

Week Five: Petition

“Give us this day our daily bread”

Jesus offers us assurance that asking God to act in our lives and in the world is an act of trust and belief that we are not alone in our need. Our prayer for sustenance is both physical and spiritual. The meeting of needs with the power of prayer helps ease suffering. Through intercessory prayer we become mindful of the needs of the world and to remember that God is the Source of All Gifts.

When - Whenever you sit down to eat at the table at home. It might be only dinner, or it might be breakfast, lunch, and dinner!

Where - Let your prayer beads live on the table this week. This is so you will be reminded to pray your prayer of petition along with your table grace prayer.

What - We will ask God to provide for the needs of the world. We offer our prayers for others, but we also ask God to provide for the things we need in our own lives as well.

Why - We want everyone to have a place to feel at home that is full of good things that feed them and helps them feel loved and well. We can ask God for help with that.

Jesus tells us to just ask for what we need (“give us this day our daily bread”). Naming needs are often easier for us to pray about for others than for ourselves. So in this prayer, the first few beads are opportunities to petition God on behalf of others. But then be bold to tell God what you need, knowing that God wants you to be well and whole.

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Here is a sample prayer for this week. Pause with each bead and pray. Move along your prayer beads once or multiple times.

Use these prompts to settle your thoughts and center yourself in God's presence as you enter and exit your time of prayer.

Cross (or pendant): Listening God, you hear the prayers of our hearts.

Invitatory bead (first Large): We pray for ourselves, our loved ones, our world.

Resurrection bead (first Medium): The prayer of the righteous is powerful and effective.

Cruciform bead (next Large): Give us this day, our daily bread.

Bead 1: For healing for __[insert names]_____.

Bead 2: For confidence for __[insert names]_____.

Bead 3: For assurance for __[insert names]_____.

Bead 4: For basic needs met, for __[insert names]_____.

Bead 5: Give me this day, __[insert your need]_____.

Bead 6: Give me this day, __[insert your need]_____.

Bead 7: Give me this day, __[insert your need]_____.

End Bead: Open me to receive your gifts and to be a gift to others.

Resurrection bead (Medium): The prayer of the righteous is powerful and effective.

Invitatory bead (first Large): Give us this day, our daily bread,

Cross (or pendant): that all might have what they need.

*These prayers have been created by Dr. Marcia McFee,
www.worshipdesignstudio.com, for the series on prayer, "All My Days."*

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