**HEALING**

**the**

**HEART**

**16 Days of Prayer for**

**Healing South Africa**

**PRAYER GUIDE**

**1 – 16 December 2020**

**HEALING the HEART**

**16 Days of Prayer for Healing South Africa**

**1 – 16 December 2020**

During a time of social and political upheaval in our nation, we have also witnessed the hand of God in protecting our nation from a high death toll related to Covid-19. While we have witnessed and praise God for above average rainfall and growth in the Agricultural sector of our country, there are still forces at work that want to steal, kill and destroy.

The **“Healing the Heart”** Prayer Initiative is a call to prayer for **Healing, Hope and Reconciliation**, speaking to the very heart of a broken people. For this purpose we turn to the Book of Psalms that is filled with prayers, lamentations and praise written by David and others. They poured out their hearts before God and petitioned Him for the deep sorrows experienced and for the felt emotions of anger, pain and fear, both personal and national. Praying and declaring these Scriptures forms the foundation of a **national two-fold prayer strategy** from 1 – 16 December 2020.

**PART 1**

**“16 Days of Healing”**

**1-16 December 2020**

*“Proclaiming His words of Healing over our Nation”*

Meditatively reading and declaring three

Psalms of Prayer, Praise and Lament daily

*(The daily Psalms from 1-8 December is repeated from 9-16 December)*

* ***Individuals or groups*** are invited to take ten minutes per day at a specific time of their choice to pray through the daily Psalms.
* ***24/7 Prayer Groups/Networks*** can also decide to use the social media posters in their hourly schedules for each of the 16 days.
* Consider creating your own ***virtual prayer group*** among your friends on WhatsApp/Telegram where you daily post these prayer pointers.

**PART 2**

**“National Day of Healing”**

**16 December 2020**

**“Healing of the Heart Gatherings”**

*Testimonies/Message of Hope/Corporate Prayer*

* On this day Believers are encouraged to arrange corporate prayer gatherings in their local communities/cities (city halls, churches, public spaces) where people can share their **testimonies and a short message of hope/healing and also pray** for the healing and restoration of their communities and the nation. The ***emphasis here is on prayer*** and each short testimony should be followed by corporate prayer.
* An **“Hour of Hope” National Prayer Gathering** on Zoom/Facebook will be facilitated by various National Prayer Leaders on **Wednesday 16th  December, 20:00-21:00.**
* 24/7 Prayer Networks or Prayer Groups are encouraged to have a **“24 Hour Word Watch”** on Wednesday the 16th, from **midnight to midnight**. (An individual or group fills every hour with the reading of all 24 Psalms out loud, which will take no more than 30 minutes.)

**SELECTION OF PSALMS RELEVANT TO THE 3 FOCUS AREAS**

1. **Personal Lament**

*Lament Psalms*teaches us to bring our raw emotion and desires to God – and how to release those emotions and desires to His care.

(Psalm 6, 13, 59, 61, 62, 63, 64, 84)

1. **National Lament**

*National Laments* express deep sorrow for the struggles of a nation and as a group asking for God’s blessing or intervention.

(Psalm 130, 12, 44, 58, 60, 82, 83, 85)

1. **Praise Psalms**

The word *praise* implies and emphasize a sacrifice… but not just any sacrifice – a sacrifice before the deliverance happens. (Psalm 50:14,23)

(Psalm 145, 146, 148, 34, 150, 98, 99, 100)

**PRAYER GUIDE**

**1 – 16 DECEMBER 2020**

**1 December 2020**

**Personal Lament**

Read & meditate Psalm 6.

Declare over those who are distressed and anxious:

*“Depart from me, all you workers of iniquity; for the Lord has heard the voice of my weeping.” (v.8)*

**National Lament**

Read & meditate Psalm 130.

Declare over a people in need of hope:

*“…Hope in the Lord; For with the Lord there is mercy, and with Him is abundant redemption.” (v.7)*

**Praise Psalm 145**

Read & meditate Psalm 145.

Declare God’s kingship over our nation:

*“Your kingdom is an everlasting kingdom, and Your dominion endures throughout all generations.” (v.13)*

**2 December 2020**

**Personal Lament**

Read & meditate Psalm 13.

Declare over those who seek to hurt you:

*“My heart shall rejoice in Your salvation.” (v.5)*

**National Lament**

Read & meditate Psalm 12

Declare over the poor of South Africa…

*“Now I will arise”, says the Lord.” (v.5)*

**Praise Psalm**

Read & meditate Psalm 146.

Declare His rulership over our nation…

*“The Lord shall reign forever to all generations.” (v.10)*

**3 December 2020**

**Personal Lament**

Read & meditate Psalm 59.

Declare His protection from murderers and wicked men:

*“I will wait for You, O You his Strength; for God is my defense.” (v.9)*

**National Lament**

Read & meditate Psalm 44.

Cry to God to deliver our nation from powers of destruction:

*“Awake! Why do You sleep, O Lord? Arise! Do not cast us off forever.” (v.23)*

**Praise Psalm**

Read & meditate Psalm 148.

Praise Him for He created all things:

*“Praise the name of the Lord, for His name alone is exalted; His glory is above the earth and heaven.” (v.13)*

**4 December 2020**

**Personal Lament**

Read & meditate Psalm 61.

Declare over those that feel overwhelmed with challenging circumstances:

*“He is your Shelter and your strong Tower.” (v.3)*

**National Lament**

Read & meditate Psalm 58.

Amidst wickedness, injustice and violence, declare:

*“Surely there is a reward for the righteous; surely He is God who judges in the earth.” (v.11)*

**Praise Psalm**

Read & meditate Psalm 34.

Declare over God’s people in the land:

*“Oh, magnify the Lord with me, and let us exalt His name together.” (v.3)*

**5 December 2020**

**Personal Lament**

Read & meditate Psalm 62.

Declare over those who are fearful about the future:

*“Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us.” (v.8)*

**National Lament**

Read & meditate Psalm 60.

Cry out on behalf of those who are deprived of justice:

*“Oh, please help us against our enemies, for all human help is useless.” (v.11)*

**Praise Psalm**

Read & meditate Psalm 150.

Calling the whole nation to praise the Lord:

*“Let everything that has breath praise the Lord. Praise the Lord!” (v.6)*

**6 December 2020**

**Personal Lament**

Read & meditate Psalm 63.

Cry out on behalf of those who feel spiritually abandoned:

*“O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water.” (v.1)*

**National Lament**

Read & meditate Psalm 82.

Petition for the poor and the fatherless:

*“Arise, O God, judge the earth; for You shall inherit all nations.” (v.8)*

**Praise Psalm**

Read & meditate Psalm 98.

Let all the people praise Him:

*“Shout joyfully to the Lord, all the earth; break forth in song, rejoice, and sing praises.” (v.4)*

**7 December 2020**

**Personal Lament**

Read & meditate Psalm 64.

Pray for the fear of God to come upon men with wicked schemes:

*“All men shall fear and shall declare the work of God: for they shall wisely consider His doing.” (v.9)*

**National Lament**

Read & meditate Psalm 83.

Cry out concerning all enemies of God and His people:

*“Do not keep silent, O God! Do not hold Your peace, and do not be still, O God!” (v.1)*

**Praise Psalm**

Read & meditate Psalm 99.

Cry out and call the nation to holiness:

*“Exalt the Lord our God, and worship at His feet – for He is holy.” (v.5)*

**8 December 2020**

**Personal Lament**

Read & meditate Psalm 84.

Cry out with longing for His presence:

*“My soul longs, yes, even faints for the courts of the Lord; my heart and my flesh cry out for the living God.” (v.2)*

**National Lament**

Read & meditate Psalm 85.

Pronounce God’s blessing on the land:

*“Yes, the Lord will give what is good; and our land will yield its increase.” (v.12)*

**Praise Psalm**

Read & meditate Psalm 100.

Declare to the people:

*“Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him and bless His name.” (v.4)*

**9 December 2020**

**Personal Lament**

Read & meditate Psalm 6.

Declare over those who are distressed and anxious:

*“Depart from me, all you workers of iniquity; for the Lord has heard the voice of my weeping.” (v.8)*

**National Lament**

Read & meditate Psalm 130.

Declare over a people in need of hope:

*“…Hope in the Lord; For with the Lord there is mercy, and with Him is abundant redemption.” (v.7)*

**Praise Psalm 145**

Read & meditate Psalm 145.

Declare God’s kingship over our nation:

*“Your kingdom is an everlasting kingdom, and Your dominion endures throughout all generations.” (v.13)*

**10 December 2020**

**Personal Lament**

Read & meditate Psalm 13.

Declare over those who seek to hurt you:

*“My heart shall rejoice in Your salvation.” (v.5)*

**National Lament**

Read & meditate Psalm 12

Declare over the poor of South Africa…

*“Now I will arise”, says the Lord.” (v.5)*

**Praise Psalm**

Read & meditate Psalm 146.

Declare His rulership over our nation…

*“The Lord shall reign forever to all generations.” (v.10)*

**11 December 2020**

**Personal Lament**

Read & meditate Psalm 59.

Declare His protection from murderers and wicked men:

*“I will wait for You, O You his Strength; for God is my defense.” (v.9)*

**National Lament**

Read & meditate Psalm 44.

Cry to God to deliver our nation from powers of destruction:

*“Awake! Why do You sleep, O Lord? Arise! Do not cast us off forever.” (v.23)*

**Praise Psalm**

Read & meditate Psalm 148.

Praise Him for He created all things:

*“Praise the name of the Lord, for His name alone is exalted; His glory is above the earth and heaven.” (v.13)*

**12 December 2020**

**Personal Lament**

Read & meditate Psalm 61.

Declare over those that feel overwhelmed with challenging circumstances:

*“He is your Shelter and your strong Tower.” (v.3)*

**National Lament**

Read & meditate Psalm 58.

Amidst wickedness, injustice and violence, declare:

*“Surely there is a reward for the righteous; surely He is God who judges in the earth.” (v.11)*

**Praise Psalm**

Read & meditate Psalm 34.

Declare over God’s people in the land:

*“Oh, magnify the Lord with me, and let us exalt His name together.” (v.6)*

**13 December 2020**

**Personal Lament**

Read & meditate Psalm 62.

Declare over those who are fearful about the future:

*“Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us.” (v.8)*

**National Lament**

Read & meditate Psalm 60.

Cry out on behalf of those who are deprived of justice:

*“Oh, please help us against our enemies, for all human help is useless.” (v.11)*

**Praise Psalm**

Read & meditate Psalm 150.

Calling the whole nation to praise the Lord:

*“Let everything that has breath praise the Lord. Praise the Lord!” (v.6)*

**14 December 2020**

**Personal Lament**

Read & meditate Psalm 63.

Cry out on behalf of those who feel spiritually abandoned:

*“O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water.” (v.1)*

**National Lament**

Read & meditate Psalm 82.

Petition for the poor and the fatherless:

*“Arise, O God, judge the earth; for You shall inherit all nations.” (v.8)*

**Praise Psalm**

Read & meditate Psalm 98.

Let all the people praise Him:

*“Shout joyfully to the Lord, all the earth; break forth in song, rejoice, and sing praises.” (v.4)*

**15 December 2020**

**Personal Lament**

Read & meditate Psalm 64.

Pray for the fear of God to come upon men with wicked schemes:

*“All men shall fear and shall declare the work of God: for they shall wisely consider His doing.” (v.9)*

**National Lament**

Read & meditate Psalm 83.

Cry out concerning all enemies of God and His people:

*“Do not keep silent, O God! Do not hold Your peace, and do not be still, O God!” (v.1)*

**Praise Psalm**

Read & meditate Psalm 99.

Cry out and call the nation to holiness:

*“Exalt the Lord our God, and worship at His feet – for He is holy.” (v.5)*

**16 December 2020**

**Personal Lament**

Read & meditate Psalm 84.

Cry out with longing for His presence:

*“My soul longs, yes, even faints for the courts of the Lord; my heart and my flesh cry out for the living God.” (v.2)*

**National Lament**

Read & meditate Psalm 85.

Pronounce God’s blessing on the land:

*“Yes, the Lord will give what is good; and our land will yield its increase.” (v.12)*

**Praise Psalm**

Read & meditate Psalm 100.

Declare to the people:

*“Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him and bless His name.” (v.4)*

***A Collective Prayer Initiative in Partnership***

***with the following networks***

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| --- | --- |
|  | **IFSA (Intercessors Fellowship for South Africa)** |
|  | **SA Prayer Movement for Change** |
|  | **Jericho Walls International Prayer Network** |
|  | **Healing the Nation** |
|  | **Unlimited Prayer Frontiers SA** |
|  | **SA Back to God** |
|  | **Shalom Ministries (Mighty Men SA)** |
|  | **Global Voice of Prayer** |
|  | **United Prayer for South Africa (Up4SA)** |
|  | **Global Harvest 24/7 Prayer Network** |

**COMPILED BY**

**Jericho Walls International Prayer Network**

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