

THE  
SCHOOL OF  
PRAYER



**Prayer is worth doing regardless of how poorly we do it.** And let's be honest we're not great at it. We don't pray nearly enough. And even when we do – it often doesn't feel like our prayers are making it past the ceiling. We pray for ourselves when we should be praying for others. We do all the talking when we should be listening. We give up too easily. We pray only in emergencies. Our minds wander. We fall asleep right in the middle of it. **Yep – prayer is tough.**

But the fact remains that prayer is one of the main ways we can connect with God. Prayer is the pipeline of communication between God and those who love Him. **We won't truly grow closer to Jesus without a healthy prayer life.**

This 28-Day guided prayer booklet is meant to be a companion piece to our sermon series, "The School of Prayer." It's putting to practice some of the principles we will be talking about during the services. If you miss any sermons in the series, you can always catch up at [whoisgrace.com](http://whoisgrace.com).

## HOW TO USE THIS BOOK:

1. **Bring it with to church every Sunday.** Use the Sunday page to take notes and write down different prompts during the service.
2. **Place it somewhere you will see it every day, and use it!** Use the verses and suggestions given by our Pastors and see where it leads you. You can use the space to write, draw or even get crazy and tape/glue things on the pages. Whatever works for you! Just use it every day!
3. **Check out the Tools, Tips and Tricks at the end of the book.** This section is full of awesome hints and methods to help you along.
4. **Use the pocket in the back for weekly handouts** and to hold anything that you want to keep with this booklet.



## GET THE MOST OUT OF THIS EXPERIENCE:

- PASTOR VIDEOS EVERY MONDAY MORNING:** [facebook.com/whoisgrace](https://facebook.com/whoisgrace) or [whoisgrace.com/blog](http://whoisgrace.com/blog)
- LIVE ONLINE PRAYER TIME EVERY WEDNESDAY AT NOON:** use your smart phone to download the Periscope app and follow @whoisgrace. No smart phone? Watch here: [periscope.tv/whoisgrace](https://periscope.tv/whoisgrace)
- DAILY INSPIRATION on INSTAGRAM:** follow @whoisgraceCHURCH for every day reminders and graphics to inspire your prayer journey.

# CONTENTS

*Check-off each day after you complete it!*

<b>Week One Intro: Persistent in Prayer</b> .....	03
<input checked="" type="checkbox"/> Sunday.....	04
<input type="checkbox"/> Monday.....	05
<input type="checkbox"/> Tuesday.....	06
<input type="checkbox"/> Wednesday.....	07
<input type="checkbox"/> Thursday.....	08
<input type="checkbox"/> Friday.....	09
<input type="checkbox"/> Saturday.....	10
<b>Week Two Intro: Praying to Exalt God</b> .....	11
<input type="checkbox"/> Sunday.....	12
<input type="checkbox"/> Monday.....	13
<input type="checkbox"/> Tuesday.....	14
<input type="checkbox"/> Wednesday.....	15
<input type="checkbox"/> Thursday.....	16
<input type="checkbox"/> Friday.....	17
<input type="checkbox"/> Saturday.....	18
<b>Week Three Intro: Praying to Listen</b> .....	19
<input type="checkbox"/> Sunday.....	20
<input type="checkbox"/> Monday.....	21
<input type="checkbox"/> Tuesday.....	22
<input type="checkbox"/> Wednesday.....	23
<input type="checkbox"/> Thursday.....	24
<input type="checkbox"/> Friday.....	25
<input type="checkbox"/> Saturday.....	26
<b>Week Four Intro: Praying for People</b> .....	27
<input type="checkbox"/> Sunday.....	28
<input type="checkbox"/> Monday.....	29
<input type="checkbox"/> Tuesday.....	30
<input type="checkbox"/> Wednesday.....	31
<input type="checkbox"/> Thursday.....	32
<input type="checkbox"/> Friday.....	33
<input type="checkbox"/> Saturday.....	34
<b>Tools, Tips and Tricks</b> .....	35

*Looking for a hard copy? You can pick one up on Sunday at the Next Steps Center before or after the service!*

# PERSISTENT IN PRAYER

## WEEK 1

PASTOR DEREK SANFORD

E: derek@whoisgrace.com

FB: dereksanford

Here we are at week 1 of your new prayer journey. For some of you, prayer is not your strong suit. In fact, you're a little hesitant going into this because maybe you've tried before and failed. Or maybe at some point God didn't give you an answer you were hoping for. The truth is -- prayer is hard and persistent prayer is even harder. Even Paul admitted in Romans 8:26 "We do not know how to pray as we should." Yes, one of the godliest men who ever lived just admitted that He doesn't always get the whole 'prayer thing.' Yet the Bible's call for persistence is clear, and the only way that we can remain persistent is by making prayer a habit, a discipline, a go-to reflex in our daily lives. So this week we're going to start slow and steady and begin to work on becoming persistent in prayer. Which means that not only will we work on some praying – we'll also be working on making a *time* and *place* for prayer.



Much praying is not done  
because we do not  
plan to pray.

- DA Carson

# SUNDAY TAKEAWAYS

USE THIS SPACE FOR SERMON NOTES AND ANYTHING ELSE DURING THE SERVICE THAT YOU WANT TO RECORD AND REMEMBER. LATER TODAY, TAKE 5-10 MINUTES TO REFLECT ON TODAY'S EXPERIENCE.



HERE'S A GREAT SONG TO LISTEN TO THIS WEEK:  
"All Who Are Thirsty," by Brenton Brown (Vineyard Music)

## MONDAY | WEEK 1

*O LORD, I cry out to you. I will keep on pleading day by day. - Psalm 88:13*

Did you catch that? How often was the Psalmist praying to God? Day by day... that is EVERY day. This is one of many times that the Bible encourages us to be persistent in our praying. But persistent prayer doesn't just happen. We must be intentional if we have any hope of being steadfast. So today before you begin to pray, identify a time and a place that you will regularly pray. It will be your daily appointment with God. It's best to pick a time when you are most alert and over which you have most control and a place that is private. Now once you decide – make the necessary preparations – prepare the space and prepare your schedule for your appointment with God. If you use a calendar, enter it in just like any other appointment.

Now to the praying! On Day 1 of your prayer journey, identify ONE BIG PRAYER. What is one thing that's going on in your life right now that you need to commit to God? You will come back to this prayer throughout this month to see how God might be answering, so think of something that won't be wrapped up tomorrow. Write your ONE BIG PRAYER below, spend some time putting the proper words to your request.

ONE BIG PRAYER:

MY TIME:

MY PLACE:



DON'T FORGET to check out Pastor Derek's video online today!  
[facebook.com/whoisgrace](https://facebook.com/whoisgrace) or [whoisgrace.com/blog](https://whoisgrace.com/blog)



## WEDNESDAY | WEEK 1

*Pray without ceasing... -1 Thessalonians 5:17*

*I will stand on the top of the hill with the staff of God in my hand. -Exodus 17:9*

Do you know why Moses was on a hill holding up a staff in this passage? Remember the burning bush when God wanted to reveal His power to Moses? What was it that God changed into the form of a serpent? It was Moses' staff. If you had a cane or a pen that had been changed by God into a snake, don't you think you'd remember God's power when you looked at it? Every time Moses looked at his staff and gripped it, he was reminded of who it was he was praying to. He was reminded of God's power. It kept his prayers focused on God. Find an ordinary object (a totem - if you will) that reminds you of God's power and take it with you today - keep it in a prominent place - and every time you see it remember to pray.



JOIN US FOR A  
LIVESTREAM  
PRAYER SESSION  
TODAY

OVER LUNCH!

12:00-12:30

on periscope:  
@whoisgrace or  
periscope.tv/  
whoisgrace





**FRIDAY | WEEK 1**

*And he told them a parable to the effect that they ought always to pray and not lose heart. – Luke 18:1*

Read the rest of Luke 18:1-8 from your Bible.

Practice a new posture today (pick one from the back of this book). The moral of the story in vss. 7-8 is “how much more will God, the righteous Judge, listen to the persistent prayers of His loved ones?” Spend some time on your knees with God admitting the reasons that you’ve given up on praying in the past. After confessing these things – try to think of as many attributes of God as you can call to mind and declare that getting to know Him in all His splendor far outweighs the desire to give up on prayer.

Check in with Him again about your ONE BIG PRAYER.



## SATURDAY | WEEK 1

*O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands. – Psalm 63:1-4*

Today we're going to write a Psalm. Write the first word that comes into your mind when asked to complete the sentence, "Lord my heart feels..." The first word. Not the second or third. Now try and write two metaphors or similes about this feeling (e.g. if your word was tired – tired like a runner at the end of a marathon, who needs a drink, a hot bath and a good night's sleep). You've already got the first half of your Psalm, now write how you want God to come into this situation in the form of a prayer.

Journaling these Psalms can really help you in praying and in being honest with God about how you feel and what you desire. (from bigfattoothbrush.com). After you have written your Psalm – use the posture from Psalm 63:4 and lift up your hands as you read your Psalm out loud to the Lord.



GET YOUR DAILY  
INSPIRATION ON  
INSTAGRAM!

follow:

@whoisgraceCHURCH

# PRAYING 2 EXALT GOD

## WEEK 2

PASTOR BRIAN LUSKY

E: [brian@whoisgrace.com](mailto:brian@whoisgrace.com)

FB: [brianlusky](#)

This week, continue to pray your ONE BIG PRAYER, but start each day with a prayer of exaltation. Every day this week you'll be given a scripture and a prayer direction that will focus on some aspect of God's character. Before you make your requests, spend a significant portion of time praising God for that part of who He is. Follow that time up with the persistent prayer practices that you put in place last week.

### NAMES OF GOD:

EL SHADDAI.....	Lord God Almighty
ABBA.....	Father
EL ELYON.....	The Most High God
JEHOVAH.....	Self-Existent One: I AM WHO I AM
ELOHIM.....	The Creator
JEHOVAH RAPHA.....	The Lord Our Healer
JEHOVAH-SHAMMAH.....	The Lord Is There
ADONAI.....	Lord and Master
JEHOVAH-JIREH.....	The Lord Will Provide
EL ROI.....	The God Who Sees
EL OLAM.....	The Everlasting God
JEHOVAH-SHALOM.....	The Lord Our Peace
JEHOVAH-SABAOOTH.....	The Lord of Hosts
JEHOVAH-RAAH.....	The Lord My Shepherd
JEHOVAH-NISSI.....	The Lord My Banner
JEHOVAH-MEKODDISHKEM...	The Lord Who Sanctifies You



Devote yourselves to prayer, being watchful and thankful.

- Colossians 4:2

# SUNDAY TAKEAWAYS

USE THIS SPACE FOR SERMON NOTES AND ANYTHING ELSE DURING THE SERVICE THAT YOU WANT TO RECORD AND REMEMBER. LATER TODAY, TAKE 5-10 MINUTES TO REFLECT ON TODAY'S EXPERIENCE.



HERE'S A GREAT SONG TO LISTEN TO THIS WEEK:  
"Wonder," by Amanda Cook (Bethel Music)

## MONDAY | WEEK 2 | ONLY GOD

*God, I praise you because you are the LORD, and there is no other; apart from you there is no God... - Isaiah 45:5*

Today, begin your prayer by praising Him because He's the Only God.



**DON'T FORGET** to check out Pastor Brian's video online today!  
[facebook.com/whoisgrace](https://facebook.com/whoisgrace) or [whoisgrace.com/blog](https://whoisgrace.com/blog)

## TUESDAY | WEEK 2 | GOD THE LIBERATOR

*But I am poor and needy;*

*hasten to me, O God!*

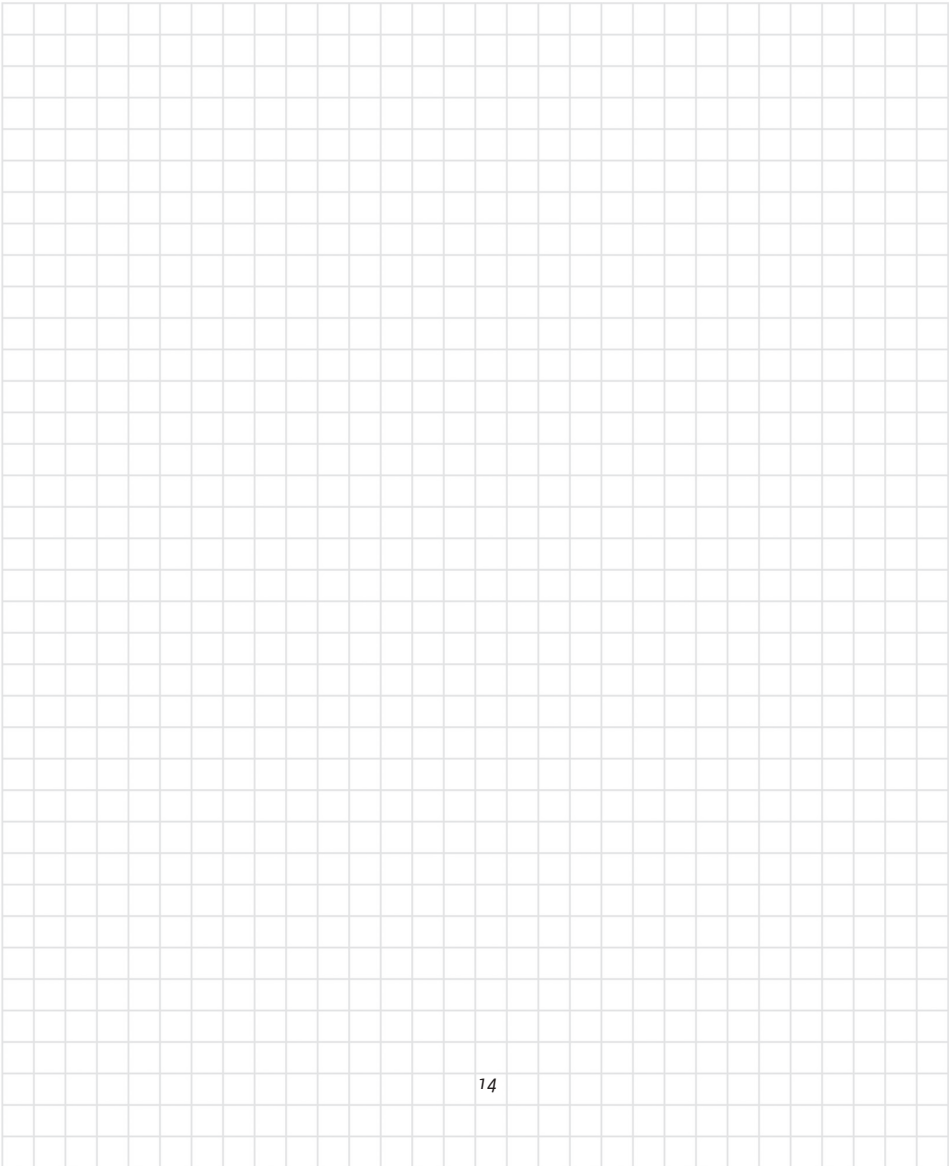
*You are my help and my deliverer;*

*O Lord, do not delay!*

*- Psalm 70:5*

Think of some areas in your life where you need be delivered. Meditate on the idea that He is your help. Call on His name to help you in those areas once you've given Him praise for who He is as a liberator. This might be a good day to do a fast of some sort (see page 37 for ideas). Use this as a prayer starter:

“I praise you because You are my help and my deliverer; O LORD...”



## WEDNESDAY | WEEK 2 | SHEPHERD, CREATOR, AND LORD

*Oh come, let us worship and bow down;  
let us kneel before the LORD, our Maker!  
For he is our God,  
and we are the people of his pasture,  
and the sheep of his hand.*

*- Psalm 95: 6-7*

Spend time today getting into a posture of worship. Go someplace where you can get on your knees. By doing this, you're saying, "You are my King. The creator of everything and the Shepherd who leads me." It's a posture of humility and honor towards the Lord, our Maker. Begin today's time of prayer by acknowledging that He's the Lord of your life, and praise Him for guiding and directing you.



JOIN US FOR A  
LIVESTREAM  
PRAYER SESSION  
TODAY

OVER LUNCH!

12:00-12:30

on periscope:

@whoisgrace or

periscope.tv/

whoisgrace





**FRIDAY | WEEK 2 | A GOD OF JOY**

*I give you my praise, O Lord, because you have granted [me] eternal blessings and made me glad with the joy of your presence... - Psalm 21:6*

No matter what your circumstance, use this Psalm to celebrate the joy of His presence!

## SATURDAY | WEEK 2 | GOD THE PROVIDER

*And my God will supply all your needs according to His riches in glory in Christ Jesus. - Philippians 4:19*

If you haven't been doing this already, take some time today to pray out loud as you exalt God. Start by naming some areas, circumstances or ways that He's provided for you. Have you seen any progress in your ONE BIG PRAYER yet?



GET YOUR DAILY  
INSPIRATION ON  
INSTAGRAM!

follow:

@whoisgraceCHURCH



# PRAYING TO Listen

## WEEK 3

PASTOR JOHN TIERNAN

E: [john@whoisgrace.com](mailto:john@whoisgrace.com)

FB: [john.tiernan.7169](https://www.facebook.com/john.tiernan.7169)

Just when you're getting better at consistently talking with God... it's time to stop! Don't worry – you don't need to stop talking to God altogether – just long enough to give Him a chance to speak. God desires a relationship with every person He creates. And that relationship thrives on two-way communication, just like every other relationship. God is eager to speak to us, but it's not always how we expect or prefer. God speaks through His Word, through nature, through inaudible “whispers” and impressions from the Holy Spirit. He often speaks clearest when we are the quietest – intently listening for His voice. Sometimes He speaks in dramatic ways, but often His voice is soft and subtle. Quite frankly, His voice is hard to distinguish with certainty. But if our Good Shepherd is speaking – revealing Himself and guiding us into His will – we should be eager to listen, even if that means learning how to be still and how to recognize His voice amidst all the other noise in our lives.



We look upon prayer simply as a means of getting things for ourselves, but the biblical purpose of prayer is that we may get to know **God Himself**.

- Oswald Chambers

# SUNDAY TAKEAWAYS

USE THIS SPACE FOR SERMON NOTES AND ANYTHING ELSE DURING THE SERVICE THAT YOU WANT TO RECORD AND REMEMBER. LATER TODAY, TAKE 5-10 MINUTES TO REFLECT ON TODAY'S EXPERIENCE.



HERE'S A GREAT SONG TO LISTEN TO THIS WEEK:  
"Still" by Reuben Morgan (Hillsong Music)

## MONDAY | WEEK 3

*The sheep hear his voice, and he calls his own sheep by name and leads them out. When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice. ...I am the good shepherd. – John 10:3-4, 11*

Hearing God's voice starts by acknowledging that He's speaking and intentionally listening to what He has to say. Write down any moments when you thought you've heard God's voice in the past. Ask God to speak to you and spend 5 minutes just listening. Your mind will probably wander. Listen for God in the wanderings. Sometimes asking a specific question helps you refocus. For example, "God, what about your character do you want me to keep in mind today?" Don't be discouraged if you don't "hear" anything. God's voice is often subtle, not dramatic. The first step to hearing God's voice is listening for it.



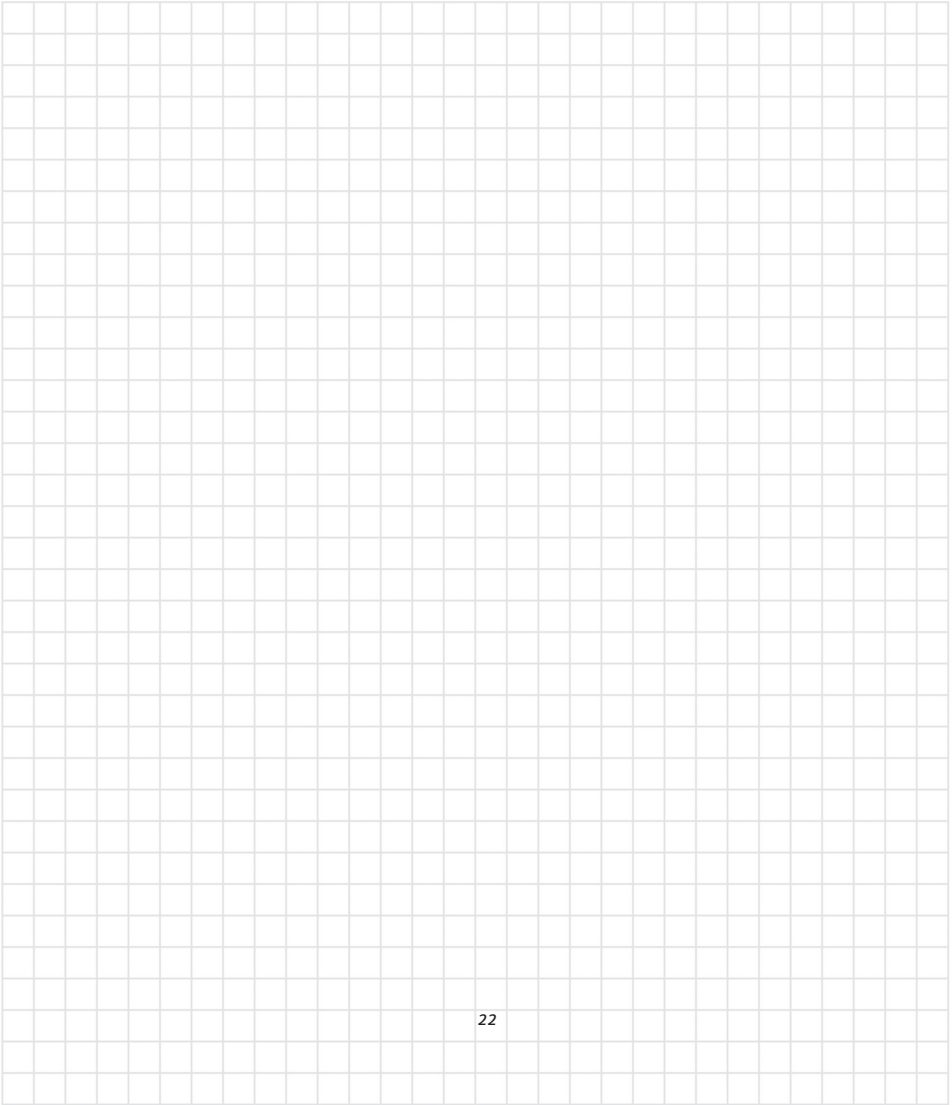
**DON'T FORGET** to check out Pastor John's video online today!  
[facebook.com/whoisgrace](https://facebook.com/whoisgrace) or [whoisgrace.com/blog](https://whoisgrace.com/blog)

## TUESDAY | WEEK 3

*All Scripture is breathed out by God... - 2 Timothy 3:16*

*These things I have spoken to you while I am still with you. But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. - John 14:25-26*

Read John 14 (the whole chapter). But don't just read it – listen for God to speak to you through it! Ask the Holy Spirit to teach you and remind you of the truth – who God is, who you are, what obedience to Him looks like for you today, specific truths/Scriptures/teachings of Jesus that He wants you to keep in mind as you go about your day. After you ask Him and listen to Him speak through His Word, write down anything you sense He is teaching you and “bringing to your remembrance.”



## WEDNESDAY | WEEK 3

*If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. – James 1:5*

*He leads the humble in what is right, and teaches the humble his way – Ps 25:9*

Remember your ONE BIG PRAYER. Ask God for wisdom and direction. Ask Him to guide you to His will – to show you what it looks like for you to honor and please Him whether His answer is “yes,” “no” or “wait.” Try praying with your hands open as a symbol of humbly receiving from God. After asking, spend 10 minutes listening for His voice and guidance from the Holy Spirit. Write down any direction you think He might be giving you. (Hint: You will probably get distracted trying to listen. It’s helpful to repeat your request every minute or two to help you focus on listening “Lord, give me wisdom. Guide me in your will.”)



JOIN US FOR A  
LIVESTREAM  
PRAYER SESSION  
TODAY  
OVER LUNCH!

12:00-12:30  
on periscope:  
@whoisgrace or  
periscope.tv/  
whoisgrace





### FRIDAY | WEEK 3

*And when Paul had seen the vision, immediately we sought to go on into Macedonia, concluding that God had called us to preach the gospel to them.*

- Acts 16:10

*Then Samuel said, "Speak, for your servant is listening." – 1 Samuel 3:10*

Ask God to reveal or clarify a calling He is making on your life. It might be something He's shown you part of and you're asking for Him to reveal the next step. It might be something you're confused or discouraged about that you want Him to clarify and solidify to keep you going. You might have no idea what He's calling you to do so you're ready for anything! Remember: God calls us to specific jobs, relationships, ministries, and places. Write down any promptings or direction you receive. (This would be a great day to try fasting. Spend time listening to God in prayer when you would normally be eating – or whatever activity you are fasting from. There are some tips on page 37.)

## SATURDAY | WEEK 3

*And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. – Mark 1:35*

*Be still, and know that I am God. – Psalm 46:10*

Go to your favorite prayer spot and break your record of solitude and silence (at least 20 minutes). Be still and listen for God. It will take time for your mind to settle down. Meditate on His character, His promises, His works and listen for His voice. Direct your thoughts back to God when they wander. Meeting with God in solitude and silence is a discipline that can be hard to start, but what a powerful way to connect with and hear from God.



GET YOUR DAILY  
INSPIRATION ON  
INSTAGRAM!

follow:

@whoisgraceCHURCH

## WEEK 4

PASTOR DEREK SANFORD

E: derek@whoisgrace.com

FB: dereksanford

# PRAYING FOR PEOPLE

We all have people in our lives: family members, fellow-Christians, friends, co-workers, neighbors, leaders, enemies, and those who are lost and far from God. There is an element of prayer that is an overflow of our love for Christ and these people. In fact praying for someone is one of the deepest expressions of love for that person. One of the amazing characteristics of Paul's prayers is the large amount of space he devoted in his letters to praying for people. Prayer must never get to the point where it is self-consumed – focused on a private retreat where we only find strength for ourselves. Instead we must see it as part of our spiritual duty to approach God with thanksgiving and request on behalf of the people in our lives. This week we will practice praying for others.



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Philippians 4:6-7

# SUNDAY TAKEAWAYS

USE THIS SPACE FOR SERMON NOTES AND ANYTHING ELSE DURING THE SERVICE THAT YOU WANT TO RECORD AND REMEMBER. LATER TODAY, TAKE 5-10 MINUTES TO REFLECT ON TODAY'S EXPERIENCE.



HERE'S A GREAT SONG TO LISTEN TO THIS WEEK:  
"What a Friend We Have in Jesus" by Joseph M. Scriven

## MONDAY | WEEK 4

*And so, from the day we heard, we have not ceased to pray for you...*

*- Colossians 1:9*

Open your bible or device and read the rest of Paul's prayer in Colossians 1:9-12. It is a magnificent prayer for his friends in Colossae. Find some pictures of 5-10 people in your life that you'd like to pray for. Save them in your phone or print them out and keep them with your prayer book. Now insert their name into the beginning of each phrase of Colossians 1:9-12 and pray that prayer over them out loud while looking at their picture. Commit them to the Lord. You may want to put these photos in a prominent place as a reminder to pray regularly for these people - and continue to add photos as God leads you to additional people.

Before you're done praying, write any progress that you've noticed surrounding your ONE BIG PRAYER.



DON'T FORGET to check out Pastor Derek's video online today!  
[facebook.com/whoisgrace](https://facebook.com/whoisgrace) or [whoisgrace.com/blog](https://whoisgrace.com/blog)

## TUESDAY | WEEK 4

*But seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare. - Jeremiah 29:7*

Grab a good old fashioned hard copy of your local or a national newspaper, and some felt tips, highlighters, and post-its (if you can't get ahold of a hard copy print out a few articles from your newsfeed that catch your attention). As you read through the stories, think how you can pray into that situation and write your prayers in marker over the article, highlight things that pop up, or use post-its. This verse in Jeremiah seems to indicate that we will do well when the place we live does well. So we need to pray for the well-being of the place we live—our local community, our state, our country. Pray for the leaders, the prevailing issues, and the people affected by the news in the place we live. At some point today as you're out and about consider a 10 minute prayer walk around your local neighborhood. Pray for the needs of the community and for the schools, shops, service agencies, and businesses. Pray the prayer "God help me to see what you see."



GET YOUR DAILY  
INSPIRATION ON  
INSTAGRAM!

follow:

@whoisgraceCHURCH

## WEDNESDAY | WEEK 4

*...and pray also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel. - Ephesians 6:19*

Today we're going to pray boldness over people in our lives (especially those in ministry). Pray for pastors, elders, church leaders, volunteers, and missionaries. Remember the leaders of Grace en Sion, our partner church in Haiti (Pastors Migueloson and James), and members of the persecuted church. Pray that they would be bold in their proclamation of God's Word (our staff, elders, global and local missionary partners are under the "about" section at [whoisgrace.com](http://whoisgrace.com)).

An additional bold step that you can take in your praying (for bonus points 😊) is to be on the lookout for on-the-spot-prayers. That is, as you go about your day and the situation presents itself, ask someone if you can pray for them... and then do it! Right there - out loud - on the spot! You'll be amazed how many people will accept and how many people will be in tears when you say "amen."

Don't forget to bring your ONE BIG PRAYER item before God today.



JOIN US FOR A  
LIVESTREAM  
PRAYER SESSION  
TODAY  
OVER LUNCH!

12:00-12:30  
on periscope:  
[@whoisgrace](https://www.periscope.tv/whoisgrace) or  
[periscope.tv/  
whoisgrace](https://www.periscope.tv/whoisgrace)





## THURSDAY | WEEK 4

*And behold, a Canaanite woman from that region came out and was crying, "Have mercy on me, O Lord, Son of David; my daughter is severely oppressed..."*  
- Matthew 15:22

In this passage we see an example of a woman praying for her child. Today we're going to pray for children in our lives – maybe your own children or maybe other children in your life that you are connected to or have influence over (a nephew, a cousin, a neighbor's child, someone at church). Our children are the leaders of the next generation – and they are growing up in a world of incredible complexity. As you think of a child's name – ask God to bring a word or phrase to your mind that you will pray over that child. If you are praying for your own children, be sure to communicate with them what God led you to pray – and use it as an opportunity to pray with them. This would be a great day to practice fasting (see page 37 for ideas).

## FRIDAY | WEEK 4

*You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven. – Matthew 5:43-45*

This is a hard one. Christians are not only called to pray for the people that they like, but to pray for those who persecute us. Who in your life has insulted you, opposed you, annoyed you or has hurt you? These are the very people you are called to pray for. You might not be ready to forgive them (though that will come) and you might not be prepared to 'get over' what they've done, but you can pray for them. Today find a posture of prayer that you haven't tried yet (see the back page of this book) and use the ACTS model (page 35) but when you get to 'supplication' – spend that time praying for those who have persecuted you.

## SATURDAY | WEEK 4

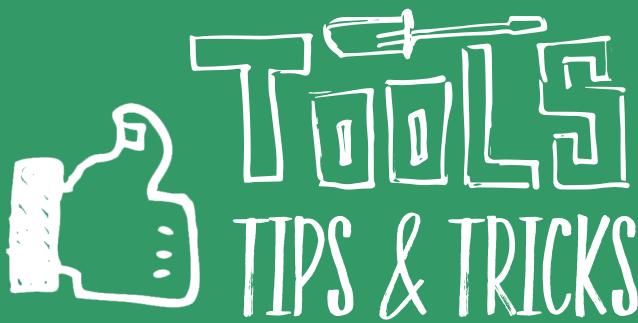
*Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much. - James 5:16*

This verse reminds us that we can accomplish great things through prayer, and that it's important to talk to others about what's going on in our lives. Spend time today going back through this prayer book and write down things under the three headings below. Make a point to share these learnings with your Life Group or a spiritual mentor. Also be sure to document any insights or answers regarding your ONE BIG PRAYER request.

### ANSWERS TO PRAYER:

### THINGS TO CONTINUE TO PRAY FOR:

### THINGS GOD HAS TAUGHT ME:



# TOOLS TIPS & TRICKS

## A.C.T.S. MODEL

**Adoration (Praise):** We should not approach God immediately making requests, but our prayers should begin with adoration and praise. Begin by acknowledging who God is and naming some of His character qualities that you appreciate.

**Confession:** After remembering who God is, it is important to confess who you are. Start by acknowledging your specific failures but also simply confess your total dependence upon Him.

**Thanksgiving:** Think of the blessings God has given you: your salvation, your families, your friends, your material possessions, etc. But also thank God for the trials and difficulties you face.

**Supplication (Requests):** Finally it is important to bring God your requests. What are the circumstances, the people, or the needs that you want to bring to God? Do your best to agree with God by trying to understand His will in certain circumstances or people.

## HOW TO MAKE TIME FOR PRAYER:

- » **Make an appointment with God.** Prioritize time with God in your calendar.
- » **Find a place to consistently pray.** We often say “find your chair,” and imagine that God is there in that place waiting to meet with you.
- » **Use screen time.** The average American spends 7.4 hours PER DAY looking at a screen (TV, computer, phone, tablet). Erase some of that screen time to meet with God in prayer.
- » **Use travel time.** When you’re driving, instead of listening to music, a podcast, or talking on the phone, use that time to talk to God.

## SIXTY60

This is a great way to get into the habit of praying as you go throughout your day. Set an alarm to go off every sixty minutes on your phone or watch. When you hear the alarm, begin to pray, for at least 60 seconds, no matter what you’re doing. It can be as simple as praying in your head during a meeting and as much as kneeling on the floor.

## USE COMMON DAILY OBJECTS AS PRAYER REMINDERS

- » **Alarm Clock:** When the alarm goes off drop to your knees and pray Psalm 118. “This is the day the LORD has made; I will rejoice and be glad in it,” and thank God for another day to be alive.
- » **Soap/Toothbrush:** While you’re brushing your teeth, washing your face, or taking a shower, invite the Spirit of God to cleanse your soul.
- » **Daily Schedule:** Let each scheduled appointment or reminder on your phone be an opportunity to invite Christ into that moment or meeting.
- » **Car Keys:** Maybe your car ride is an opportunity to be quiet and talk to God, or a chance to play worship music instead of talk radio. How could you make your car a house of prayer?
- » **Cell Phone:** Let this represent your relationships. Approach each call or text as an opportunity for you to be Jesus to the person on the other end.
- » **Newspaper/Newsfeed:** Wherever and whenever you get your news - it’s an opportunity to invite the God of the Universe into the affairs of this world.
- » **Pillow:** While you sleep, God is still running the world. God does not sleep, and God gets along just fine without you. Let your pillow remind you to give God the stress of your day because God is in control.



*AMEN means “let it be so,” “truth,” and/or “certainty.” It is an expression of agreement or consent, and is also used as a solemn expression of belief or affirmation.*

## SIMPLE PRAYER

Have you ever tried to pray about super-spiritual stuff like world peace and the missionaries in Africa, and maybe even felt the pressure to throw a few thees and thous in there? But instead your mind raced to thoughts about your evil co-worker, and the kids’ schedule, and what’s for dinner? You’re in luck, because “simple prayer” is probably the most common kind of prayer in the Bible. Jesus taught it when he told us to pray for our daily bread. Just pray about normal stuff. Simple prayer basically amounts to praying whatever is on your mind not what you wish was on your mind. No fancy language...just talking to God with regular words about your regular life. Here are a few tips to help with simple prayer.

- » **Pray out loud:** God is the only person we try to address in our heads; so we don’t have much practice speaking this way. So just talk to Him out loud.
- » **Use normal words:** Many people try to pray using big words or unusual inflections. Just talk to God like you’re talking to a friend. Be casual but respectful. Be honest and be yourself – He’s the One who made you after all.
- » **Follow your mental wanderings:** If your thoughts wander to other things while you’re praying, don’t be discouraged. Maybe they’re wandering to the things God actually wants you to pray about. Follow them wherever they lead and lift them up to God.

## SEVEN STEPS FOR FASTING (FROM BILL BRIGHT: CRU)

1. **Set Your Objective:** Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Also, decide on the length (one day, a certain day, multiple days, etc.).
2. **Make Your Commitment:** Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15). You could do a liquid fast (no solid foods), a Daniel fast (vegetables only), a media fast, etc.
3. **Prepare Yourself Spiritually:** The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. So spend time in confession, seek forgiveness from those you've offended, and make restitution with people as the Holy Spirit leads you.
4. **Prepare Yourself Physically:** Prepare your body by eating smaller meals heading in to your fast. Consult your physician if you have any medications or ailments that might affect your ability to alter your diet.
5. **Put Yourself on a Schedule:** For maximum spiritual benefit, set aside ample time to be alone with the Lord. Because you are not eating –it's often good to at least designate normal meal times as a time of prayer.
6. **End Your Fast Gradually:** Begin eating gradually. Do not go overboard with food or drink immediately after your fast.
7. **Expect Results:** If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

## SMART PHONE APPS/ONLINE PRAYER TOOLS

- » Echo: [new.echoprayer.com](http://new.echoprayer.com)
- » Ora: [ora.net](http://ora.net)
- » Grace Prayer Wall: [whoisgrace.com/prayer](http://whoisgrace.com/prayer)



## AMAZING BOOKS ON PRAYER

- BEGINNER:**
- » Praying in Color – Sybil Macbeth
  - » Prayer for Beginners – Steven Nash
  - » Prayer 101 – Elaine Helms
- INTERMEDIATE:**
- » The Circle Maker – Mark Batterson
  - » Prayer – Philip Yancey
  - » Prayer – Timothy Keller
- ADVANCED:**
- » With Christ in the School of Prayer – Andrew Murray
  - » E.M. Bounds on Prayer – E.M. Bounds
  - » A Call to Prayer – J.C. Ryles

# PRAYER POSTURES



## HANDS RAISED

*gives God praise and appeals for His blessing.*

**IN THE BIBLE:** 1 Timothy 2:1-8



## KNEELING

*acknowledges that God is the king and we must subject our will to His will.*

**IN THE BIBLE:** Psalm 95:6



## HANDS OPEN

*demonstrates a willingness to receive all that God has.*

## PROSTRATE

*demonstrates total humility and unworthiness before God.*

**IN THE BIBLE:** Gen. 17:1-22



## BOWING

*is a sign of reverence and an expression of worship*

**IN THE BIBLE:** Genesis 24:52



## LAYING HANDS ON PEOPLE OR OBJECTS

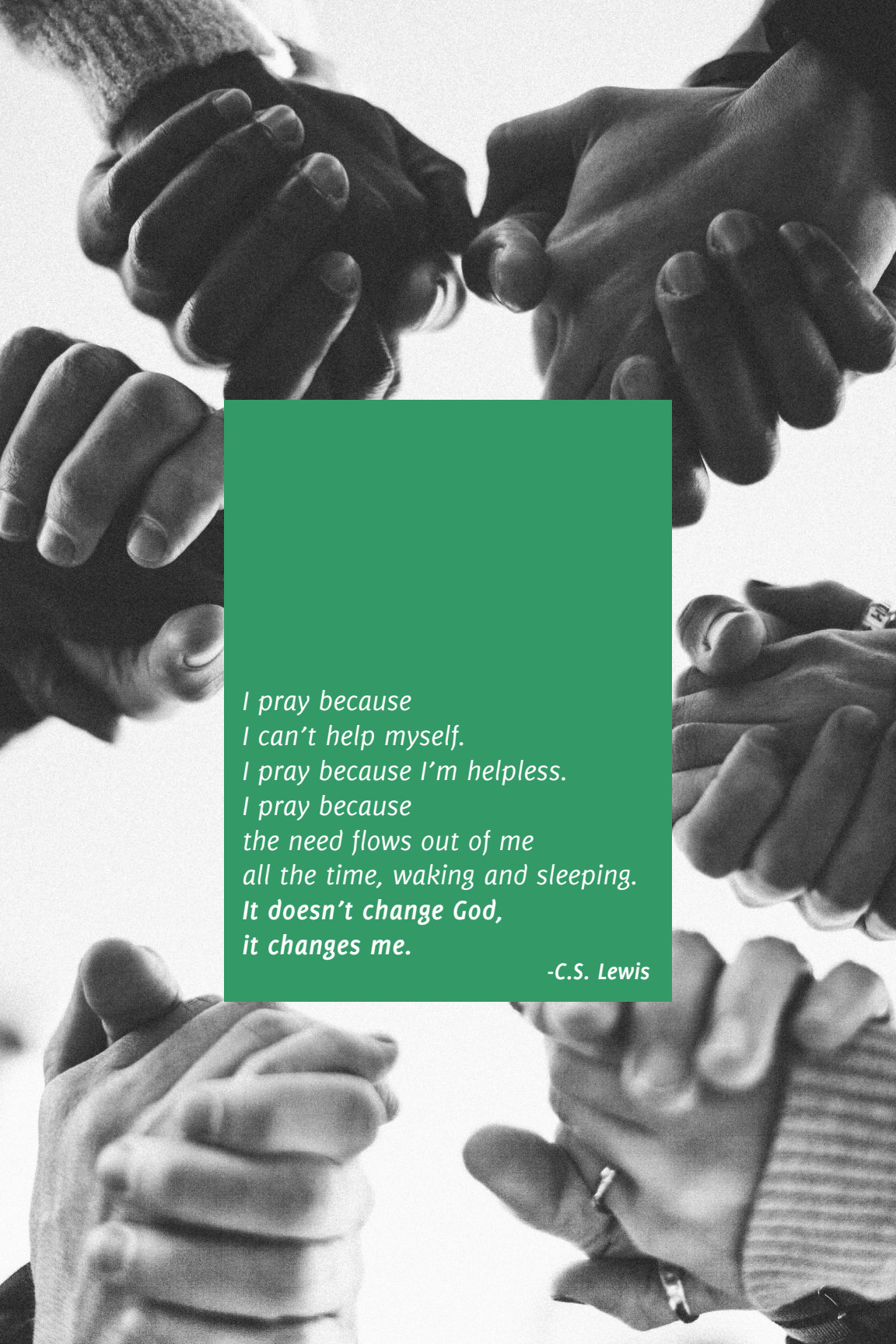
*invokes the presence and power of God for healing and authority.*

**IN THE BIBLE:** Acts 13:3; 28:8



## WALKING WITH EYES OPEN

*Use all of your senses for an increased focus and understanding of prayer needs.*



*I pray because  
I can't help myself.  
I pray because I'm helpless.  
I pray because  
the need flows out of me  
all the time, waking and sleeping.  
It doesn't change God,  
it changes me.*

*-C.S. Lewis*