

Prayer GUIDE

► PICK A TIME AND PLACE

You can pray anytime and anywhere. We should pray spontaneously whenever and wherever we sense a prompting in our hearts—however, our lives are fueled by prayer, so we shouldn't leave it up to spontaneity. Pick a consistent time and place when you can be alone.

► LISTEN BEFORE YOU SPEAK

Prayer is not a recitation, but a conversation—a conscious, personal communication with God. Just as God speaks to us in His Word, He is listening when we pray. It may not feel that way, but He is always on the other side of prayer.

Let God speak first. Sit quietly and wait. Begin by reading something from the Bible. Put His living and active words into your ears, and let them shape and inspire what you say back to Him. Not sure where to start? The front cover of this guide is filled with powerful verses. Start there!

► PRIORITIZE THE SPIRITUAL OVER THE CIRCUMSTANTIAL

Ephesians 6:12 reminds us that “We do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.” Physical needs are important, but they pale in comparison to our spiritual, emotional and eternal needs. We should spend as much time praying for our spiritual health, for the salvation of our loved ones, and for the spread of the Gospel as we pray about anything else.

► DON'T BE AFRAID TO STOP AND PRAY NOW

Prayer should be prioritized and scheduled, but the beauty of our freedom and mercy in Christ is that prayer can happen anywhere. When you feel the impulse to pray, seize it. Take it as the prompting of the Holy Spirit. Pray right there in the moment with the person who asks you to pray for them. It can become an unexpected life-giving moment for both of you.

▶ ASK HIM ABOUT ANYTHING— NOTHING IS TOO BIG OR TOO SMALL

Many of us lack courage and imagination in our prayer lives. We have a little box of routine things we're willing to ask God for, and we take on everything else on our own. Do we have enough faith to think God cares about another Monday morning at work or the challenging relationships in our lives? Philippians 4:6, says, "Do not be anxious about anything"—your random conversation with that friend, your sleep tonight, this month's budget—"but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

▶ BE WILLING TO ASK AGAIN

If God has given you a burden or desire that has yet to be fulfilled, be willing to ask Him again and again. Jesus knew we would lose heart in prayer, specifically that we would pray for things for long enough that we would start to question if God was even listening. But He wants us to keep asking, keep pleading, keep praying. In Luke 18:4-8, He tells His disciples a story about a widow seeking justice from a judge. She pled and pled with him. Luke writes, "don't you think God will surely give justice to His chosen people who cry out to Him day and night?" The widow was rewarded for her persistence by an unrighteous judge. How much more will God listen to His precious sons and daughters who ask and ask and ask? Don't be afraid to pray and ask Him, again.

▶ RECORD YOUR PLAN HERE

There's something powerful about writing down your prayer plan. It is an opportunity to remind yourself of what you have committed to do and later to celebrate how God has grown you through this experience. This is just between you and God now, but what a life-giving testimony it may become later on.

Over the Next 30 Days I Commit to:

Daily Prayer Time: _____

My Prayer Place: _____

I Am Praying For: