

40 HOURS OF PRAYER AND WORSHIP

May 2026

Option #2: Prayer for Ministries

Young Adults

P - Pause

First step in prayer is to pause. Instead of presenting our wish list to God, we first pause to wait on God to have the first word. Bring your scattered senses and recenter them all on God's eternal presence.

- Listen to what God's Spirit might be bringing to your attention in connection to the Young Adults ministry at New Life.
- Lay down any distractions and worries that may hinder your prayers to God.

R - Rejoice

After pausing to listen, we rejoice in God's blessings before asking Him for more of it. Rejoice and praise God for what He has done.

- Rejoice and praise God for the growth of leadership, biblical knowledge, and spiritual maturity among the young adults.
- Rejoice and praise God for the new members that have gotten connected to the young adults ministry

A - Ask

Trusting in God's gracious invitation to ask Him for everything from "bread" to the "come," let us present our requests to God for ourselves (petition) and for others (intercession).

- Pray for what God has revealed to you when you paused and listened to God. What has He brought to your attention? Pray specifically about that.
- Ask God to bless the young adults ministry so that it would bear fruit in the lives of all those that are connected to the ministry.

Y- Yield

Lastly, we surrender ourselves for God's will to be done. Let us surrender all that we have presented before God—trusting that He will answer them according to His good wisdom and perfect time.

- Close your time of prayer by reciting the line from the Lord's Prayer: "Thy will be done on earth as it is in heaven."