



KORIMAKO VINEYARD
PRAYER GUIDE



TIMATA (INTRO).

It's really important to set aside time to be with Jesus everyday and to develop a rhythm of daily prayer to help you go deeper in your relationship with Jesus. First find a good space and have paper and pen ready to write down what God puts on your heart. You may want to begin focusing your heart on God by putting on some worship music or praying in tongues.

When you are ready, use this guide as a structure for your prayers. It contains some scripture, some prayers and space for you to connect with God. Think of this guide as like a trellis for a vine. This guide broadly follows a pattern of prayer which comes from the excellent book on prayer by Pete Grieg called "How to Pray: a simple guide for normal people" and uses the acronym: PRAY

P- Pause

R- Rejoice

A- Ask

Y-Yield

Remember as you pray that the great passion of God is just to be fully present with you and you with Him.



PAUSE

Be Still and Know that I am God -Psalm 46:10

Try beginning your time with a few minutes of silence. This can be hard practice for our busy minds. Begin your time in silence by taking a few deep breaths and release whatever thoughts might take your attention off God. You may want to set a timer to avoid the distraction of checking the time.

Your stillness is a sign that you are surrendering control to God. To help you with distracting thoughts you may want to say a phrase like: 'Come Holy Spirit' or 'Here I am Jesus' or "you are the God that sees me", each time you feel your mind wandering.

ADDRESS

Father God, creator of heaven and earth,
God of Abraham, Isaac, and Jacob, God of Israel,
God and Father of our Lord and Saviour Jesus Christ,
True and Living God who is Father, Son, and Holy Spirit,
Have mercy and hear my prayer

READING

We are surrounded by so many things which compete for our time and attention. The Bible helps us live in the story of Jesus and anchors us in the truths of His Kingdom. If you don't have a structure for being in the word here is a structure to get you started:

Psalm for the Day

Read a psalm each day. The Psalms are prayers, you may want to read them out loud.

Gospel Reading

Read a short passage from the Gospels - maybe half a chapter beginning in Matthew and working your way through. As you read, pray that Jesus will reveal himself to you in His word and maybe turn that revelation from His word into a prayer back to God.





REJOICE

Notice the gifts God has given you, nothing is too big or too small. It could be anything from the miraculous to everyday blessings in your life. Be specific about what you are thankful for right now.

Prayer of the Heart

Lord Jesus Christ, Son of God, have
mercy on me

Psalm 23

1 The Lord is my shepherd; I shall not want.

2 He makes me lie down in green pastures. He leads beside still waters.

3 He restores my soul. He leads me in the paths of his righteousness for his name's sake.

4 Even though I walk through the valley of the shadow of death. I will fear no evil, for you are with me; your rod and your staff they comfort me.

5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

6 Surely goodness and mercy shall follow me all the days of my life and I shall dwell in the house of the Lord forever.

1 Ko lhowā tōku hēpara;
e kore ahau e hapa.

2 Ko ia hei mea kia takoto ahau
ki ngā wāhi tarutaru hou;
e ārahi ana ia i ahau ki te taha o ngā wai āta
rere.

3 Ko ia hei whakahoki ake i tōku wairua;
e ārahi ana ia i ahau i ngā ara o te tika,
he whakaaro ki tōna ingoa.

4 Āe, ahakoa haere ahau i te awaawa o te
ātārangi o te mate,
kāhore he kino e wehi ai ahau;
nō te mea kei tōku taha koe;
ko tāu rākau, ko tāu tokotoko,
ko ēnā hei orange ngākau mōku.

5 E takā ana e koe he tēpu ki tōku aroaro
i te tirohanga a ōku hoariri,
e whakawahia ana e koe tōku mātenga ki te
hinu, pūrena tonu tāku kapu.

6 He pono e aru i ahau te pai me te atawhai
i ngā rā katoa e ora ai ahau,
ā, ka noho ahau ki te whare o lhowā
ake tonu atu.

Psalm 103 1-5

1 Praise the Lord, my soul; all my inmost being, praise his holy name.

2 Praise the Lord, my soul,
and forget not all his benefits—

3 who forgives all your sins
and heals all your diseases,

4 who redeems your life from the pit
and crowns you with love and
compassion,

5 who satisfies your desires with good
things so that your youth is renewed like
the eagle's.

1 Whakapaingia a lhowā, e tōku wairua;
e ngā mea katoa i roto i ahau,
whakapaingia tōna ingoa tapu.

2 Whakapaingia a lhowā, e tōku wairua,
kei wareware hoki ki āna painga katoa –

3 ko ia te muru nei i ōu kino katoa,
te rongoā nei i ōu mate katoa;

4 ko ia te hoko nei i tōu ora kei ngaro,
te karauna nei i a koe ki te atawhai, ki te
aroha;

5 nāna nei i mākona ai tōu māngai i ngā
mea papai;
i hou ai tōu taitamarikitanga, i rite ai ki tō
te ēkara.



TE KARAKIA O TE ATUA /THE LORD'S PRAYER

E tō mātou Matua i te rangi
Kia tapu tōu Ingoa..
Kia tae mai tōu rangatiratanga.
Kia meatia tāu e pai ai
ki runga ki te whenua,
kia rite anō ki tō te rangi..
Hōmai ki a mātou āiane
he taro mā mātou mō tēnei rā.
Murua ō mātou hara,
Me mātou hoki e muru nei
i o te hunga e hara ana
ki a mātou.
Aua hoki mātou e kawea
kia whakawaia;
Engari whakaorangia mātou
i te kino:
Nōu hoki te rangatiratanga, te kaha,
me te korōria,
Āke āke āke.
Āmine.

Our Father, who is 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 sins,
as we forgive those who have sinned
against us
And lead us not into temptation,
but deliver us from evil:
For Yours is the kingdom,
and the power, and the glory,
Forever.
Amen.



Ask

Start by praying specifically for your whānau, friends, neighbours, and those on your heart from our church. Pray for God's protection and for his Kingdom to come in their life.

Then Ask God to move in your life - be specific about what you need. Pray for needs big and small.

The Beatitudes

3 Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

4 Blessed are those who mourn,
for they will be comforted.

5 Blessed are the meek,
for they will inherit the earth.

6 Blessed are those who hunger and
thirst for righteousness,
for they will be filled.

7 Blessed are the merciful,
for they will be shown mercy.

8 Blessed are the pure in heart,
for they will see God.

9 Blessed are the peacemakers,
for they will be called children of God.

10 Blessed are those who are
persecuted because of righteousness,
for theirs is the kingdom of heaven.

3 Ka koa te hunga he rawakore nei te
wairua; nō rātou hoki te rangatiratanga o
te rangi.

4 Ka koa te hunga e tangi ana;
ka whakamārietia hoki rātou.

5 Ka koa te hunga ngākau māhaki;
ka riro hoki i a rātou te whenua.

6 Ka koa te hunga e hiakai ana,
e hiainu ana, ki te tika;
e mākona hoki rātou.

7 Ka koa te hunga tohu tangata;
e tohungia hoki rātou.

8 Ka koa te hunga ngākau mā;
e kite hoki rātou i te Atua.

9 Ka koa te hunga hohou rongo;
ka huaina hoki rātou he tamariki nā te Atua.

10 Ka koa te hunga e whakatoia ana mō te
tika; nō rātou hoki te rangatiratanga o te
rangi.



PRAYER OF ST FRANCIS

Lord, make me an instrument of your peace,
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy;
O Divine Master, Grant that I may not so much seek to
be consoled, as to console;
To be understood, as to understand;
To be loved, as to love, For it is in giving that we
receive, It is in pardoning that we are pardoned,
And it is in dying that we are born to eternal life, Amen



Yield

Take a moment of quiet to rest in God's presence, opening yourself up to His will, and ask God what he wants to bring to mind for you. Listen for any words or pictures the Holy Spirit speaks to you. Write these down.

Ask God how you might live out His life in you today - here are some examples.

- Ask Him to highlight someone you know who may need encouragement in some way - a message, a meal, a link to a song, a prophetic word, finances etc.
- When you're out and about, ask Holy Spirit to give you a prophetic word or an encouraging word for a stranger (be bold!)
- Ask Holy Spirit to highlight someone in need, speak to them and then help meet that need.

Be open and willing to be obedient, and watch God move mightily in and through you - and remember, even the smallest things can have a huge impact in the life of others, and in the Kingdom of God.

Romans 14:17 "For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Ghost."

Confession of the Mystery

Christ has died.
Christ is risen.
Christ will come again.
Amen!