

## How to Pray Every Day

### Focus on the Family, Dean Ridings

We love people. We want God's best for them. We so quickly say, "I'll pray for you" to those going through tough times — a family member, neighbor, grocery store clerk, pastor or friend from church. But do we?

Here's a creative, helpful way to have a "place" for every prayer request so you can be sure to pray. Think of it as a way to pray every day.

#### **Monday: Pray for Your Family**

Take time to pray for each member of your family. Include extended family members. Entrust each one to the Lord. Wherever they are in their relationship with God, pray that He draws them "ever one step closer." Be as specific as you can as you pray that He will meet them at their point of need.

#### **Tuesday: Pray for God's Family**

Pray for the church, starting with your local church. Pray for your pastor(s), ministry leaders (e.g., elders, deacons, missionaries, teachers, nursery workers) and their families. Who else in the church needs prayer? Now think of the church around the world. Pray that the Gospel would be preached "as of first importance" (1 Corinthians 15:1-11).

#### **Wednesday: Pray for Your Community**

Think about the groups where you are an "insider" and pray for the people you see regularly — those you live near, work with, bump into at school or the store, and so forth. How have they asked you to pray for them? Pray that the Lord will meet each one at his or her point of need, both physically and spiritually, according to His will.

#### **Thursday: Pray for the Nation**

Pray for the revival of God's people, and that we'll be "Jesus in jeans" as we truly love and serve those around us. Pray for those in authority. Ask God to bring to mind local and national spiritual and political leaders, and pray for each. Pray about national issues and challenges, such as the economy and its impact on everyday families.

#### **Friday: Pray for the World**

Pray that God will use His people to help others "to know Christ and to make Him known." Pray that revived Christ followers would respond with Jesus' love, grace, compassion and wisdom to social struggles — add to your prayer list specific needs you are aware of. Pray for the persecuted church. Finally, pray for the advance of the Gospel everywhere, toward Matthew 24:14.

#### **Saturday: Pray for the Helpless, Hopeless, Hurting and Lost**

As part of a regular Pray Every Day strategy, on Saturdays take time to pray for the down-and-out. Start with the world, draw closer to your nation, closer to your state, and closer still to your own community. List the names of and pray for the physically and spiritually afflicted. Pray specifically for ministries that are reaching out to the helpless, hopeless, hurting and lost.

#### **Sunday: Pray for Personal Guidance**

Finally, take time to pray for your own personal needs. Sometimes we pray for everything and everyone else but forget to pray for ourselves. On Sundays, pull away and pray for yourself. Walk with God through every aspect of your life — your personal, family, work, community, and church aspects of your life. Say, "Speak whatever to me, Lord, I'm listening!"

See how this can help you become more intentional in your prayer life? Indeed, prayer is the most important conversation of the day — with the Creator of the universe who is there, who cares, and who listens with an ear to respond both for His glory and for the good of people!

*And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel. . . .*

— Ephesians 6:18-19

### Prayer Pathways

- Write prayer requests on the back of the Connect Card or FCCABQ app
- [prayers@fccabq.org](mailto:prayers@fccabq.org)
- Prayer Team/Pastors are ready following each service
- 505-229-PRAY (7729)

### Elder's Prayer

**March 31st at 6:00 PM**

Come for your private time of sharing and prayer. Arrive at 6 pm and one of our Elder's/ Staff will greet you and invite you to a private area for prayer, counsel and encouragement **with our elders.**



**PRAYER JOURNAL**  
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## Family Matters

**Aaron Robison:** Zella Berry

**Angels Acts of Kindness:** Funds and volunteers to serve God's people

**Bethshean, Estancia de Animas:** Two men were blown off roof during work, one died immediately & the other was able to break his fall. Pray for this community and funds for the funeral of the worker

**Bobby Brunsmann:** Shirlee Barnard's son: phoned from jail, sounds a bit down, pray for peace

**Building:** Repair of damages to our FCC building

**Caffery Family:** Tom's mother recently passed

**Christopher Davies:** For deep devotion to study Greek & Hebrew to further God's Word

**Donna Vigil:** God is good. Fighting spiritual warfare, please pray

**Dot Stansbury:** Continued prayers

**Elizabeth Pena:** Prayers for family, work & spiritual life

**Isaiah Garcia:** From Trish Garcia

**Jensen:** Christy Tavitav's great nephew; unspoken

**Junker Family:** Lawrence Junker's Grandfather passed away recently

**Lenise Torres' Son & Family:** Health & financial concerns

**Lucrecia Barreras:** Please pray for family, for health & wellness

**Marie Grace:** Prayers for family, protection & peace

**Michelle Perry:** Shirlee Barnard's daughter; continued sobriety

**Molly's Mom:** Friend of Ellorah Hanson

**Nation:** Prayers for our Nation, its leadership, the church in America and worldwide. For all who serve our Country and their families

**Pastor Search Team**

**Philippines Missions:** Land for cemetery

**Pray Every Day Prayer Initiative**

**Robert & Val Gregory:** Still looking for a place to live closer to the church

**Robinson Family:** Continued prayers

**Sam Kooistra:** Friend of Jim & Cheryl Swart; PRAISE GOD!! speaking more after intense therapy, now doing therapy at home

**Shirlee Barnard:** Celebrating first time in 50 years that her weight is down to 155 lbs. Thank you Lord!

**Steve & Carol Nelson:** Strength & direction on employee matters, Jesse & Tracy

**U.S.A Soldiers/Military**

**Victoria Anaya:** Gary Stansbury's daughter for strength and life direction

**Zac:** Eva Shaver's grandson; continued prayers please

**Zach Cruz:** Trish Garcia's nephew, recent graduate in need of discernment and wisdom

## Pregnancies

## Job Needs

**Barbara Harger:** Currently subbing, needs full time employment

**Lawrence Garcia:** New job search

**Robert Gregory**

**Ron:** Jayne Gregory's son-in-law; employment issues

**Add your own requests and those from those added each week in the Worship Folder**

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## Health

**Babs Tawney:** Elizabeth Gross' mother; now on hospice care

**Barb Mowry:** Recovering from dental work

**Barbara Brown:** Continued prayers

**Barbara Robertson:** Jayne Gregory. Continued prayers

**Friend of Buddy & Sue Whitlock:** PRAISE!! Recovering emotionally & physically after amputation of leg

**Carol Driscoll** health

**Carol Nelson:** Still having knee problems

**Connie O'Dell:** Health

**David Eubank:** Friend of Jayne Gregory; recovering from heart valve surgery

**David Mazzei:** Friend of David & Trish Moore; 4 year old suffering from meningitis on brain & liver problems. Prayers for healing, please

**Debbie Morgan:** Jayne Gregory. Friend with Diabetes-kidney failure, removed from transplant list

**Don & Betty Davis:** Neighbors of Lloyd & Betty Hoover.

**Greg Gross' mother:** recovering at home from pneumonia & UTI, doing much better

**Helen Cox:** Multiple systems atrophy, type P

**Jeffery Ring:** Continued prayers for health

**Jensen Scola:** Christy Tavita's great nephew; recently diagnosed with cerebral palsy; prayers for father too, **Chris Scola**, as more responsibilities with this diagnosis

**Jim Phillips:** Friend of Nancy Noonan; moving to Oklahoma for health reasons

**Joan Beddo:** Health

**Leah Robison:** for health

**Katie & Jeff:** Health

**Kevin:** Carole Renouard's friend's son; in need of employment & suffering with depression

**Madi Headley:** Tom Headley's Granddaughter; home in Portales; diagnosed with POTS, discerning treatment

**Marcee Moss:** Scott & Zella Berry; surgery went well, now rehab & recovery beginning

**Marion & Dee Mayall:** Health

**Martha Sweeny:** Marty Sweeny's Mom, Health

**Mary Cavin:** recovering from surgery

**May Livesay:** health, improving slowly

**Mike:** Carol Nelson's step dad; continued prayers for salvation & recovery from severe car crash

**Mike Dean:** Recovering from surgery after breaking leg & ankle

**Nancy Cox:** Tom Burns' Sister; health

**Naomi:** Bud & Mary Cavin's sister in law; diagnosed with Parkinson's

**Pat Harrelson:** Beverly Harrelson's husband; continued recovery from surgery

**Paul Eggleton:** Recovering from surgery due to a torn muscle

**Rob Noble:** Continued healing

**Russ Fogleman:** Marcy Hackett's father; for salvation, recent stroke & Parkinson's

**Sally Sanchez:** Jayne Gregory's boss's mother in law; heart failure, in rehab

**Mr. Sandoval:** Trish Garcia's brother in law's grandfather. Poor health

**Shelley:** Carol Nelson's sister-in-law; continued recovery of knee

**Steve & Carol Nelson:** Steve's Dad, Ray, is on a new medicine to combat depression. Also prayers for Steve's Mom. They are not believers

**Valeria G.:** Friend of Terra McKennon; health issues that doctors cannot diagnose, severe abdominal pain

**Yvonne:** Friend of Amy Grieve; Yvonne is pregnant with baby struggling with growth due to stress on the brain

**Yvonne Burk:** health

**Zac:** Roger & Eva Shaver's grandson; involved in car crash recently. He is ok but car was totaled in the crash

## Cancer

**Brenda Wilson:** Pat Fleming's co-worker. Breast and lung

**Colleen Lewis:** Pat Fleming's mother. Lung treatment is working

**Daniel Scully:** Ruby Loftus Scully—prostate cancer has metastasized to bone, treatment decisions

**Dawn Moyer:** has a rare form of cancer and must travel for treatment

**Donna:** The Cavin's daughter. new cancer medication

**Elsie Ward:** Melanoma

**Ginny:** Trish Moore's aunt; diagnosed with lung cancer. Prayers for successful surgery and treatment

**Janice Swindell:** Carole Renouard's cousin. Continuing with chemo treatments

**Jeff Bechtold:** Friend of Lawrence & Trish Garcia; throat cancer will begin radiation in TX

**Jean & Kathy:** friends of Cathy Eagle; both recent breast cancer diagnosis. Prayers from wisdom & peace

**Jessie Stephens:** Beverly Harrelson's niece. PRAISE!! Her tumors have shrunk, she is going back to work

**Friend of Joe Wayton:** Radiation treatments

**Joel Medlin:** Carole Renouard's cousin's husband; diagnosed with cancer & receiving radiation through February

**Mr & Mrs John Dillon:** Brain tumor

**Joyce:** Seth Biddulph's grandmother, not responding to cancer treatment, more tumors have developed

**Judi Pinson:** Co-worker of Todd Zeter. Ovarian

**Karen:** Martha Joe Hall's sister. Thyroid

**Grandson of a co-worker of Katie Gross:** liver

**Kaylee Hamilton:** Daughter-in-law of Jack & Joann Hamilton; PRAISE!! Pathology showed NO cancer. Oncologist to determine course of treatment

**Lori Lee:** Stage 4 lung and brain

**Father of Trish Garcia's brother in law (Mark):** Diagnosed with lung cancer & will start radiation

**Mellie Lang:** From Jayne Gregory. Breast cancer

**Mike Mayhew:** Jayne Gregory request, is suffering from lung cancer

**Mother of Christopher Davies:** Stage 4 pancreatic cancer, for healing

**Patsy Taveras:** Friend of Jayne Gregory; PRAISE! Doing well after having breast cancer surgery

**Patrick Coombs:** Liver cancer

**Patty Burdett:** Marcella Smith's niece. Follicular lymphoma. Chemo finished. Pet Scan in March to be sure all is gone

**Richie:** Friend of Gwen Bilby. Chemo for lung

**Ron Baca:** Lorenzo Baca's father

**Ron Rupert:** Jayne Gregory's son-in-law, PRAISE!! completed radiation, test results were good

**Shaye Romero:** Cancer treatment

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