

Prayer GUIDE



We anticipate a movement of God among our church family as we spend time approaching the throne of the God who created us, loves us, and invites us to come to Him in prayer. We expect to see and hear of many miracles and answers to prayer, not because God is our errand boy who is obligated to do what we ask, but because He wants to work in our lives and show us His power and love.

This resource is provided for you to use as you see fit. In other words, don't feel like you have to utilize every page. Just use what is helpful to you! We have provided several possible models of prayer to help guide your time with God. We do encourage you to write down your praises, requests, thoughts, and questions as you begin this prayer journey. And remember that the highest purpose of prayer isn't to "get stuff." Its highest purpose is to draw us closer to God as we see His love and power in new ways!

Some helpful tips:

- Some people pray best in the mornings, some at night. You might even consider praying over your lunch hour. Pick a time that works best for you, particularly when distractions are at a minimum.
- Remember, prayer is a conversation. Tell God what is on your heart and mind, but also take time to listen and reflect.
- If or when your mind wanders while you are praying, don't let that discourage you. Just start praying about the things your mind is wandering toward.
- If you fall asleep praying, don't beat yourself up! There were times when my kids were little that we would be having a conversation while they were sitting in my lap, and I would look down and notice they were asleep. I certainly didn't get mad at them, and I don't believe our heavenly Father does either!
- If you are new to this "prayer thing," that's ok. Prayer is just a conversation with God. You don't have to use big, flowery language. Just tell Him what's on your heart, in your own words!

"Mountains" I am praying
for God to move...
(Spiritual, Emotional, Physical, Financial, Relational)

...In Me

...In My Family

...In My Friends

...In My Acquaintances

...In My Community

...In My Country

...In The World

PRAYER MODEL #1: THE LORD'S PRAYER

(Matthew 6:9-13, NLT)

This model simply follows the flow of the Lord's Prayer.

Our Father in heaven,
may your name be kept holy.

(Praise and Adoration)

May your Kingdom come soon.
May your will be done on earth,
as it is in heaven.

(Submission to His Will)

Give us today the food we need,
(Request to Meet Our Needs)

and forgive us our sins,
as we have forgiven those who sin
against us.

(Heal and Strengthen our Relationships)

And don't let us yield to temptation, but
rescue us from the evil one.

(Strengthen Us to be Holy and Christ-like)

PRAYER MODEL #2:

"ACTS"

Adapted from

<http://www.campusnavs.org/Resources/ResourcesTree/Prayer/Prayer-Tools/ACTS>

You might choose to use the "ACTS" model of prayer. It helps you focus your prayer in four areas:

ADORATION

(Praising God for who He is)

Pray, "God, I praise you for..."

CONFESSION

(Acknowledging our sins, failures, shortcomings)

Pray, "God, I confess to you that I..."

THANKSGIVING

(Thanking God for what He has done)

Pray, "God, thank you for..."

SUPPLICATION

(Presenting our requests)

Pray, "God, I ask you to/for..."

PRAYER MODEL #3:

Spend 5 minutes doing each of the following...

First 5 Minutes: Write down on a piece of paper the things that are on your mind to do later today or tomorrow. Think of this as a way to clear your mind of distractions. Plus, you end up with a to-do list for later!

Second 5 Minutes: Enter into actual prayer by praising God for who He is, and thanking Him for the blessings in your life.

Third 5 Minutes: Present your requests and burdens to God.

Fourth 5 Minutes: Spend some time just listening and reflecting. Prayer is a conversation, and a true conversation works both ways. This step gives God a chance to speak to your heart, mind, and conscience.

*As your prayer life grows, you may find yourself naturally increasing the time you spend in each area.

PRAYING THE PSALMS

Many of the Psalms were written as prayers to God. Consider praying them as you read them.

Prayers of Worship and Praise

Psalms 19, 24, 29, 33, 34, 47, 48, 65, 66, 67, 76, 89, 92, 93, 96, 97, 98, 100, 104, 108, 117, 122, 134, 147, 148, 149, 150

Prayers of Confession and Acknowledgement

Psalms 6, 15, 32, 38, 51, 88, 123, 130, 143

Prayers of Request

Psalms 5, 21, 91, 102, 113, 115, 121, 146

Prayers of Protection and Deliverance

Psalms 3, 8, 11, 12, 16, 18, 20, 25, 28, 30, 31, 35, 40, 46, 52, 59, 61, 69, 70, 71, 116, 124, 129, 140, 142, 143

Prayers of Vindication and Forgiveness

Psalms 3, 5, 6, 7, 10, 11, 17, 25, 26, 28, 31, 35, 36, 40, 41, 43, 53, 54, 55, 56, 58, 59, 63, 68, 70, 71, 73, 74, 79, 83, 94, 97, 104, 109, 119, 120, 129, 137, 139, 141

Prayers of Renewal and Restoration

Psalms 23, 55, 60, 62, 63, 69, 74, 80, 81, 103, 131, 137

Prayer and the Apparent Silence of God

Psalms 6, 10, 13, 22, 42, 50, 77

Prayer and Waiting on the Lord

Psalms 27, 33, 37, 40, 130

Prayers of Reward & Thanksgiving

Psalms 37, 41, 45, 58, 72, 75, 84, 100, 105, 107, 112, 128, 133, 144, 145

(Adapted from *Life Change Series*, Navpress)

Daily Focus

DAY 1: “Your will be done.” Surrender to God’s will for every area of your life! (*Matthew 26:39*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 2: "Search me." Ask God to show you what He wants to change in you! (*Psalm 139:23-24*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 3: "Break me." Ask God to break you of any pride or stubbornness! (*Matthew 16:24-25*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 4: "Interrupt me." Ask God to give you someone to minister to today! (*Mark 5:21-34*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 5: "Send me." Surrender to wherever God wants to send you! (*Isaiah 6:8*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 6: "Reveal my fears." Commit to God whatever causes you fear/anxiety! (*Psalm 34:4*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 7: For what or whom does Sunday's sermon passage inspire you to pray?

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 8: Our Pastors & Staff, Board Members, Small Group Leaders, Ministry Leaders (*1 Thessalonians 5:12*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 9: Clear vision for the Future of Our Church (*Nehemiah 21:1-6*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 10: Workers & Resources for Carrying Out
God's Vision for Our Church (*Matthew 9:37-38*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 11: Kids, Teenagers, and College Students of Our
Church (*1 Timothy 4:12*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 12: Marriages & Families of Our Church (*Matthew 19:4-6*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 13: Those in Our Church Family Who Are Advanced in Years (*Leviticus 19:32*)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 14: For what or whom does Sunday's sermon passage inspire you to pray?

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 15: Our Community & Surrounding Areas
(Jeremiah 29:7)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 16: Teachers & School Officials, College Campuses
(James 3:1)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 17: Lost Friends & Family Members
(James 5:19)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 18: Global Missions, the Persecuted Church
(Matthew 28:18-20)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 19: Government Officials & the Healing of Our Nation
(2 Chronicles 7:14)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 20: Pray for a Previous Prayer Focus that Continues to Burden Your Heart

(Ephesians 6:18)

Specific Requests: _____

Praises or Answers to Prayer: _____

Daily Focus

DAY 21: For what or whom does Sunday's sermon passage inspire you to pray?

Specific Requests: _____

Praises or Answers to Prayer: _____
