



ADULT PRAYER GUIDE

HOW TO USE THIS GUIDE

This guide has 3 pages. Each page has a different prayer guide tailored by age & stage:

- Adult Guide, Pg. 1
- Student Guide, Pg. 2
- Children & Family Guide, Pg. 3

WHAT WE HOPE

We hope to provide this as an opportunity for you to spend time in prayer on Good Friday with others at Resurrection.

We hope to celebrate Easter with you and those you invite to join you! There are many service times across our 6 locations and online.

For more details about all 6 of our Kansas City Locations and Online Easter service times, visit cor.org/Easter

We hope, at any time, you'll consider a next step like these:

- Worship each week
- Pray every day
- Take time for spiritual practices in your everyday life
- Take any next step that helps you grow in the 5 essential practices of the Christian life: Worship, Study, Serve, Give, & Share

Luke 23: 44-46 marks Jesus' last breath at 3 p.m. on what we now call "Good Friday." Traditionally Good Friday is a time for prayer and reflection. This Good Friday, we are joining together in a powerful experience of community prayer. On the same day, at the same time: stop wherever you are, drop everything, and pause to pray. We're praying together as one church, at one time (all children, students, and adults). At the very moment that changed the world, pause to reflect on how Jesus has changed your life and your story forever. Let's pray together:

READ

Good Friday is the time of year that we recognize the day and the hour of Jesus' crucifixion. This event of great sacrifice illustrates to us the love and compassion God has for us. Through Jesus' crucifixion, we experience the gift of salvation through the resurrection of the body. In this moment, we reflect and give thanks for the gift of salvation, a gift we can't earn, don't deserve, and yet is freely gifted to us by God.

PRAY

Holy God, I say thank you for loving me so deeply, a love I couldn't begin to earn, but is given to me so freely by you. I am so blessed knowing that whatever I am going through, you are always with me. Gracious God, I am eternally grateful for the gift of your son Jesus, who taught your children the very essence of peace, grace, and love. Merciful God, allow me to feel your presence in my life. Allow me to see all of my shortcomings that cause pain and despair. On this day, at this hour, I remember you, Jesus, as your body hung on the cross. Lord, I bring to you the ways I have missed the mark and instead of following you, have turned away. Instead of using my words to demonstrate love, I've hurt the ones I love. I ask now in a time of silent confession, Merciful God, for your forgiveness.

Take a moment to center yourself, take a deep breath, and bring before our gracious and loving God all the things that weigh down your heart. After that, end your prayer with these words:

Loving God, allow me to fully accept your grace to the depths of my being. Give me strength and courage to journey forward, to deepen my connection with you, and live out my life as a part of your redemptive story. I pray all of this in the name of your son, Jesus Christ. Amen.

DO

Reflect on the story of Jesus' crucifixion. What does it mean to you? How is God calling you to be a part of your redemptive story? How will you invite others to experience the greatest gift of all?

For more, we invite you to consider:

- Prayer Walk - Take a prayer walk at our Leawood, Overland Park or West locations. Guides for each prayer walk are available on your phone at sacredspaces.cor.org. For Leawood's, go to "More" on the top right of the page. You can also DIY walk & pray wherever you are!
- Prayer in a Garden – Leawood and Overland Park locations each have exterior Memorial Gardens where you can sit and pray. Or, DIY in a garden!
- Take a look under "What we Hope" on the left-hand column of this page.

STUDENT PRAYER GUIDE

HOW TO USE THIS GUIDE

This guide has 3 pages. Each page has a different prayer guide tailored by age & stage:

- Adult Guide, Pg. 1
- Student Guide, Pg. 2
- Children & Family Guide, Pg. 3

WHAT WE HOPE

We hope to provide this as an opportunity for you to spend time in prayer on Good Friday with others at Resurrection.

We hope to celebrate Easter with you and those you invite to join you! There are many service times across our 6 locations and online.

For more details about all 6 of our Kansas City Locations and Online Easter service times, visit cor.org/Easter

We hope, at any time, you'll consider a next step like these:

- Worship each week
- Pray every day
- Take time for spiritual practices in your everyday life
- Take any next step that helps you grow in the 5 essential practices of the Christian life: Worship, Study, Serve, Give, & Share

Luke 23: 44-46 marks Jesus' last breath at 3 p.m. on what we now call "Good Friday." Traditionally Good Friday is a time for prayer and reflection. This Good Friday, we are joining together in a powerful experience of community prayer. On the same day, at the same time: stop wherever you are, drop everything, and pause to pray. We're praying together as one church, at one time (all children, students, and adults). At the very moment that changed the world, pause to reflect on how Jesus has changed your life and your story forever. Let's pray together:

READ

On Good Friday, we pause and reflect on the death of Jesus on the cross. It is important to remember that if we didn't have the cross, we wouldn't have the resurrection of Jesus bringing light back into the world after a moment of darkness. Today, on Good Friday, pause for a moment to pray. Reflect on what Jesus' death on the cross means for you, and then reflect on what Jesus' death means for the world.

PRAY

Loving God, I pause for a moment after school on Good Friday. I am reminded of your death on the cross and that it wasn't for nothing, but that it was for the salvation of my sins. God, I acknowledge the ways I have sinned against you. I ask for your forgiveness. I now receive the endless grace and love you give me. As I prepare for Easter this Sunday, may I remember the light you bring to me and to our world within the darkness. May I remember that the worst thing is never the last thing. May I remember to share your light with others. Amen.

DO

Clench your hands and squeeze them into a fist until you can feel the tension. After 30 seconds, release the tension and open your palms facing upwards. Then, say or reflect on these words:

I release all that I have done today—whether with good or bad motives.
I release all that I feel like I should have done today, but did not do.
I release all that I need to do tomorrow.
I release my fear.
I release my anxiety.
I release my impatience.
I release my pride.

All of the thoughts, all of the feelings that pull me away from you, I release. Fill me now with the joy and peace of your deep, abiding Spirit. I offer all of myself to you, our One God: Creator (Father), Redeemer (Son), and Sustainer (Holy Spirit). Amen.

For more, we invite you to consider:

- Prayer Walk - Take a prayer walk at our Leawood, Overland Park or West locations. Guides for each prayer walk are available on your phone at sacredspaces.cor.org. For Leawood's, go to "More" on the top right of the page. You can also DIY walk & pray wherever you are!
- Prayer in a Garden – Leawood and Overland Park locations each have exterior Memorial Gardens where you can sit and pray. Or, DIY in a garden!
- Take a look under "What we Hope" on the left-hand column of this page.

CHILDREN & FAMILY PRAYER GUIDE

HOW TO USE THIS GUIDE

This guide has 3 pages. Each page has a different prayer guide tailored by age & stage:

- o Adult Guide, Pg. 1
- o Student Guide, Pg. 2
- o Children & Family Guide, Pg. 3

WHAT WE HOPE

We hope to provide this as an opportunity for you to spend time in prayer on Good Friday with others at Resurrection.

We hope to celebrate Easter with you and those you invite to join you! There are many service times across our 6 locations and online.

For more details about all 6 of our Kansas City Locations and Online Easter service times, visit cor.org/Easter

We hope, at any time, you'll consider a next step like these:

- o Worship each week
- o Pray every day
- o Take time for spiritual practices in your everyday life
- o Take any next step that helps you grow in the 5 essential practices of the Christian life: Worship, Study, Serve, Give, & Share

Luke 23: 44-46 marks Jesus' last breath at 3 p.m. on what we now call "Good Friday." Traditionally Good Friday is a time for prayer and reflection. This Good Friday, we are joining together in a powerful experience of community prayer. On the same day, at the same time: stop wherever you are, drop everything, and pause to pray. We're praying together as one church, at one time (all children, students, and adults). At the very moment that changed the world, pause to reflect on how Jesus has changed your life and your story forever. Let's pray together:

READ

Today is Good Friday. Good Friday is the day that Jesus died on the cross. While we know Jesus is alive and celebrate that on Easter Sunday, today we remember the cross. The cross reminds us that God loves us and forgives us for the mistakes we make. We can talk to God anytime, anywhere, and about anything. We call this prayer. Today we are praying at 3 p.m. with the entire church wherever we are! We can use our fingers to help us pray to God...

PRAY

Five-Finger Prayer

- Thumb – Gratitude to God
Say: Thank you God for _____ in my life.
- Index Finger – Pointing to Heaven in Praise!
Say: You are a good and loving God.
- Middle Finger – Confession of mistakes I've made!
Say: God, please forgive me for _____!
- Ring Finger – Prayer for Family and Friends!
Say: God, please help _____ know your love for them.
- Pinky Finger – Prayers for me!
Say: God, help me to follow your commands every day.

DO

The Bible in Psalm 17:6 says "I call upon you, for you will answer me, O God; [tilt] your ear[s] to me, hear my words." You can use your fingers to guide you to pray every day! We can pray five times a day (morning, evening, and at each of our 3 meals). So, keep talking to God, even after today. God wants to hear from you!

For more, we invite you to consider:

- Prayer Walk - Take a prayer walk at our Leawood, Overland Park or West locations. Guides for each prayer walk are available on your phone at sacredspaces.cor.org. For Leawood's, go to "More" on the top right of the page. You can also DIY walk & pray wherever you are!
- Prayer in a Garden – Leawood and Overland Park locations each have exterior Memorial Gardens where you can sit and pray. Or, DIY in a garden!
- Take a look under "What we Hope" on the left-hand column of this page.