

## Prayer Time Tips

(Courtesy of Minnesota VdC website)

- Place a reminder of your prayer time where you will frequently “run into it”
- Choose a place with lots of quiet and little distractions
- Suggested Materials: Team and Pilgrim list, Bible, notebook or prayer journal, music

**PRAY:** For the Lord’s presence to quiet your heart, mind, body and spirit and for the Lord to take the cares and stress of the day from you.

Read and meditate on Psalm 5:3 and Philippians 4:6

**PRAY:** For the Via de Cristo weekend in progress and for those who have worked to make this weekend possible.

Read and meditate on 1 Corinthians 4:1 and 1 Timothy 2:1

**PRAY:** For each pilgrim by name, that the Lord would bless them and speak to them in a new and special way. That the Lord would take away any cares or interference that would block them from hearing any of the talks. For physical strength and any health needs that may exist. That their family would be taken care of in their absence and that all their needs would be met.

Read and meditate on: 2 Timothy 2:1, Philippians 4:19, Matthew 6:8

**PRAY:** For each Spiritual Director by name, that they would leave the cares and concerns of their congregation in the Lord’s hands. For those taking care of their duties in their absence. For strength as they minister to the pilgrims and team member and for the power of the Holy Spirit to be within them.

Read and meditate on Romans 15:13, Ephesians 6:10, 1 Peter 5:2

**PRAY:** For the rector (lay leader), head cha, chapel cha, music cha, palanca cha and go-for cha by name, that they would be directly guided and blessed by the Lord in accordance with the responsibilities they have been given. That they may be sensitive to the needs of the pilgrims and for emotional strength and wisdom.

Read and meditate on Matthew 25:40 and Psalm 78:70-72

**PRAY:** For each professor by name, that they would show God’s love to the pilgrims and be sensitive to the feelings and needs of those at their table. That each professor giving a talk would speak God’s message clearly and confidently. That the Lord’s blessing would be on them.

Read and meditate on 1 Peter 4:10-11 and 1 Corinthians 16:13-14

**PRAY:** For the Rollo Room chas and kitchen chas (or those who serve meals if not cooking on a weekend), that they would have a servant’s heart and spirit. For physical strength, endurance and a good night’s rest.

Read and meditate on 1 Corinthians 9:19, 1 Corinthians 15:58, Philippians 4:13

**PRAY:** For the Via de Cristo community who participate in the activities of the weekend. That the Lord would provide safe travel to and from the weekend.

Read and meditate on Acts 2:42-47 and Philippians 1:3-6

**PRAY:** For the 4th day couple and the whole 4th day community, that they would take seriously the commitments of the 4th day, participate in reunion groups and Ultras and encourage each pilgrim to do the same.

Read and meditate on Hebrews 10:24-25, Acts 2:42-47, 1 John 1:7