



Ten x 10
THE TEN 10 COLLABORATION

PRAYER GUIDE

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Introduction

For many years, the church has been concerned about young people drifting from the faith. As adults, parents, grandparents, and congregation members, we have wondered why young people leave, and how to keep them connected to both Jesus and the faith community. Leaders have often doubled down on what we've always done in hopes of reversing the trends.

But I believe there is another story unfolding.

A story of hope and trust that Jesus cares for young people more than we can imagine.

Through the TENx10 Collaboration, we recognize that perhaps our most important step as leaders is to dive deeply into what Jesus' invitation to "follow me" actually means.

Not just for young people but for us.

In our eagerness to see God do a new work, we would be wise to think about what Jesus meant when teaching in the home of Mary and Martha in Luke 10:38-42.

What might it look like to engage like Mary, who sat at the feet of Jesus in a posture of learning and loving? After all, it was Mary, not busy, hardworking Martha, who was praised by Jesus as choosing "what is better, and it will not be taken away from her" (Luke 10:42).

Martha's frenetic, well-intentioned work and activity left her distracted. Mary's decision to sit with Jesus was the "better" thing.

In this prayer guide, my dear friends and associates Kara Root and Archie Honrado join me to provide some resources that invite you into prayer and contemplation for your own soul and the souls of young people.

We hope that you take a step into a deeper loving relationship with our Lord Jesus Christ as you pray for the same for the young people in your life.

We hope that you will choose, like Mary, to do what is better.

Mike King
President & CEO Youthfront

Strategy Summary

In our prayerful desire to help faith matter more for 10 million young people, TENx10 has adopted this strategy: **Empowered leaders and caring Christian adults focused on teenagers' identity, belonging, and purpose.**

To help you prayerfully reflect on that strategy, **we've centered each day of this prayer guide on one key idea from that strategy.** As you ponder the timeless truths of Scripture, we look forward to hearing how God changes you and young people so that together we might change our world.

For more prayer guides and other resources to help you better love and serve young people, please visit TENx10.org.

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 the TEnx10
Collaboration,
10 million more young
people will live out
a faith that matters
in the next 10 years.
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)¹

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

DAY 2

Prayer for identity grounded in Jesus



Begin by asking that prayer, Scripture, the fundamental teachings of the faith, and spiritual disciplines would help teenagers understand more of who they are 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 teenagers the space and freedom to ask tough questions about their identity, faith, and doubts.

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 teenagers—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 teenagers 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.²**

² 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 teenagers 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 adults and teenagers 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
even technology to
foster a deeper sense
of belonging for
teenagers 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.³**

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

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

DAY 4

Prayer for purpose



Pray that teenagers 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 teenagers 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 teenagers—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 teenagers 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 teenagers and model everyday faith.

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

Experiential Prayer: Praying with Empathy⁴

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.

⁴ 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 families⁵:

**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 Kondo⁶ 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.***

⁵ Much of today's prayer guide has been authored by Archie Honrado.

⁶ 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.⁷**

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

⁷ “A Prayer for Reconciliation,” Pádraig Ó Tuama, from *Daily Prayer with the Corrymeela Community* (Canterbury Press, 2017).