

Thanks Centered Prayer

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On the assumption that God is present and working in all people and all situations and able to heal, bless, and give peace and life to all people and all situations, the following formula may be used for all the people, groups, issues, etc you pray for. I believe strongly that this applies to all people and situations, regardless of any other thoughts, feelings, opinions, or experiences we may have regarding them. This is easy when praying about a sick friend or giving thanks for a new baby. It is more difficult to give thanks for a troublesome person in my life, for a chronic illness, or for the death of a loved one, but even then I can give thanks and praise for (or at least in) those things, trusting that God's wisdom and depth of purpose are greater than mine and still "good", even if in a way I have difficulty embracing.

I have experienced much healing and peace with this formula. It is my prayer that God might bless you through it too.

Lord Jesus (or Gracious God, Heavenly Father, etc.)
I thank you for <name>.
I praise you for what you are doing in him/her/them/it,
And I ask you to heal him/her/them/it,
 And bless him/her/them/it,
 And give him/her/them/it peace.
For in you, he/she/they/it has/have life.

For example, to pray for a friend, Oliver, who is sick:

Lord Jesus,
I thank you for Oliver.
I praise you for what you are doing in him.
And I ask you to heal him, and bless him, and give him peace.
For in you, he has life.

Repeat this formula for those you wish to pray for. This can be time consuming, so when time is short, group people together, for example, "my family" instead of once each for Betty, Jon, Audrey, Jeanette, Carolyn, etc.

When possible, leave time between and during your prayers for the Spirit to speak to you. Much of the power in this prayer is what God can do in you to heal you, bless you, and give you peace when you pray for others.