



**FAMILY TABLE**  
WITH  
THE TEN 10 COLLABORATION

# PRAYER GUIDE

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# Introduction



PCC,

For many years, the church has been concerned about young people drifting from the faith. As adults, we have wondered why young people leave and how to keep them connected to both Jesus and the faith community.

Our conviction is that the Family Table initiative is a way PCC can continue to embrace the identity, belonging, and purpose of kids and teens in the Bay Area. We are a church that desires to put kids and teens at the forefront of ministry focus.

This prayer guide has been created by a conglomerate of ministry settings that desire to see 10 million young people impacted by the gospel over the next 10 years. PCC is a part of that commitment, referred to as "The Ten x 10 Collaboration".

As a church, we want to focus on the kids and teens that are a part of our congregation, connected to us through our local schools and those we haven't even met yet. We believe that praying for kids and teens is a place all of us can have an impact.

## **PCC Pastoral Leadership**

[wearepcc.com](http://wearepcc.com)

## **Deuteronomy 6:4-9**

*Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.*

# DAY 1

*Prayer to be energized  
by the Spirit*

## **Begin with Breath Prayer**

*Come into the conversation with God by praying silently. As you breathe in, feel God saying to you, I love you. As you breathe out, feel yourself returning that love by responding, I love you.*

*Breathe in: “**I love you (God’s name for you)**”*

*(your name, my child, beloved, etc.).*

*Breathe out: “**I love you (your name for God)**” (God, Jesus, Lord, Savior, etc.).*

*(Your name for God or God’s name for you may shift from day to day, depending on what is going on in your life, or in your relationship with God.)*

## **Let your soul rest a few minutes in God’s presence**

**The temptation is great, Lord, to jump into action.  
My to-do list is long; my obligations this day are plenty.  
It would be easy to forget that I serve you,  
and not the other way around.**

**May I be led  
not by my own desires,  
not by the demands of others,  
not by the world’s pressures and expectations,  
only by you.**

**By serving you alone,  
I will share in the work that you are doing  
in the lives of others,  
and in the church and world that you love.**



JOIN us by praying that through our congregation the kids and teens connected to PCC will live out a faith that matters.

The Spirit is already moving, and you have a critical role to play. Let rest in the Spirit be your starting place.



# DAY 1

*Pray by name for at least three young people—that they would be more aware of God’s grace, peace, hope, and God’s work in the world.*

**But if it becomes about me—  
my strength, my ingenuity, my efforts—  
then I am taking over your job,  
for which I am woefully underqualified.**

*Confess the specific ways that you “take over” God’s job, being grateful for God’s forgiveness and asking God to continue to humble you.*

**May your Spirit who hovered over the waters of creation  
hover over me this day.  
May nothing I do today come from my own striving,  
but from your abundant life in me, and your Spirit moving through me.  
When I lose sight of you,  
help me return to my starting point,  
Begin me again where the day begins—in rest and trust.  
That all I do today  
may flow not from my full agenda, fragile ego, or lofty goals  
but from the energy of your Holy Spirit.**

**God, I place in your capable hands...**

*Lift up the specific needs, hopes, grief and longings of your own life to God—those you love, the ministry you share in, and the world.*

**Find rest, O my soul, in God alone. My hope comes from him. (Psalm 62:5)<sup>1</sup>**

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<sup>1</sup> Much of today’s prayer guide comes from *Prayer of Reorientation*, authored by Kara K. Root.

# DAY 2

## Prayer for identity grounded in Jesus

*Our identity is our view of ourselves.*

*Pray that the young people important to you will grow in Christ by growing in their sense of being received by God just as they are.*

**I come to you this day, God, with my heart open.  
I do not hide (nor could I)  
any of my thoughts or feelings from you.**

**When fear would have me hide,  
please help me show up.  
When worry would have me distracted,  
please help me return my mind and heart to you.  
You are with me always.  
You are with me now.**

***Let your soul rest a few minutes in God's presence***

**Give me courage this day.  
I trust you with my joy and my peace,  
all contentment and harmony come from you and lead me to you.**

**I trust you with my sorrow and my anger,  
even when my sadness or rage is toward you, God.**

**Ask God to grant young people the space and freedom to ask tough questions about their identity, faith, and doubts.**

**×** Begin by asking that prayer, Scripture, the fundamental teachings of the faith, and spiritual disciplines would help young people understand more of who they are in Jesus.

# DAY 2

**I trust you with my restlessness and discontent,  
and allow myself to wonder what your Spirit might be stirring in me.**

**I trust you with my longings and my dreams,  
you who made my imagination delights in it, and meets me there.**

**Pray by name for at least three young people — that they would grow  
in trusting God with their longings and dreams.**

**I trust you with my questions and my doubts,  
for by them you draw me deeper into life, closer to your heart.**

**May I remember this today:  
You welcome me as I am.  
You welcome me, and meet me in all of it.**

**Pray that young people welcome how various facets of who they are  
(including their family, race, ethnicity, gender, and socioeconomic level)  
shape their identity and enhance their faith**

**May I welcome you and be present to you  
in all things this day, O Christ.  
And may I welcome myself today,  
as you welcome me and are present with me  
in all things this day, O Christ.<sup>2</sup>**

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<sup>2</sup> Much of today's prayer guide comes from *Prayer of Heart Welcome*, authored by Kara K. Root.

# DAY 3

## *Prayer for belonging in God's family*

*We all hunger for a sense of belonging, or a connection with others. Pray that young people know they belong in Christ and are changed through trusted peer and intergenerational relationships.*

**For the gift of life and living, thank you, God.  
For the whole human family, Lord, and my place  
within it  
I give you thanks.**

***Let your soul rest a few minutes in God's presence.***

Pray for your church specifically, and churches nationwide, that they would be places where young people know and experience their value in the body of Christ.

**You have made us in your image, God,  
to need one another, to care for each other,  
to experience our own being  
as belonging to you and to all others.**

In prayer, name the adults and young people you know. Asking God to help them purposefully serve and care for one another.

- ✘ Pray that God would use weekly discussions in youth group, the sharing of stories, meaningful church connections, and event technology to foster a deeper sense of belonging for young people in God's family.



# DAY 3

**May my heart be open this day  
to all who will cross my path.  
May your Spirit move this day  
in the lives of all those whose paths I will cross.<sup>3</sup>**

May young people have the eyes to see and the ears to hear how the Spirit continually invited them to love and serve those who cross their path today and in the days to come.

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<sup>3</sup> Much of today's prayer guide comes from *Belonging Opening Prayer*, authored by Kara K. Root.

# DAY 4

## Prayer for purpose



Pray that young people would know and embrace God's vision for them to make a unique and meaningful contribution to our world.

*Each of us is eager to have a sense of purpose—to feel like we are making a difference in our world. Using this renowned prayer from St. Francis of Assisi, pray that young people serve their neighbors, share their faith, and make more disciples, thereby turning the world into a better place.*

**Lord, make us instruments of your peace.**

**Where there is hatred, let us sow love;**

**where there is injury, pardon;**

**where there is discord, union;**

**where there is doubt, faith;**

**where there is despair, hope;**

**where there is darkness, light;**

**where there is sadness, joy.**

Ask God to use young people as ambassadors for Christ at all times and in all places

**Grant that we may not so much seek to be consoled as to console;**

**to be understood as to understand;**

**to be loved as to love.**

Pray by name for young people — that they would grow in understanding, love, and purposeful service to the most marginalized, the orphans, and the widows.

# DAY 4

**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.**

May the Spirit help young people give generously to all those who cross their paths, thereby clarifying and strengthening their sense of purpose.

# DAY 5

*Prayer for the church's  
response to young people*



Pray that caring adults will journey with young people and model everyday faith.

**Let your soul rest a few minutes in God's presence.**

## **Experiential Prayer: Praying with Empathy<sup>4</sup>**

*Using a photo of teenagers you know, or of a youth ministry or church youth group, view its young faces as an art masterpiece. (If you don't have access to a photo, then envision some of the young people closest to you.) Slowly and reverently move your fingers on the faces of those in the photo, allowing your emotions to move you, noting what joy, somberness, anger, gratitude, or other emotions you feel.*

*Ask the Spirit to usher in a new dawn in churches and adult believers to celebrate young people. To accompany their pain. To empower their vision.*

## **Specific Prayer:**

*Which young person(s) drew the most empathy while you viewed your photo?*

*Which young person(s) is in need of your intercession today?*

*Which young person(s) can you mentor?*

*Pray that God would use TENx10 to rally all adults in the church to reimagine how we form the faith of young people — together.*

<sup>4</sup> Much of today's prayer guide has been authored by Archie Honrado.

# DAY 6

*Prayer for wisdom and peace for families*



*Pray that parents and caregivers will be intentional at home and connected in a faith community.*

## **Begin by reflecting:**

*The head space of families is crammed with images of current events of unrest, inequality, racism, hunger, homelessness, violence, politics. A young person might be cutting, dealing with an eating disorder, or contemplating suicide, and the family might be unaware.*

*Where is Jesus in all of these situations?*

*What toll is all this taking on young people and their families?*

## **Let your soul rest a few minutes in God's presence.**

*Ask God to give the diverse families in your ministry and city the grace and space to reconnect and prioritize Jesus.*

*Meditate on the following verse's words. As you do so, pray that families would see Jesus and fall at his feet—to rest together and to be together.*

*Reflect on these sacred words found in John 11:32a.*

**When Mary reached the place where Jesus was and saw him, she fell at his feet.**

**When Mary reached the place where Jesus was and saw him, she fell at his feet.**

**When Mary reached the place where Jesus was and saw him, she fell at his feet.**



# DAY 6

***Read this poem as a prayer over young people and their families<sup>5</sup>:***

**It is okay not to be okay, it is a way to let the wind blow  
Crammed space of my head,  
Everyone and everything wants an inch of my head space,  
Where's my missing sock anyway?**

**And someone will try to Marie Kondo<sup>6</sup> it, right?  
And even an inch of Jesus will help Kon-Mari declutter my head space, right?**

**So, yes, I give you permission  
Let me fall at your feet  
Let me kiss you  
You're already in, so just love on me  
Would you, now!**

***Ask God to help families you know see Jesus and fall at his feet,  
reclaiming God's love and purpose for them.***

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<sup>5</sup> Much of today's prayer guide has been authored by Archie Honrado.

<sup>6</sup> Marie Kondo is a self-help guru who uses a Zen-infused method to organize and tidy up personal space.

# DAY 7

*Prayer for believers  
to be reconciled*



*Pray that diverse believers across our country and world can rediscover the Way of Jesus Christ— together.*

**Where there is separation,  
there is pain.  
And where there is pain,  
there is story.**

**And where there is story,  
there is understanding,  
and misunderstanding,  
listening  
and not listening.**

*Ask God to lead us to confess, repent, and lament when we cause disunity and discord amongst fellow image bearers.*

**May we — separated peoples, estranged strangers,  
unfriended families, divided communities —  
turn toward each other,  
and turn toward our stories,  
with understanding  
and listening,  
with argument and acceptance,  
with challenge, change  
and consolation.**

*Although we don't agree on everything, ask God to help us understand that we clearly hold this in common: Young people matter to God. They matter to the church. And they matter to us.*

# DAY 7

**Because if God is to be found,  
God will be found  
in the space  
between.  
Amen.<sup>7</sup>**

*May the Spirit cause us to listen, to reexamine, to come back to basics,  
to rediscover the Way of Jesus Christ--together.*

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<sup>7</sup> "A Prayer for Reconciliation," Pádraig Ó Tuama, from *Daily Prayer with the Corrymeela Community* (Canterbury Press, 2017).