

The 60-Minute Prayer Wheel

Twelve movements. Pray through each invitation for five minutes.

- 1 BE STILL**
Psalm 46:10 ESV
 Become quiet and aware of God's presence.
 - Release the distractions you brought with you.
 - Welcome the presence of the Father, Son, and Holy Spirit.
- 2 PRAISE**
Psalm 103:1-5 ESV
 Tell God who He is and why He is worthy.
 - Praise God for His holiness, goodness, mercy, and power.
 - Name the attributes of God you most need to remember today.
- 3 GIVE THANKS**
1 Thessalonians 5:18 ESV
 Remember God's gifts and faithful care.
 - Thank God for three specific gifts from the last day.
 - Thank Him for people who have helped you follow Jesus.
- 4 CONFESS**
Psalm 139:23-24 ESV
 Invite God to search your heart and restore you.
 - Ask the Spirit to reveal any sin, resistance, or hidden motive.
 - Confess plainly and receive the forgiveness Jesus provides.
- 5 READ SCRIPTURE**
Psalm 119:105 ESV
 Let God's Word shape your thoughts and prayers.
 - Read a passage slowly more than once.
 - Notice a word, promise, or invitation that stands out.
- 6 LISTEN**
John 10:27 ESV
 Make room to hear the gentle voice of Jesus.
 - Ask, 'Jesus, what do You want me to know today?'
 - Wait without forcing an answer or filling the silence.

- 7 PRAY FOR BELMONT**
Ephesians 3:16-19 ESV
 Ask God to fill our church with His presence and love.
 - Pray for Belmont's leaders, families, unity, healing, discipleship, and calling to be a house of prayer.
- 8 PRAY FOR NASHVILLE**
Jeremiah 29:7 ESV
 Seek the peace and flourishing of our city.
 - Pray for Nashville's neighbors, schools, vulnerable people, leaders, churches, justice, mercy, and spiritual awakening.
- 9 PRAY FOR THE CHURCH**
John 17:20-23 ESV
 Pray for the whole body of Christ to live as one.
 - Bless congregations and prayer communities across Middle Tennessee.
 - Pray that rivalry and division give way to humility and friendship.
- 10 PRAY FOR THE WORLD**
Psalm 67:1-2 ESV
 Join God's heart for every people and every place.
 - Pray for the nations, missionaries, church planters, persecuted believers, global crises, and people with little access to the gospel.
- 11 INTERCEDE**
1 Timothy 2:1 ESV
 Carry the needs of others into God's presence.
 - Pray by name for people who need healing, provision, or guidance.
 - Stand in prayer for someone who cannot find words.
- 12 SURRENDER**
Romans 12:1-2 ESV
 Offer your life again to God and go in peace.
 - Place your plans, relationships, work, and future in God's hands.
 - Say yes to the next faithful step He has shown you.

PRAYER WHEEL AT A GLANCE



25 Ways to Pray for Nashville

A city fact, a focused prayer, and a Scripture reference.

1 EVERY NEIGHBOR

745,904 people called Davidson County home in 2025.
PRAY: Lord, let every person in Nashville encounter Your goodness through the love and witness of Your people.
Jeremiah 29:7 ESV

2 NEIGHBORS WITHOUT A HOME

2,298 people experienced literal homelessness on one night in Nashville in January 2026.
PRAY: Jesus, provide safe shelter, lasting housing, healing relationships, and renewed hope for every unhoused neighbor.
Matthew 25:35 ESV

3 SLEEPING UNSHELTERED

655 of those counted were living outside or in places not meant for habitation.
PRAY: Father, protect those sleeping outdoors tonight and guide outreach workers to people who need help most.
Psalms 91:1 ESV

4 FOOD-INSECURE NEIGHBORS

1 in 10 Nashvillians does not always have reliable access to enough nutritious food.
PRAY: God of provision, fill empty tables, strengthen food ministries, and move us to share generously.
Luke 1:53 ESV

5 CHILDREN FACING HUNGER

Nearly 1 in 5 Nashville children may not have enough to eat.
PRAY: Father, nourish every child in body and spirit, and bless schools, families, and ministries that feed them.
Matthew 18:5 ESV

6 FAMILIES UNDER PRESSURE

13.9% of Davidson County residents live below the poverty line.
PRAY: Lord, open doors to stable work, fair wages, affordable necessities, and communities of practical support.
Psalms 113:7 ESV

7 CHILDREN IN FOSTER CARE

8,200+ children are in foster care across Tennessee, including children here in Nashville.
PRAY: Father to the fatherless, bring safety, healing, and permanent loving families; sustain foster parents and caseworkers.
Psalms 68:6 ESV

8 ENGLISH LEARNERS

21,000+ MNPS students are learning English while also mastering their schoolwork.
PRAY: God, give students courage, teachers wisdom, and families a deep sense of welcome and belonging.
Acts 10:34-35 ESV

9 FOREIGN-BORN NEIGHBORS

15.3% of Nashvillians were born outside the United States.
PRAY: Lord, make Nashville a city of welcome where immigrants and refugees find friendship, dignity, and opportunity.
Deuteronomy 10:19 ESV

10 THOSE WHO HAVE SERVED

24,805 veterans live in Nashville-Davidson County.
PRAY: Prince of Peace, strengthen veterans and their families; bring healing from seen and unseen wounds.
Psalms 34:18 ESV

11 NASHVILLE'S YOUNG PEOPLE

About 1 in 5 residents is under age 18.
PRAY: Jesus, guard Nashville's children, surround them with wise adults, and call them into lives of courage and faith.
Mark 10:14 ESV

12 PUBLIC SCHOOLS

160+ MNPS schools serve children across Nashville's neighborhoods.
PRAY: Lord, let every school be safe and every student be known, challenged, supported, and loved.
Psalms 119:66 ESV

13 TEACHERS AND SCHOOL STAFF

80,000+ students depend daily on Nashville's educators and support staff.
PRAY: God, renew those who teach and serve; give them patience, creativity, protection, and joy.
Galatians 6:9 ESV

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HOMES IN CRISIS

Metro Police respond to a domestic-violence call about every 20 minutes.

PRAY: God of refuge, protect survivors, expose hidden harm, bring justice, and lead families toward safety and healing.

Psalm 9:9 [ESV](#)

20

THOSE WHO ANSWER THE CALL

First responders stand ready across our city 24/7.

PRAY: Lord, protect first responders, steady them in crisis, heal accumulated trauma, and guard their families.

Joshua 1:9 [ESV](#)

15

MENTAL HEALTH

1 in 5 U.S. adults experiences mental illness each year; Nashville families are not exempt.

PRAY: Jesus, meet those living with anxiety, depression, trauma, or loneliness; strengthen caregivers and counselors.

1 Peter 5:7 [ESV](#)

21

SOCIAL WORKERS AND CASEWORKERS

They serve one life at a time in complex situations.

PRAY: God, give social workers discernment, endurance, healthy boundaries, and the resources to serve well.

Galatians 6:2 [ESV](#)

16

OVERDOSE AND RECOVERY

700+ suspected overdose deaths occurred annually in Nashville during 2021-2023; recent declines bring hope.

PRAY: God, break addiction's grip, preserve lives, strengthen recovery ministries, and comfort grieving families.

Psalm 107:14 [ESV](#)

22

THOSE WHO SERVE THE CITY

Thousands of nonprofit staff and volunteers meet practical needs throughout Middle Tennessee.

PRAY: Lord, unite ministries, nonprofits, businesses, and government around what brings life to our neighbors.

1 Peter 4:10 [ESV](#)

17

NEIGHBORS WITHOUT INSURANCE

About 1 in 8 Nashvillians under 65 lacks health insurance.

PRAY: Great Physician, make compassionate, affordable care accessible and strengthen clinics serving vulnerable neighbors.

Luke 9:2 [ESV](#)

23

AFFORDABLE HOUSING

\$413,600 is the median value of an owner-occupied Nashville home.

PRAY: God, give leaders wisdom and make room for families of every income to live with stability and dignity.

Isaiah 65:21 [ESV](#)

18

NEIGHBORS WITH DISABILITIES

About 1 in 10 Nashvillians under 65 lives with a disability.

PRAY: Lord, remove barriers, create belonging, and help churches honor every person's gifts and dignity.

1 Corinthians 12:22 [ESV](#)

24

THE CHURCH IN NASHVILLE

One body made up of many congregations, traditions, languages, neighborhoods, and ministries.

PRAY: Jesus, make Your Church holy, united, prayerful, generous, and bold in bearing witness to You.

John 17:21 [ESV](#)

19

SENIOR NEIGHBORS

About 1 in 8 Nashvillians is age 65 or older.

PRAY: Faithful God, protect seniors from isolation, provide excellent care, and let their wisdom bless generations.

Isaiah 46:4 [ESV](#)

25

A CITY SEEKING GOD

May prayer rise from Nashville 24/7.

PRAY: Holy Spirit, awaken sustained prayer and send Your people into the city with the presence and power of Jesus.

Isaiah 62:6-7 [ESV](#)

10 Ways to Pray for the Persecuted Church

Pray that persecuted Christians will...

1 **Sense God's presence**
Hebrews 13:5

6 **Mature in their faith**
Colossians 1:28-29

2 **Know we are praying for them**
2 Timothy 1:3

7 **Be granted wisdom in covert ministry work**
Acts 9:23-25

3 **Experience God's comfort**
2 Thessalonians 2:16-17

8 **Remain joyful amid suffering**
Acts 5:41

4 **See God provide opportunities for evangelism**
Colossians 4:3

9 **Forgive and love their persecutors**
Matthew 5:44

5 **Boldly share the gospel**
Acts 4:29

10 **Be rooted in God's Word**
2 Timothy 3:16-17

Lord Jesus, strengthen Your Church to remain faithful, courageous, joyful, forgiving, and rooted in Your Word. Amen.