

# A Five-Day Prayer Guide for Being in the Desert

By Jared Boyd and Sister Heather Kristine

## Introduction:

Choose a time of day when you are able to pay attention to your life with God. Begin by sitting comfortably and observing your breath as it enters and leaves your body. Ask God to help you reflect on this season of being thrown into the desert.

Ask God to give you the grace to savor any moments of joy and peace that you may be feeling and give thanks to God for them.

## DAY 1

Talk to God about any moments of restlessness or agitation that you are presently experiencing during this time:

- How would you describe your “default setting”? Another way of asking this is: “If left unattended, how would I respond to this moment of *wilderness* in my most natural state (apart from the Spirit’s leading)? Did you rebel by trying to control everything and everyone around you?
- Do you notice anything that you can now see as *rebellion* against this season brought on by COVID-19? How would you describe the shape of your rebellion? What ways did this play out in your daily life?
- What has *resignation* looked like for you in this season? Have there been days where you can see passivity at work in your disposition to what is happening in the world? Ask God to bring to mind a few moments over the past several weeks that you might notice as *resignation* (but not yet consent).
- What are the specific ways that you have been drawn away from God, and towards things that distract and numb?

## DAY 2

Ask God to reveal what may be stealing your peace during this season.:

- Where, specifically, are you lacking in faith, hope, and love? Around what areas of your life are you finding the most difficulty moving towards consent?
- What thoughts accompany these areas of life where you are not yet experiencing peace?
- Spend some time asking God to increase your faith, hope, and love in these specific places.

### DAY 3

Ask God to help you posture yourself against the enemy of your peace.

- Where, specifically, is there temptation during this season that needs to be resisted? Ask God for the grace to resist the temptation.
- Is there anything *hidden* that needs to be brought out into the light? Ask God to bring someone (a trusted friend, a pastor, a Spiritual Director) with whom you can share this. Make a commitment in your heart to do the work of *revealing* the thing you are most tempted to hide. Remember, the enemy is weak.
- Spend some time thinking and praying about the well-worn paths of the enemy's attacks. Ask God for more clarity about why these are the areas that the enemy tries to breach.

### DAY 4

Ask God for the grace to respond differently over the next twenty-four hours:

- What would it look like to experience more faith, hope, and love in your day?
- What could God form in you to bring greater freedom in these areas?
- What do you need in order to *consent* to this work of God in your life?

### DAY 5

Begin to imagine what this season could look like once you *consent* to the reality of your world as it truly is (kids at home, furloughed from work, retirement fund taking a hit, etc.).

- Ask God to help you form a prayer of *consent*.
- Write this prayer down.
- Spend some time in God's presence, imagining a life of *consent* in the midst of the desert.

#### Authors:

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