

# My 2026 COMMITMENT

1. **Pray at least twice a week using the Life Support Prayer Calendar.** We encourage at least once gathered with other Christians, as two or more.
2. **Encourage other individuals in your congregation to join in the Life Support Prayer ministry.** Notify PPL of those who are interested in commitment.
3. **Encourage congregational prayers** to protect preborn children, for the care of their young parents and families, as well as for the aged and those suffering with chronic disease or disability.
4. As you are led, **renew your Life Support commitment** annually.

## PPL is so grateful for your prayers!

We know that the seasons of your life change. If you are unable to continue your commitment to PPL's prayer team, please contact us and we will remove you from these mailings.



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# LIFE SUPPORT PRAYER CALENDAR

MAY | JUNE | JULY | AUG

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## Philippians 1:9-11 Lexham English Bible

***“And this I pray: that your love may abound still more and more in knowledge and all discernment, so that you may approve what is superior, in order that you may be sincere and blameless in the day of Christ, having been filled with the fruit of righteousness which comes through Jesus Christ to the glory and praise of God.”***

# STALE OR SPIRIT-DIRECTED PRAYER?

*By Rev. Lowell Avery, PPL Board Member*

Have you ever experienced your praying becoming just routine, and your time with God getting kind of stale? I have, more than once. One thing that helps me get out of a prayer rut is to let the Spirit guide me by praying through an extended passage of Spirit-given Scripture. Some texts lend themselves to the practice easily, such as the Psalms. Some passages could be more difficult than others – I wouldn't recommend starting with Leviticus or II Chronicles – but Paul's letters are not too challenging to translate into prayers.

Accordingly, I have chosen the first part of his letter to the Philippians to serve as our guide as we pray about the difficult matter of championing human life, and on behalf of those at the forefront of the matter. What I offer are simply prompts, seeking to stir your mind and spirit to “pray without ceasing” about the issue and for the people involved.

Also, I commend the rest of Philippians to your ongoing times with God in prayer. You may find yourself surprised by what various directions the Spirit may lead you, but if the Spirit is doing the leading, it will be a good surprise.

***“Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith— that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that by any means possible I may attain the resurrection from the dead.”***

**Philippians 3:8-11 ESV**

*Life Support Prayer Calendar prayer prompts are written by Rev. Lowell Avery, PPL Board Member, and edited by Carla van Eyk, Executive Director. The LS Prayer Calendar at ppl.org is updated weekly, and downloads of the LS Prayer Calendar are available, also.*

*All Bible quotations are from the Lexham English Bible. Photo credit: pexels-roman-ziomka*

## MAY

**May 3-9:** *“Paul and Timothy, slaves of Christ Jesus, to all the saints in Christ Jesus ..., together with the overseers and deacons. Grace to you and peace from God our Father and the Lord Jesus Christ.”* Php 1:1-2 Heavenly Father, as slaves of Jesus, help us to serve the weak and defenseless ones by protecting them from the unjust suffering and death caused by abortion and assisted suicide. *Lord, give protection and peace to all who are vulnerable to the violence prompted by fear, greed, anger, pride.*

**May 10- 16:** *“I give thanks to my God upon my every remembrance of you, always in my every prayer for all of you, making the prayer with joy,”* Php 1:3-4 We thank You for our lives and for the service of all who give of their time, money, and energy to protect babies and old folks from those who would destroy them. *Our Father, what a joy it is to hear of the many ways You enable Your gracious truth to turn frightened women away from doing harm to their precious unborn babies.*

**May 17- 23:** *“because of your participation in the gospel from the first day until now, convinced of this same thing, that the one who began a good work in you will finish it until the day of Christ Jesus,”* Php 1:5-6 Spirit of the living God, we rejoice that many, who discover the humanity of the unborn, also realize the eternal value of their own lives and turn to Jesus for forgiveness and abundant life as mothers and fathers. *Father God, we ask You to help Your Church to come alongside the precious moms and dads, and by Your Holy Spirit help them grow to maturity in Christ and raise their babies in the loving truth of God.*

**May 24 - 30:** *“just as it is right for me to think this about all of you, ... since both in my imprisonment and in the defense and confirmation of the gospel all of you are sharers of grace with me [Paul]. ...”* Php 1:7-8 Father, keep us aware of, frequently praying for, and sacrificially serving all who are considered expendable. *Lord, help us to extend Your tender mercies to those who are confused and perhaps feel overwhelmed by the prospect of caring for an elderly parent or a young baby.*

## JUNE

**May 31- June 6:** *“And this I pray: that your love may abound still more and more in knowledge and all discernment, so that you may approve what is superior, in order that you may be sincere and blameless in the day of Christ,”* Php 1:9-10 Spirit of God, many of the issues around pregnancy and aging are complicated, and we need You to guide our hearts and minds in Christ Jesus to make wise, loving decisions. *Lord Jesus, we know that we are responsible to You for our decisions. Help all to hallow Your name by following Your holy Word in making life and death choices.*

**June 7- 13:** *“having been filled with the fruit of righteousness which comes through Jesus Christ to the glory and praise of God.”* Php 1:11 Father, we anticipate that day when we'll rejoice to meet those we have served in some way; we'll marvel in Your glory and lift our voices together in praise of Your holy name. *“Now I want you to know, brothers, that my circumstances have happened instead for the progress of the gospel,”* Php 1:12 *Lord God, there are those who seek to do mischief to Your servants who are working to defend the vulnerable. What they intend for evil, use for good; save the weak and give us joy.*

**June 14- 20:** *“so that my imprisonment in Christ has become known ..., and most of the brothers, trusting in the Lord because of my imprisonment, dare even more to speak the word without fear.”* Php 1:13-14 Holy God, expose the lies of the evil one, and help us to shine the light of truth into the dark corners of this world, setting free the captives who have heretofore been servants of death. *Gentle Jesus, give pastors and other leaders in Your Church the faith-filled courage to speak the truth in love, prompting Your people to become champions for human life at every stage.*

**June 21- 27:** *“Some even because of envy and strife preach Christ, but some also because of good will. The latter do so from love, knowing that I am appointed for the defense of the gospel.”* Php 1:15-16 Father, in Your sovereign grace, use even the words and deeds of the self-serving to accomplish Your purpose of re-establishing the value of the lives of all made in Your image. *Lord, we rejoice that many speak up and take action in defense of the helpless because they love You and their neighbors. May their tribe increase!*

## JULY

**June 28- July 4:** *“[Some] proclaim Christ from selfish ambition, not sincerely, thinking to raise up affliction ... Only that in every way, whether in pretense or in truth, Christ is proclaimed, and in this I rejoice.”* Php 1:17-18a Merciful Father, if we find ourselves on the abusive end of the stick, remind us just to keep on rejoicing as we serve You with zeal, knowing that You never waste a hurt. *Holy Spirit, as we work for justice for the defenseless, remind us to do so in the name of and for the sake of Jesus, who compels us by the urgent importance of the Gospel.*  
**July 5- 11:** *“But also I will rejoice, for I know that this will turn out to me for deliverance through your prayer and the support of the Spirit of Jesus Christ, according to my eager expectation and hope, that I will be put to shame in nothing, but with all boldness, even now as always Christ will be exalted in my body, whether through life or through death.”* Php 1:18b-20 O King of kings, we know that You always accomplish Your purposes, so we rejoice ahead of time that our service of You on behalf of the helpless will meet Your approval. *Sovereign Lord, grant joyful boldness in Christ to all who stand in the gap in any way to defend the babies and the helpless suffering with disability, whatever it takes or costs.*  
**July 12-18:** *“For to me to live is Christ and to die is gain. But if it is to live in the flesh, this is fruitful work for me, and which I will prefer I do not know.”* Php 1:21-22 Lord of all, we need Paul's attitude. Remind us that each of our lives is in Christ, and that He will empower us to do whatever is necessary to accomplish His life-saving purposes. *Father, we know that until Christ returns there will be spiritual battles to fight. Help us to live assuredly that our labor on behalf of the friendless is not in vain.*  
**July 19-25:** *“But I am hard pressed between the two options, having the desire to depart and to be with Christ, for this is very much better. But to stay on in the flesh is more necessary for your sake.”* Php 1:23-24 Almighty God, we get tired. Remind us to let Your sabbath day refresh us. *Empower us by the help of the Holy Spirit not to become weary in protecting the most vulnerable. You are the only one who is irreplaceable. But as long as You give us breath, we have good work to do for You.*  
**July 26-Aug. 1:** *“And because I am convinced of this, I know that I will remain and continue with all of you for your progress and joy in the faith,* (Continue above)

## AUGUST

**July 26-Aug. 1 :** (continued) *“so that what you can be proud of may increase in Christ Jesus because of me through my return again to you.”* Php 1:25-26 All-knowing God, help us keep the long view in mind as we work diligently in the present. Should Jesus tarry in His return, may new generations love life, the Imago Dei. *Loving Father, prompt us not to neglect nor squander the riches of Christ, but to use them for Your glory, by helping others have life that can become eternal and abundant.*  
**Aug. 2- 8:** *“Only lead your lives in a manner worthy of the gospel of Christ, so that whether I come and see you or am absent I hear ... that you are standing firm in one spirit, with one soul contending side by side for the faith of the gospel, and not letting yourselves be intimidated ...”* Php 1:27-28 Holy Trinity, as You are One, keep us one in the Spirit and in the mission of making disciples who respect those You created in Your image. O God, *our help and shield, when Your enemies make noise and threats, remind us that they are simply calling down judgment on themselves as we proclaim life to the world.*  
**Aug. 9- 15:** *“because to you has been graciously granted on behalf of Christ not only to believe in him, but also to suffer on behalf of him, having the same struggle ...”* Php 1:29-30 God our defender, none of us ask to suffer. But when it comes because we endeavor to live righteous lives, help us to say with Jesus, “Your will be done.” *We know that many are suffering for the sake of Christ, speaking truth in love. Be their Help; grant us their devotion.*  
**Aug. 16- 22:** *“Therefore, if there is any encouragement in Christ, ... complete my joy, so that you are in agreement, having the same love, united in spirit, having one purpose.”* Php 2:1-2 Help us to bless one another with love, fellowship, affection and compassion. *May Your congregations be one-minded to protect the weak. We want them to hallow Your name and bring You joy, too!*  
**Aug. 23- Sept. 5:** *“Do nothing according to selfish ambition or according to empty conceit, but in humility considering one another better than yourselves, each of you not looking out for your own interests but also each of you for the interests of others.”* Php 2:3-4 Spirit of God, our selfishness and conceit lull us to sleep in this perilous time. Wake us up! *Move us to seek your face and humbly act and pray on behalf of the poor and weak.*