

# Prayer Guide

February 20, 2024

Today, as the Underground, we come together in prayer and fasting.

## STRATEGIC FOCUS:

### Soul Care and Connection with God

#### Pray

Dear Heavenly Father,  
As we come before you, we acknowledge that you are the ultimate healer and the source of all wisdom and knowledge. We seek your guidance and presence as we embark on this journey of soul care and connection with you. Help us to understand the importance of caring for our souls and to cultivate a deeper relationship with you. May this prayer guide serve as a tool for healing, restoration, and growth in our spiritual lives. In Jesus' name, we pray, Amen.

#### Reflect on the Imago Dei: Genesis 1:27

*"God created mankind in his own image, in the image of God he created them; male and female he created them."*

#### Pray

Gracious God, thank you for creating us in your image. Help us to recognize the inherent worth and value you have bestowed upon us. As we care for our souls, may we honor and steward the divine image within us. Teach us to see ourselves and others through your eyes of love and compassion.

#### Seeking Balance and Wholeness:

*1 Corinthians 6:19-20*

*"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you*

*were bought at a price. Therefore, honor God with your bodies."*

#### Pray

Lord, we acknowledge that our bodies, minds, and souls are interconnected. Help us to prioritize self-care and soul care as acts of honoring you. Grant us the wisdom to maintain a healthy balance in our lives, nurturing our bodies, renewing our minds through your Word, and tending to the needs of our souls. Guide us in making choices that align with your purposes and bring wholeness to our being.

#### Embracing Love for God, Others, and Self:

*Matthew 22:37-39*

*"Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'"*

#### Pray

Heavenly Father, we desire to love you wholeheartedly, to love others as you have loved us, and to love ourselves with the love you have poured into our hearts. As we care for our souls, may we grow in our love for you, experiencing a deep connection and intimacy with you. Teach us to extend grace and compassion to others, and to nurture a healthy love and care for ourselves. May our soul care be an expression of love in action.

#### Finding Rest and Restoration:

*Matthew 11:28-30*

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*



**Pray**

Loving Father, we come to you with our weariness and burdens. We long for the rest and restoration that only you can provide. As we care for our souls, may we find solace in your presence. Help us to surrender our worries, fears, and anxieties to you, and to embrace the restorative power of your love and grace. Teach us to lean on you and learn from you, finding true rest for our souls.

**Conclusion:**

Heavenly Father, we thank you for the opportunity to engage in soul care and to deepen our connection with you. As we continue on this journey, may your Holy Spirit guide and empower us. Grant us the wisdom to prioritize our souls, to seek balance and wholeness, to love you, others, and ourselves, and to find rest and restoration in your presence. In all things, may your name be glorified. In Jesus' name, we pray, Amen.

