

# Youth **PRAYER SHIELD**



**KINGSGATE  
YOUTH**

LIVE  
LOVE  
LEAD





# CONTENTS

**WELCOME TO THE PRAYER SHIELD! 4**

**WHAT IS THE PRAYER SHIELD? 5**

.....

**SUNDAY 6**

**MONDAY 8**

**TUESDAY 10**

**WEDNESDAY 12**

**THURSDAY 14**

**FRIDAY 16**

**SATURDAY 18**

.....

**THE LORD'S PRAYER 20**

**THE PRAYER OF JABEZ 21**



# WELCOME TO THE PRAYER SHIELD!

We are so glad you are checking out the Prayer Shield. As a church and as a youth ministry, we believe that prayer is important and exciting: it is how we can connect with and talk to God. Through prayer we have seen salvation and God's blessings poured out in the lives of many young people, helping them connect to God in new ways, and so we commit to press into God through prayer!

We can be involved with praying the Prayer Shield over ourselves, our families and over one another, including our LifeGroups, our friends and our leaders. We believe that as we continue to pray for God's will to be done, that God will transform our lives and the lives of those around us. That out of us will flow the Spirit of God and we will see lives transformed.

This booklet contains more about what the Prayer Shield is and how you can use it to help you pray. There is a specific topic to pray for each day of the week (maybe spend 10-15 minutes doing this). Also there is 'The Lord's Prayer', and 'The Prayer of Jabez', to use as examples of prayer and to help you engage with God more than ever.

It could also help to write down your prayers along with when they are answered as this can be a great way to remind yourself of God's faithfulness!

Let's unite together to pray for God to move in us and through us in this season.

**Phil Timson**  
Youth Pastor





# What is the Prayer Shield?

The idea of the Prayer Shield is based on Paul's teachings about spiritual warfare and putting on the armour of God in Ephesians 6:10-20. Paul tells us to "take up the shield of faith" so we "can extinguish the flaming arrows of the evil one" (Ephesians 6:16). Like the roman soldiers would lift up their shields and put them together, we want to lift up our own shields of faith over ourselves but also over each other!

In Ephesians 6:18 Paul tells us to "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 Lord's people".

When we pray for each other we lift up our shield of faith, bringing in God's protection and God's purposes for our lives, and for the world around us.



# SUNDAY

## PRAY FOR OUR YOUTH NIGHTS AND SUNDAY SERVICES:

— † *"Yet a time is coming and has now come when the true worshippers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks."*

**JOHN 4:23**

— † *"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better."*

**EPHESIANS 1:17**

— † *"...give us, your servants, great boldness in preaching your word. Stretch out your hand with healing power; may miraculous signs and wonders be done through the name of your holy servant Jesus, "After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness."*

**ACTS 4:29-31**



- Pray that our hearts will be open as we worship and engage with God's word
- Pray that people won't be distracted but focused fully on God
- Pray for heaviness, anxiety and depression to be lifted as we worship
- Pray that the Holy Spirit will help us understand God's word and that we can apply it practically in our own lives
- Pray for the power and presence of God to meet with all those present
- Pray for lives to be transformed
- Pray for healings and miracles as we gather together
- Pray for those who become Christians for the first time and for those who re-commit their lives to God again, that they would all know how much God loves them.
- Pray for a strong sense of community and relationship with all

## CHALLENGES



**Send a link to a friend and invite them to join you on a Youth Night or on a Sunday**




**Take notes while listening to the preach to help you focus**

# MONDAY

## PRAY FOR HEALTH AND PROTECTION

 *"Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you... I will give you a full life span."*

**EXODUS 23:25-26**

 *"But those who wait on the Lord shall renew their strength; they shall mount up with wing like eagles, they shall run and not be weary, they shall walk and not faint."*

**ISAIAH 40:31**

 *If you make the most high your swelling- even the Lord, who is my refuge- then no harm will befall you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways'*

**PSALM 91:9-11**



- Pray for health and protection over the people around you
- Pray specifically for those who are ill, that they will get their health and strength back
- Pray that we can both study and rest well, full of energy, creativity and life
- Pray that we will all be able to sleep well
- Pray for God's protection, that any plans the enemy has will not work
- Pray for safety and peace for yourself and those around you

## CHALLENGES




Ask God for an encouragement or scripture to share with someone you know who is unwell



Ask a friend if there is anything you can pray for them

# TUESDAY


## PRAY THAT GOD WILL PROVIDE

—  *"And my God will meet all your needs according to his glorious riches in Christ"*

**PHILIPPIANS 4:19**

—  *"For the Lord God is a sun and shield; the Lord bestows favour and honour; no good thing does he withhold from those whose walk is blameless."*

**PSALM 84:11**

—  *"Honour God with everything you own; give Him the first and the best"*

**PROVERBS 3:9**



- Pray for faith that God will provide for us
- Pray that we will not fear what the future holds as we know that God will look after us
- Pray that we will have opportunity to bless people and God with what we have, whether it be through our money or our time
- Pray that God will protect and bless the jobs and businesses of those around us
- Pray that God will provide for us as a church and youth so that we continue to share Jesus and the gospel through our generation and city
- Pray that we will be generous, helping and blessing others, and pray for opportunities to do this

## CHALLENGES



**Decide how to give the first and the best of your finances, time and energy to God**



**Look for a way to bless the people around you**



# WEDNESDAY

## PRAY OVER RELATIONSHIPS

† *"Be devoted to one another in love. Honour one another above yourselves."*

**ROMANS 12:10**

† *"If you have any encouragement from being united with Christ, if any comfort from His love if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having then same love, being one in Spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves"*

**PHILIPPIANS 2:1-3**

† *"Children, if you want to be wise, listen to your parents and do what they tell you, and the Lord will help you. For the commandment, "Honour your father and your mother," was the first of the Ten Commandments with a promise attached. "You will prosper and live a long, full life if you honour your parents".*

**PHILIPPIANS 6:1-3**





- Pray that God will help us to not gossip or be bitter
- Pray that God will help us to forgive
- Pray that we will be a good example of God's love to the people around us
- Pray that good friendships will continue to grow
- Pray for opportunities to spur one another on in their faith
- Pray that we will be able to get on well with our families, loving and respecting our parents and siblings
- Pray for your family and friends in this season

## CHALLENGES



**Call a friend you know is struggling and spend time listening to how they are doing**



**Tell your parents/guardians how much you appreciate them and ask them if there is anything you can do to help them**

# THURSDAY

## THAT WE WILL BECOME CLOSER WITH GOD

*"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power together with all the saints to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge- that you may be filled to the measure of all the fullness of God"*

**EPHESIANS 3:16-19**

*"Therefore, I urge you, brothers and sisters, in view of God's mercy to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship, Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will."*

**PSALM 84:11**

*"Discover creative ways to encourage others and to motivate them towards acts of compassion, doing beautiful works as expressions of love. This is not the time to pull away and neglect meeting together, as some have formed the habit of doing, In fact, we should come together even more frequently, eager to encourage and urge each other onward"*

**HEBREWS 10:24-25**



- Pray that we will all be empowered and strengthened by the Holy Spirit
- Pray that as individuals and as a church we will become more like Jesus
- Pray for help with confessing our sins to God
- Pray for the strength to live life being obedient to God
- Pray for us all to be closer with God
- Pray for a natural hunger to read the Bible and live by what we read
- Pray that we would live lives of thankfulness and worship to God
- Pray that you will be committed to LifeGroup and the Youth Service, and that the time you spend together will be fruitful
- Pray for your leaders and those you look up to, to receive blessing and wisdom from God

## CHALLENGES



**Encourage a friend with a scripture and spend time on in love**



**Spend time reading your Bible and praying! You could turn your phone off or make notes to help you focus and not get distracted**

# FRIDAY

## PRAY FOR OUR DESTINY AND PURPOSE



*"You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on a stand, and it gives light to everyone in the house"*

**MATTHEW 5:14-15**



*"For we are God's workmanship, created in Christ Jesus to do good works, which god prepared in advance for us to do"*

**EPHESIANS 2:10**



*"Be enthusiastic to serve the Lord, keeping your passion toward him boiling hot! Radiate with the glow of the Holy Spirit and let him fill you with excitement as you serve him"*

**ROMANS 12:11**



- Pray that God's kingdom will come - what He wants for this earth will happen in our lives, and in others too
- Pray that each of us will know that we have been created by God with a specific purpose and destiny
- Pray that we will experience an increase of willingness to give our all to seeing people come to know God and serve what God has for us.
- Pray for an increase in miracles around us
- Pray for more opportunities to pray for healing, prophesy and show people Jesus
- Pray that as Christians we will rise up to see change in our schools, friendship circles and families
- Pray that we would be salt and light in the world, demonstrating the goodness of God in every situation we are in
- Pray for your city and nation! Pray that we will see many people come to know God (revival) and know God's blessing
- Pray for opportunities to fulfil your purpose and serve people around you in this season

## CHALLENGES



**Choose to use two things you're good at to bless a friend**



**Encourage a friend by highlighting one of their strengths or abilities and invite them to come to our Youth Service**

# SATURDAY

## PRAY FOR OUR MISSION IN THE WORLD

— † *"Let your light shine before others, that they may see your good deeds and praise your Father in heaven."*

**MATTHEW 5:16**


— † *"Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have"*

**1 PETER 3:15**

— † *"Therefore, go and make disciples of all nations, baptising them in the name of the Father and the Son and of the Holy Spirit"*

**MATTHEW 28:19**



- 
- Pray that we will demonstrate the love and goodness of God to those around us
  - Pray that we would be passionate about sharing Jesus to those in our circle of influence
  - Pray for help with showing the love of God on social media, through creative ideas and being the best role model in what we post
  - Pray for good relationships with our leaders and teachers
  - Pray for the government and other authorities that God will once again be at the centre of decisions being made
  - Pray for wisdom for those who are leading our nation
  - Pray that our friends would realise their need for God, and for them to be surrounded with people that show God's love to them
  - Pray for the Holy Spirit to work in them, bringing joy and peace and that they will connect into church and community
  - Pray that any grudges or arguments against God or the Church will be taken away from our those we know and love

## CHALLENGES



**Write down the names of people you want to see get to know Jesus**



**Pray daily for them to know Jesus personally and give their lives to him**

**OUR FATHER IN HEAVEN**

*we are a  
child of God!*

*glory, peace, perfect,  
holy, everything  
we need!*

**REVEAL WHO YOU ARE**

*show us your  
plans for us and  
help us act  
according to your will*

*bring heaven to us*

**SET THE WORLD RIGHT**

*work through us  
to do good - guide us!*

*I trust you*

**DO WHAT'S BEST -**

**AS ABOVE, SO BELOW.**

**KEEP US ALIVE WITH THREE SQUARE MEALS.**

*you are our  
provider*

*I thank you that  
you've forgiven me,*

**KEEP US FORGIVEN WITH YOU**

*God don't let us  
hold onto anger*

**AND FORGIVING OTHERS**

*we are not perfect,  
but You are*

**KEEP US SAFE FROM OURSELVES AND THE DEVIL.**

*be our shield in  
times of need*

*set apart for you*

**YOU'RE IN CHARGE!**

*have your way,  
you are in control*

**YOU CAN DO ANYTHING YOU WANT!**

*you are  
all powerful*

**YOU'RE ABLAZE IN BEAUTY!**

*God you are  
beautiful*

**YES.YES.YES**

*In Jesus name  
Amen!*

**MATTHEW 6 v 9-13**  
**(MSG)**



# THE PRAYER OF JABEZ

*"Jabez cried out to the God of Israel, 'Oh, that you would bless me and enlarge me territory! Let your hand be with me, and keep me from harm so that I will be free from pain.' And God granted his request."*

**1 CHRONICLES 4:10**

***There are four main parts to this prayer:***

## **1. "Oh, that you would bless me"**

Thank God for His blessing, pray for more blessings in your life and the lives of those around you!

## **2. "Enlarge my territory"**

Pray for God to enlarge your influence! Pray that you will have more opportunities to show God's goodness and love to people.

## **3. "Let your hand be with me"**

Pray for anointing, that God will release His power in your life. Pray that we are pushed out of our comfort zone for God so that we become more dependant on Him!

## **4. "Keep me from harm"**

Pray for God's protection in your life. Ask God to help us understand that we are in His hands and are cared for by Him.





📷 🎵 📺 kingsgate.youth  
✉️ youth@kingsgate.church  
🌐 kingsgate.church/youth



**THE  
FUTURE  
NOW**