as it really is, your word — your very word to her where she lives, full of grace and power and everything she needs pertaining to life and godliness (2 Peter 1:3).

10. Overcome her with Jesus — that she is united to him, that she is a new creature in him, that she is your daughter in him — no longer in Adam and dead in sin; now in Christ and alive to you, forever (Romans 6:11).

For reference: how to pray for your husband (from faithfullyplanted.org)

1. Pray for Your Husband's Heart

Our hearts are the most important parts of us; they hold our desires, our attitudes and everything we are flows from it. (Proverbs 4:23) It is where Jesus lives in us and where the Holy Spirit dwells. It is vital to our relationship with God. Pray for any hardness to soften, for them to be aware of their feelings, but not controlled by them. Pray against pride and stubbornness and against temptation to the sinful nature of the heart.

2. Pray for His Walk With Christ

It is only through true intimacy with the Holy Spirit that we are changed and can bear its fruits (Galatians 5:22-23). Your husband cannot be the best version of himself without Christ. Pray for him to always have a deep desire for scripture and prayer. Pray his devotional time would be fruitful and without distraction. Pray that he would have stillness in his heart and a quiet mind so that he might hear from the Lord. Pray he finds direction from God and is sensitive to his teaching. Pray he would be aware of the Holy Spirit as he goes throughout his days, sensitive to prompting and leading. If your husband is not following the Lord, pray fervently and unceasingly for his salvation.

3. Pray for Your Husband's Mind

Our minds are where the desires and workings of our hearts are manifested into thoughts, words, and actions. Our minds are where we find our willpower, where we think, reason and make decisions. Pray that your husband's mind would be "set on things above" (Colossians 3:2) and that his decisions would reflect God's will for his life. Pray that he would work to fill his mind with truth and not lies from the world. (Romans 12:2) Pray he would seek and

have wisdom and clarity in decision making and reasoning. Pray that he would daily set his mind on the things of the Spirit, as that is where he will find life and peace. (Romans 8:5-6) Pray against negative thoughts and attacks from the enemy on his mind.

4. Pray Over His Work, Calling & Purpose

Pray for God to bless him in their work, whether that is at home, in ministry, running a business or in a secular workplace. Pray for the work of his hands to multiply and provide. (Psalm 90:17) Pray they would have a strong work ethic and that they would have an attitude to work for the Lord, whatever his job may be. (Colossians 3:23-24). Pray they would receive the recognition and appreciation they need in their workplace. If they are not getting it, pray they would know their work is not in vain, for they labor for the Lord and not for men. (1 Corinthians 15:58) Pray they would earnestly seek God's will for their work and calling, pursuing whatever direction the Lord leads.

5. Pray for Your Husband's Body & Health

If there are ailments or sickness, pray for healing. (Psalm 103:2-5) Encourage him to seek prayer for healing when it is offered in places of corporate worship. (James 5:14). Pray for protection over his physical body as he travels and that he would feel no fear, trusting in the Lord's protection. (Psalm 4:8)

6. Pray for His Marriage

While your relationship with God comes first, your marriage is next in line in terms of importance. Marriage is a beautiful representation of Jesus' relationship with the Church and has the ability to refine you and glorify God greatly. However, that also makes it a target for attack from the enemy. Our selfish, prideful, stubborn nature is never more clear than it is within a

marriage. Pray for God to bless your marriage, to keep it strong and Christ-centered. Pray for open communication and affection to flow freely from each of you. Pray for a spirit of humility to dwell in your hearts, with serving selfless attitudes toward one another. Pray that each of you would be quick to listen, slow to anger (James 1:19), and quick to forgive one another's faults. (Colossians 3:13)

10 things to pray for your kids: (adapted and extended from desiringgod.org)

1. That Jesus will call them and no one will hinder them from coming.

Then children were brought to him that he might lay his hands on them and pray. The disciples rebuked the people, but Jesus said, "Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven." And he laid his hands on them and went away. (Matthew 19:13-15)

2. That they will respond in faith to Jesus's faithful, persistent call. The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance. (2 Peter 3:9)

3. That they will experience sanctification through the transforming work of the Holy Spirit and will increasingly desire to fulfill the greatest commandments. And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself." (Matthew 22:37-39)

4. That they will not be unequally yoked in intimate relationships, especially marriage. Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness? (2 Corinthians 6:14)

5. That their thoughts will be pure. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of

praise, think about these things. (Philippians 4:8)

6. That their hearts will be stirred to give generously to the Lord's work. All the men and women, the people of Israel, whose heart moved them to bring anything for the work that the Lord had commanded by Moses to be done brought it as a freewill offering to the Lord. (Exodus 35:29)

7. That when the time is right, they will GO!

And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:18-20

8. That they will have courage to stand up for Jesus.

23 Then he said to them all, "If anyone wants to follow after me, let him deny himself, take up his cross daily, and follow me. 24 For whoever wants to save his life will lose it, but whoever loses his life because of me will save it. 25 For what does it benefit someone if he gains the whole world, and yet loses or forfeits himself? 26 For whoever is ashamed of me and my words, the Son of Man will be ashamed of him when he comes in his glory and that of the Father and the holy angels. Luke 9:23-26

9. For those in their daily circles: I pray for their school, their school teachers, their activities, for godly friends, for a heart for the church.

- I pray for the activities my children are involved in
- Give them godly friends
- Give them a heart for the Church

10. For their future spouse: that the Lord will make His plan clear and that He will protect their future spouses from sin and give redemption in all their sins and failures.

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Pray for Arrowhead Partners by name.