

# Sample format for Praying Our Way Forward Pause for Prayer

The Council of Bishops is encouraging intentional engagement by United Methodists worldwide by asking everyone to pause and pray each day for the special-called General Conference from 2:23 through 2:26 a.m. or p.m. If this time is not convenient for you, choose to pray at another time, but the council felt praying specifically at 2:23-2:26 p.m. which represent the dates of the special session of General Conference would be a helpful, effective, and unifying discipline for all United Methodists.

**Invitation:** We will begin with a moment of holy silence to allow for centering, settling, and focusing.

## Minute #1 Prayer of Adoration

Good and great God, we recognize and celebrate that you are loving, kind, and faithful. You are everywhere in this world and beyond. You are also as close as our next breath. With John Wesley we rejoice knowing, "Best of all, you are with us."

Silence, concluding with unison prayer: "Hear our prayer, O God."

## Minute #2 Prayer of Thanks

God of grace, we thank you that you hear us when we pray and are ever ready and able to act in ways beyond anything we could ask or imagine. Thank you for our brothers and sisters around the world, and especially for those who have offered to serve by attending the special-called General Conference. Thank you for ordering our steps and for preparing a way.

Silence, concluding with unison prayer: "Hear our prayer, O God."

## Minute #3: Prayer of Confession

Forgiving God, we confess that we have allowed fear and distrust to place distance between us and our brothers and sisters in the Body of Christ. Forgive us for making idols of our own thoughts, voices, and opinions. Thank you for forgiving us and for your perfect love that casts out all fear.

Silence, concluding with unison prayer: "Hear our prayer, O God."

## Minute #4 Prayer of Asking

God of peace and wisdom, from this time forward, may we walk with you in trust and peace, and with our brothers and sisters in the love and unity you desire. May we truly sing together in harmony a song of praise that draws all to you. Even now, may you bless those who will attend the special-called General Conference, assuring them of your love, filling them with you wisdom, preparing them with your peace. May they and we become more sensitive to the voice of your Holy Spirit, so that all we do will please you and bring you glory.

*Silence, concluding with unison prayer: "Hear our prayer, O God."* All of these prayers we offer in the name of the Risen Christ. Amen.