

Sweet Hour of Prayer



INSPIRED BY THE TEACHINGS
OF THE DIDACHE

BY HUNTER & KAIT POPPA

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El Hayyay, the God of my life—You Who are Life, itself—teach me to walk in the Way of Jesus. To abide in You is to walk hand-in-hand with You, and to walk with You is to follow the Way of Life. Father, I sit in gratitude today that You have so clearly and wonderfully revealed this path to us through Your well-beloved Son, Jesus. He is our Great High Priest and Advocate of Grace, the prophesied One Who not only knows the end of temptation and suffering, but Who is also able to keep us from stumbling while extending endless mercy when we do (see Hebrews 4:15-16, 1 John 2:1-2, and Jude 24).

Merciful Father, I also thank You for the gratitude I have in my heart for...

“Be holy as I am holy,” says the Lord my God (Leviticus 11:45 and 1 Peter 1:16).
What does it mean to be holy, O God?

Teach me to be holy, Father.

What does it mean to be righteous, O God?

Teach me to be righteous, Father.

What does it mean to be set-apart, O God?

Teach me to live set-apart, Father.

Thank You, God, that by the power of Your Spirit, I am able to resist sin and am no longer under obligation to the flesh (see Romans 8:12 and 1 John 2:1-2). Thank You that, because of this, I can resist the devil and he will flee from me, unable to claim a foothold in my life (see James 4:7 and 1 Peter 5:8-9).

Holy Spirit, please bring to mind now any sin that I need to confess before God in this moment...

Father, as this time of confession closes, I thank You for Your forgiveness. I am a miserable offender, O God. Help me to always remember the weight of sin, that I may always be reminded of the infinite depth of Your love and how in need I am of You, my Savior. When temptation arises, beckoning me to fall back into the way of death, Holy Spirit convict me and move me to return to a simple, quiet, abiding life with Jesus in the Way of Life.

“Above all, love each other deeply, because love covers over a multitude of sins” (1 Peter 4:8).

O God, a part of loving people deeply is interceding on behalf of them, as Your Son intercedes on our behalf as our Great High Priest.

Today, I lift up to You:

Those who are trying to make the world a better place in the Name of Jesus.

Those who are preaching the Gospel as missionaries in new and familiar places.

Those who are persecuted for righteousness's sake.



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Those who are stepping in to care for the vulnerable in their communities as Jesus would.

Those who are working to relieve all forms of impoverishment for the sake of Christ.

Those who are making a difference in still and small ways by loving their families well as You have instructed and modeled for us.

Those who are struggling to make ends meet.

Those who wake up every day to a situation they have no desire to be in.

Those who are fighting for their lives with all that they have.

Those who are running from You like the prodigal son once did.

Those who are seeking restoration and wholeness in You but don't know how to even begin to rest in the gift of Your Presence and Love.

I also intercede on behalf of...

Thank You, God, that You hear my prayers for others. I am confident that when I ask anything in step with Your will, You hear my words, and because of this I know that I will see answered prayer according to Your great power and faithfulness (see 1 John 5:14-15). I adore You, O God. Amen.

Thank You Lord, that You not only welcome my words for others, but You also welcome prayers for myself.

Remind me daily of Your love, that I may remember my adoption by my Heavenly Father and love You and those around me not in words or speech but in actions and in truth (see 1 John 3:18). Thank You for showing me what love is by first loving me and sending Your Son as an atoning sacrifice for my sins, that I may always be able to show Your love to others; may my first instinct be to love others, because love comes from You (see 1 John 4:7, 10). Living from Your love, help me to not do unto others what I would not want done to me.

God, Your second commandment is to love our neighbors as ourselves. Stir in my heart the love of Jesus for those around me—in my family and in my community.

Holy Spirit, guide me through my life to bless those who curse me and pray for my enemies that I may live as Jesus Christ the Righteous One did (see 1 John 2:6). Just as You are holy, Lord, keep me on the path of holiness for the sake of Your glory (see 1 Peter 1:16). Holy Spirit, be my strength as I abstain from the desires of the flesh and of the body, dying to myself daily to live each day for Christ. Help me to remember that I am not my own and that I am called to look like Jesus, turning the other cheek when someone strikes me, giving generously as I count nothing as my own but remember all that I am and all that I have belongs to You, O God. May I never receive unless I have a need, not taking advantage of the goodness of Jesus through His Church but



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being thankful that I have received a blessing I can pass along to others. And when I do give, Holy Spirit guide me to give cheerfully and discerningly, not with hesitation to generosity but with reverence to stewardship.

Show me, Holy Spirit, who I can bless today. May I be faithful to follow Your lead.

I remember today that Your right hand upholds me (see Psalm 63:8); as I walk with You, by Your power I will keep away from murder and everything like it, from sexual immorality and everything like it, from any power not rooted in Truth and Love and everything like it, from covetousness and everything like it, from lying and everything like it, from holding to unforgiveness and everything like it, from double-mindedness and everything like it, from greed, evil, pride, hypocrisy, bad-temperedness, and everything like it. In Your power, I commit to being an advocate for the unborn, not only by calling for the preservation of life but also by stepping in to care, support, and, if I am able and if need be, to adopt. Lord, I commit to running from hate and into the arms of Your Love, from which I will reprove some and pray for others as I love them more than my own life, just as You exemplified, Jesus. God, as You guide me to make no peace with the flesh, the world, or the enemy, thank You for equipping me with the discernment and ability to flee from every evil thing and everything that is like it.

When I am tempted to give into anger, jealousy, or argumentativeness, guide me in choosing peace, for all these things give birth to murder.

When I am tempted to give in to lust, sexual immorality, obscene speech, or wandering eyes, guide me in choosing purity, for all these things give birth to promiscuity.

When I am tempted to seek answers in omens, astrology, or magic of any kind, help me to seek power rooted in my Creator and Father, for all these things give birth to idolatry.

When I am tempted to lie, greed, or vanity, help me to find freedom in Truth, for all these things give birth to theft.

When I am tempted to complain, grumble, hypocrisy, or even stubbornness, help me to choose the way that is life, for all these things give birth to blasphemy.

Lord of peace, Lord of purity, Lord of mighty power, Lord of Truth and Life, help me to always choose You, O God. Christ in me, guide my days in meekness, patience, mercy, sincerity, kindness, quietness, and stillness, for You perfect these in my weakness.

Holy Spirit, guard my heart and do not let arrogance enter my soul as I walk with the righteous and humble. Plant in me an ever-present desire to seek out the company of saints, that I may find rest in their words, encouragement, and prayers as they glorify You, Lord. And as I enjoy Your gift of community, use me as an instrument of unity, bringing peace between those who dispute or to any force of division. May You be



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glorified by the gathering of Your Church as we judge righteously and refuse to show favor or be double-minded. Lord, remind me that blessings and curses should not come out of the same mouth; rather than unwholesome talk, help me to speak only what is helpful for building others up according to their needs, that it may benefit those who listen (see James 3:10 and Ephesians 4:29).

Lord forgive me for trampling on the witness You have entrusted to me when I have engaged in speech or actions that do not honor You. Please bring to mind those who I need to ask forgiveness from as I now repent of this sin...

Just as You taught Job to receive what is good as well as what is difficult from Your mighty hand, open my eyes to accept everything that happens as good, knowing that nothing is done without Your perfect sovereignty and that You work all things for Your glory and the good of those who love You (see Job 2:10 and Romans 8:28). In all seasons of life, remind me that I am called to be generous as You are generous, Father. Help me to remember in humility that all I have is Yours—that I may give without hesitation to those in need, even foregoing that which I have gained through my work, trusting in the God Who provides. As I walk in the Way of Your Son today, I remember that He never turned away from anyone in need, sharing both earthly and heavenly things to any that would come and follow Him.

O God, may I reflect Your heart of joyful generosity today and always.

Father, You are a God of both intimacy and of generations. You invite me to walk with You and also pour out Your goodness to multitudes, carefully weaving the advent of Your Son into the fabric of the people of Israel; He is a blessing to the nations and the atoning sacrifice for the sins of the whole world (see 1 John 2:2). Give me Your eyes to see not only the individual but to also see generationally, knowing that what I sow today can impact those well beyond my years.

As I remember this, Holy Spirit, use me to sow the love of Jesus, that it may bring glory to God and be used to bless not only my own lineage but the descendants of others, as well.

Use me to bring the good news of the Gospel that has the power not only to raise the dead and save us from our sin, but to change the trajectory of generations.

As I raise my own children or speak into the lives of youth, use my words and—most of all—my actions to teach them the love and reverence of God, that they may multiply this message as they continue in life.

And when I speak to anyone, though especially to those whom I have been entrusted with to lead, keep me, O God, from giving any command in my anger, remembering that Your patience and grace never fail when I am undeserving yet in desperate need of them.



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In the same way, Jesus please magnify Yourself in me when I struggle with obedience to those who have been placed over me, knowing that justice is Yours alone to pursue.

In all that I do, keep me from stumbling, Lord, as I seek holiness for Your glory in keeping Your commandments. Let my countenance be that of one who is careful to guard the instructions of Your Word, neither adding to what You have said nor taking away from it. When I face temptation, help me to recognize the deadliness of whatever sin I face, always looking for the way out that in Your kindness You have provided (see 1 Corinthians 10:13). Though when I do fall short, help me to remember that Your invitation to run back to Your loving arms of forgiveness and grace is always immediately available.

O Lord, give godly boldness to my confession, knowing that hiding my sin from You in shame is choosing to remain captive in chains that You have already broken, but bringing them to You is healing.

Do not let me isolate myself in the shame of my sin, but embolden me to confess it in the safety of my church family so that I can go to prayer with a clean conscience.

In all of these things, Father, form Your Son in me by the power of Your Holy Spirit as I walk in the Way of Life.

As I walk in the footsteps of Jesus, I will not walk in the way of death, guarding my heart and thoughts from straying towards any and all evil, being careful not to persecute righteousness or hate truth as I adhere to what is good. Like my Lord, I will not love worthless things, I will not advocate for the greedy, nor will I judge the poor. I will not turn away from those in need or contribute to the oppression of the afflicted. I will take every step that Jesus would take to draw near to and love those in need, for a love that does not heal is not love (see *Three Mile an Hour God* by Kosuke Koyama).

Deliver me, my God, from all these things. Holy Spirit, be my guard against anyone or anything that would lead me astray from the way of righteousness, being always alert and vigilant.

O God Who Sees, the Great El Roi, I also lift up my prayers for...

My Lord and my God, I adore You. Thank You for this sweet hour of prayer.

O Giver of Life, guide my steps today. Keep my mind and heart on You, always.

May I glorify You in everything I do today. Come, Lord Jesus. Amen.

