



**CAN WE
SURVIVE
THIS**

**SURVIVAL
GUIDE**

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To prepare for these upcoming days of prayer and fasting, follow along in the One Year Bible, and have your Pray First prayer guide available for reference. All scriptures will be from the One Year Bible readings.

These resources, in addition to this booklet, will prepare and equip you seek God's presence in your life, learn from his Word, and allow him to fill and sustain you. In times such as these, God's presence makes all the difference, and being led by his Spirit is more important than ever.

It's common to wonder how we can make it through difficult and trying times. You may even find yourself wondering if you can survive this. The goal over the next few weeks is to equip and encourage you to not only survive, but grow stronger in your faith. This book is your survival guide, with the tools and resources needed to make it through this season, and draw nearer to God.

For this first week, we are going to pray through, and reflect on, the Lord's Prayer. You can learn more about the Lord's Prayer in our Pray First Guide.

DAY 1

Jeremiah 31:31-33; 32:38-41

The Lord's Prayer begins "our father in heaven" which is an invitation to connect with God relationally.

The beginning of the Lord's prayer establishes our relationship to God; our Father in heaven.

Because of this relationship, even when we turn away from God, he never turns from us. In Jeremiah, we see that even in the midst of exile, God is committed to the relationship with his people, his children. We reflect on this as we also pray the first section of the Lord's Prayer, which is about connecting to God relationally.

But this is the new covenant I will make with the people of Israel after those days, says the Lord. I will put my instructions deep within them, and I will write them on their hearts. I will be their God, and they will be my people.

-Jeremiah 31:33

Spend some time in silence reflecting on God as father, who desires a relational connection with you. Meditate on the facet that the creator of the universe wants to know you personally.

DAY 2

Jeremiah 33:23-25

The Lord's Prayer continues, "hallowed be your name" which is an invitation to worship Him.

We continue in the Lord's Prayer "hallowed be your name" which simply means that his name is holy and worthy of our worship. God reminds the people of Israel through the prophet Jeremiah that he cannot and will not break his covenant.

...I would no more reject my people than I
would change my laws that govern night and
day, earth and sky.

-Jeremiah 33:25

Even when others doubt or question God's people, his love and guidance endures. This faithfulness is worthy of our worship.

DAY 3

Psalm 89:17-18

The next line of the Lord's Prayer says, "your kingdom come, your will be done, on earth as it is in heaven" which reminds us to pray God's agenda first.

In this section of the Lord's Prayer, we prioritize the agenda of God over our own as we pray "your kingdom come, your will be done, on earth as it is in heaven" knowing that submitting to his authority and will allows us to fully trust Him and experience his kingdom in and around us, here and now.

The Psalmist in this passage is reminding us that God is in control, and our protection comes from him. For this reason, we need not be consumed in worry or anxiety, but rather trust in his protection, and ultimately, in his will.

Yes, our protection comes from the Lord,
and he, the Holy One of Israel, has given us
our king.

-Psalm 89:18

Spend a few quiet moments in surrender to God's will. Set aside your requests, desires, and agenda to seek God's will for your life and his agenda first.

DAY 4

1 Timothy 6:6-8; 17-19

In the next section of the Lord's prayer we read "...give us this day our daily bread" which reminds us to depend on God for everything in our lives.

"Give us this day our daily bread" reminds us that our provision comes from God, which helps us remain relentlessly present in this moment, today. In our culture, we are often taught to be self-reliant, and that material possession is a sign of success.

Paul is reminding Timothy in this passage that contentment, which is grounded in a trust and dependence on God, is true wealth, and that if we have more than we need we should be generous with it. One can only live this type of life if they are truly dependent on God.

After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it.

-1 Timothy 6:7

Spend a few moments thanking God for his provision in your life, and ask for his help to stay reliant on him rather than yourself, and present in this day.

DAY 5

2 Timothy 1:9-11

As we read "forgive our debts as we forgive our debtors" we are being called to get our hearts right with God and with others.

Jesus' work to reconcile mankind to God was God's plan from the very beginning, Paul tells Timothy. Not because we did anything to deserve it, but because God desires relationship, and he is faithful. That's the gift of grace that is ours and we simply need to receive it.

We do so by acknowledging we need it, which we do by asking for forgiveness, and when we receive this gift we can't help but live out this grace by extending it to others as well.

...He did this, not because we deserved it,
but because that was his plan from before
the beginning of time-to show us grace
through Christ Jesus.

-2 Timothy 1:9

Pray this section of the Lord's prayer with honesty and be open to hear God reveal who you may need to forgive in your life right now.

DAY 6

2 Timothy 2:19-21

"...and lead us not into temptation but deliver us from the evil one" is establishing the expectation that we engage in spiritual warfare.

We are reminded in this passage that we are to ground ourselves in God's truth, which is what will allow us to turn away from, or resist, evil. And we do this because we are living lives of purpose. Paul says in Ephesians (2:10) that we are God's handiwork, created in Christ Jesus to do good works which God prepared for us in advance.

In Paul's words to Timothy in today's passage, 2 Timothy 2:19-21, we see that we are to resist evil in order to be prepared for this good work God has created us to do. With this in mind, ask that God would lead you not into temptation but deliver you from the evil one.

...“The Lord knows those who are his,” and
“All who belong to the Lord must turn
away from evil.”
-2 Timothy 2:19

If there are specific temptations you're struggling with, present those to God and ask for his grace and power in your life to resist evil in order to do what God has called you to do in your life.

DAY 7

The Lord's Prayer continues, "for yours is the kingdom and power and glory forever" which is an expression of our faith in God's ability.

We've meditated on God's desire for relationship, his holiness, his will and agenda, how he forgives us as we forgive others, and how he leads us away from temptation and evil to do good works. Today, we recognize the fact that it's all God's, and we express our faith in God's sovereignty.

The kingdom, the power, and the glory, forever. Spend time slowly reciting the Lord's prayer in its entirety and reflect on the themes and messages from this past week.

Our Father in heaven,
Hallowed be Your name.
Your kingdom come. Your will be done
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
As we forgive our debtors.
And do not lead us into temptation,
But deliver us from the evil one.
For Yours is the kingdom and the power
and the glory forever.
Amen.

Week 1 Reflection

If there is one phrase or idea that has spoken to you this week, focus on that and rest in God's presence.

WEEK 2

As we enter our second week, we are going to begin to reflect on the Tabernacle Prayer. You can learn more about this prayer technique and find additional scripture references in the Pray First Guide.

DAY 8

Psalms 95:1-7

The first destination in the Tabernacle Prayer is the outer court, which represents thanksgiving and praise to God.

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin your day. Every day, think of a fresh reason why you love and appreciate God. As this section from the Psalms reminds us, God made everything and it's all in his care.

But not only is he our Creator, he also watches over us as his flock. He watches for us, cares for us, and leads us. No matter the situation or circumstance, we can sing to the lord, shout joyfully, and enter his courts with thanksgiving and praise in our hearts.

Oh come, let us sing to the Lord! Let us
shout joyfully to the Rock of our
salvation... -Psalm 95:1

Spend time today thanking God for his goodness and praising him for who he is to you and how he's acted on your behalf.

DAY 9

Psalm 98: 1-3

The next destination in the Tabernacle Prayer is the brazen altar which foreshadows the cross of Jesus.

The brazen altar of the tabernacle is where people would make sacrifices for the forgiveness of their sins. This was where they would have acknowledged their sin, asked for, and received, forgiveness. The reality is that Jesus' death did away with any animal sacrifice, because by taking on the sins of the world he extended forgiveness of our sins, once and for all.

All we need to do is simply receive that forgiveness in our lives. The Psalmist in this scripture was reflecting on God's victory, and we see this victory culminate in Jesus' victory over sin and death. God revealed his righteousness, love, and ultimate victory in the life, death, and resurrection of Jesus.

Sing a new song to the Lord, for he has
done wonderful deeds. His right hand has
won a mighty victory...

-Psalm 98:1

If you have not opened yourself to receiving this gift of grace in your life, do so today. If you have received God's forgiveness, reflect on the incredible reality that you are forgiven and loved.

DAY 10

Titus 2:11-14

Today we move to the laver in the Tabernacle Prayer, which represents both cleansing and preparing.

When people would have approached the laver, it was to cleanse themselves ceremonially. Paul is calling out to Titus the importance of living lives devoted to God, and how Jesus gave his life to free us from sin and cleanse us.

We can rely on God to cleanse us as we acknowledge our sin and allow him to “make us his very own people, totally committed to doing good deeds.” We all have areas where we need God to clean us.

He gave his life to free us from every kind of sin, to cleanse us, and to make us his very own people, totally committed to doing good deeds.

-Titus 2:14

Present those areas to God, trusting that he will cleanse you, and prepare you for what lies ahead. You can also pray the Psalm, “Create in me a clean heart, O God. Renew a loyal spirit within me.”

DAY 11

Titus 3:5

Our next stop in the Tabernacle Prayer is the candlestick which is representative of the Holy Spirit.

In the candlestick, we are reminded of the presence and power of the Holy Spirit. We don't need to try to do this life in isolation or by our own effort, because "he saved us, not because of the righteous things we had done, but because of his mercy."

It's the Holy Spirit that washes us, renews us, and enables us to live lives that honor God and reveal him to the world around us. Today we acknowledge the presence of the Holy Spirit in our lives, and invite the Spirit to lead and guide us.

...he saved us, not because of the righteous things we had done, but because of his mercy.

-Titus 3:5

Light a candle or audibly acknowledge the presence of the Holy Spirit in your life, and spend some time in silence, simply being in his presence.

DAY 12

Lamentations 1:1-2:22; Philemon 1:1-25; Psalm 101:1-8

The table of the shewbread in the Tabernacle Prayer is where we reflect on the importance of the word of God.

The table of shewbread reminds us that “man cannot live on bread alone, but on every word that comes from the mouth of God.” This is why we set aside time to pray and read the Scriptures. It’s important to remember that prayer isn’t a monologue, but that we also must still ourselves to hear from God, directly in our spirit and through the Scriptures.

In today’s reading from the One Year Bible, we see expressions of grief in Lamentations, we see pastoral ministry in Philemon, commitment to right living in the Psalms, and conventional wisdom in Proverbs. The power of the Bible is that we see ourselves and the roller coaster reality of life reflected in it. No matter what you’re going through, God can and will speak to you if you ask and quiet yourself to listen.

Your love has given me much joy and
comfort, my brother, for your kindness
has often refreshed the hearts of God’s
people. -Philemon 1:7

As you read today’s scriptures, allow God to speak into your unique situation through an ancient text, which we know is alive and powerful even now.

DAY 13

Hebrews 1:3

The Tabernacle Prayer leads us next to the altar of incense, which represents our worship to God.

In the tabernacle, the incense in the Holy of Holies represented God's presence. The writer of Hebrews speaks to the fact that Jesus radiates God's glory. God's presence was first represented in the tabernacle, and then in the temple, and then ultimately in the person of Jesus, who now dwells in us.

The presence of God always leads to worship, and the promise of God's presence in and around us should lead us to a state of worship.

The Son radiates God's own glory and expresses the very character of God, and he sustains everything by the mighty power of his command.

-Hebrews 1:3

Reflect on God's presence in your life, and worship him for who he is, not just what he's done for you. That may be putting on a worship song, reading a psalm, or putting in your own words what God means to you, but regardless of how you choose to worship, spend time in worship responding to God's presence in your life.

DAY 14

Hebrews 2:11-17

Today we reach the final piece of furniture in the tabernacle, as we approach the ark of the covenant, which is where God's presence dwelt and where the priest would intercede on behalf of the people.

In the tabernacle, the high priest would have been the only person able to enter the Holy of Holies and intercede on behalf of Israel at the ark of the covenant. In Hebrews, we see that Jesus was the great High Priest, interceding on behalf of all mankind.

Jesus' life, death, and resurrection is what enables us to become a "nation of priests" and co-labor with God in bringing about the Kingdom of heaven. Just as Jesus served as our great High Priest, as priests, we are called to commune with God and intercede on behalf of others.

Therefore, it was necessary for him to be made in every respect like us, his brothers and sisters, so that he could be our merciful and faithful High Priest before God. -Hebrews 2:17

Who has God placed on your heart that you can pray for today? Lift them up to God and hold them in prayer, trusting that God knows their needs and will work on their behalf.

DAY 15

Hebrews 3:12-14

For those who are seasoned in their faith, there may come times when we lose our excitement for the things of God. We go through seasons where we neglect his presence as we lose sight of prioritizing our relationship with him. We tend to try to take control of our lives rather than surrender to him, which causes us ultimately to turn from him.

This is a great reminder that as we approach the end of this dedicated time of prayer and fasting, we must continue to put God first in our lives. Commit yourself to being faithful to the end, and ask for God's grace, provision, and mercy to do so.

Be careful then, dear brothers and sisters. Make sure that your own hearts are not evil and unbelieving, turning you away from the living God.

-Hebrews 3:12

As we approach our final few days of this time of prayer and fasting, today we focus on committing ourselves to carrying forward this rhythm of making space for God in our lives, and seeking his will.

If you're in a season of being lukewarm or have turned from God, call out to him and ask for his help. Revisit the prayer from the Psalms we prayed a few days ago, "Create in me a clean heart, O God. Renew a loyal spirit within me," and ask God to help you remain steadfast and loyal to him.

DAY 16

Hebrews 4:12-16

We started this time of prayer and fasting by acknowledging that we are living in difficult times, but that through drawing near to God we can not only make it, we can grow in our faith. We've now spent a couple weeks reading and meditating on God's word and asking him to speak through his word and Spirit.

This passage in Hebrews reminds us that the word of God is alive, it's powerful, and lays us bare before God. While this may feel intimidating and maybe even scary at times, we also see in this passage that Jesus understands our struggles and weaknesses and promises us the mercy and grace, we need.

For that reason, we can come boldly to our gracious God. Meditate on the fact that he sees you, he loves you, and he invites you to bring your whole, true self to him. Close your eyes and picture yourself approaching God's throne.

So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

-Hebrews 4:16

Quiet your mind and heart as you simply rest in his presence.

DAY 17

Psalm 105:1-4; 7-8

As we close our time, we do so thanking God for who he is as well as what he's done. We proclaim his greatness in our lives, and praise Him for how he has moved on our behalf. We also commit ourselves to continually seeking after God, because we can't do this on our own and our natural strength will only take us so far.

In order to survive in this time, and thrive in our faith, we must fix our eyes on God and ask for his grace in our lives. We do so trusting in God's commitment to us, knowing he will not leave us nor forsake us.

Give thanks to the Lord and proclaim his greatness...Search for the Lord and for his strength; continually seek him.

-Psalm 105:1 & 4

Today, reflect on how God has spoken to you in the last few weeks and how he's revealed his goodness in your life. Ask him for his strength in your life that will equip you to follow in the way of Jesus and continually seek after God's presence.