

Prayer Guide —

Witness the suffering.

- → Visit multiple news sources to learn what's happening today. Stay prayerfully informed. Invite the Holy Spirit to help you process everything with wisdom. Pay attention to the humanity of every person in every story you engage.
- → Reach out to someone who is one step closer to the crisis than you are. Listen empathetically to their current experience.
- → Increase your awareness of how other people and organizations are responding. Join Every Home's OIKOS Society Eurasia Crisis Response Facebook Group (bit.ly/ECRFBG) for the latest updates on activity happening in our fellowship. Look for ways to connect with other people and organizations you trust who are also responding.

Be still before the Lord.

- → Set aside time and space in your day for a spiritual practice that helps you quiet your heart before the Lord. Be still in the presence of God.
- → Become aware of the Lord's heart in response to this situation. As you read the Bible today, pay attention to the way Jesus responds to people who are suffering. Prayerfully ask him to show you his heart for the people of Eurasia.

Choose a scripture, phrase, or word to anchor your heart.

- → When your attention is directed toward this crisis throughout the day, and as you go about responding as the Lord has invited you, what prompt — a word, phrase, or scripture — might you return to that will anchor your heart to the hope of Christ?
- → Try reading through a Psalm each day. As you read, ask the Lord to highlight a single word or phrase to remind you of his presence in this crisis. Keep the word or phrase in front of you throughout the day. Return to it any time you feel anxious or when your attention is turned toward Eurasia.

Ask the Lord how he is inviting you to respond today.

- → Allow the Lord to stir your heart toward an active response that demonstrates hope for Eurasia. Participate with the Spirit of God in the healing of this land.
- → Be curious and creative in the wisdom of the Holy Spirit. Perhaps the Lord will invite you to intercessory prayer, fasting, or financial giving. Be open to other opportunities to respond that the Spirit might highlight for you. How are you uniquely gifted and positioned to care, practically, for the people of Eurasia who are facing this crisis today?