

## WPC Conference 2020 Prayer Sheet - Friday

**Praise**—Praising God for **who He is**, His attributes, His name or His character.

**Attribute: God Refreshes Us**

**Definition:** He give new strength or energy to us and reinvigorates us! He brings us back to life when we are weary!

**Scripture(s):**

- Psalm 19:7—The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple.
- Psalm 23:1-2—The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures; He leads me besides quiet waters, He refreshes my soul.
- Proverbs 11:25—A generous person will prosper; whoever refreshes others will be refreshed.
- Jeremiah 31:25—I will refresh the weary and satisfy the faint.
- Philemon 1:7—Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people.

**Confession**—*silently confessing our sins to the God who forgives*—complaining, resisting change and accountability, apathy, lashing out or numbing ourselves when we are frustrated and discouraged  
*Repent, therefore, and turn again, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord, and that He may send the Christ appointed for you, Jesus--Acts 3:19*

**Thanksgiving**—Thanking God for **what He has done**. *Please no prayer requests during this time.*

*You gave abundant showers, O God. You refreshed Your weary inheritance.—Psalm 68:9*

**Petition/Intercession**—Coming to God in prayer on behalf of others.

**Scripture:** *May \_\_\_\_\_ not be wise in his/her own eyes. May \_\_\_\_\_ fear the Lord and turn away from evil. It will be healing to \_\_\_\_\_'s flesh and refreshment to his/her bones. For God refreshes the weary and satisfies the faint.*—from Proverbs 3:7-8, Jeremiah 31:25

**Specific Requests:**

**WPC Requests:**

- Lord, may You be glorified through all our speakers, workshops and meet-ups
- Heavenly Father, may women to find a way to feel loved, cared for and refreshed during the conference.
- Holy Spirit, give women a hunger to grow deeper in their walk with Christ.
- God, help new friendships to be made during the weekend
- Father, may women in crisis find a listening ear and be refreshed so they can remain steadfast in their trials.

*Lord, strengthen the weary and renovate our hearts. Revive us when we are dying and make new the dead, stagnant, broken and decaying parts of us. Purify our hearts so that we can find the times of refreshing in Your presence. As we refresh others, we trust that You will refresh us, so we choose to be generous. We ask that You fill us to overflowing because we can't pour out when we are empty and dry. We choose to rest here in Your presence by the quiet waters. No agenda. No program or plan. Just being with You is what we long for. Refresh us, Lord. Amen.*