

# PRAYER



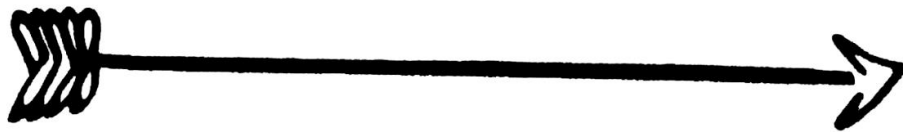
Developing the  
discipline to  
have an intimate  
conversation  
with God during  
time set aside  
each day.

# Spiritual Health

How healthy do you feel?

How we cope and feel when things don't go our way is barometer of spiritual health.

Gratitude is also a key indicator of spiritual health.



Life is collection of days, some better than others.

What makes the difference between good days, average days and bad days?

By consciously taking time to focus the day first thing in the morning, it no longer matters what happens during the day. Daily commitment to prayer helps us to increase the average of how our best days begin.



**How do your best days begin?**

Spontaneous prayer is good but not enough. Our Christian faith is simply not sustainable without daily prayer.

So what should we be doing?

**Begin your day with some sort of prayer.**

**Try to build as a routine into your morning.**

**It can take whatever form you are most comfortable with.**

**Daily prayer needs to be a habit - try it, even if it is only for 2mins, see how it impacts your day.**

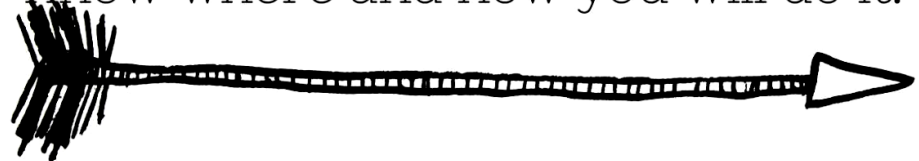


## Develop a prayer mindset

- **Prioritize** : make daily prayer a commitment and part of your morning routine.
- **Intention** : to build a routine of daily prayer, you need to be intentional about creating the daily discipline.
- **Expectation** : expect the journey to building your daily routine to be hard and to take time to develop. Your goal is to develop your prayer routine into a place where you know your life is better for it. You want prayer to become something that you feel off-kilter if for whatever reason you can't do it.

# What does a Prayer Routine look like?

Have a plan - same time, same way.  
Know where and how you will do it.



## Where I pray - some ideas

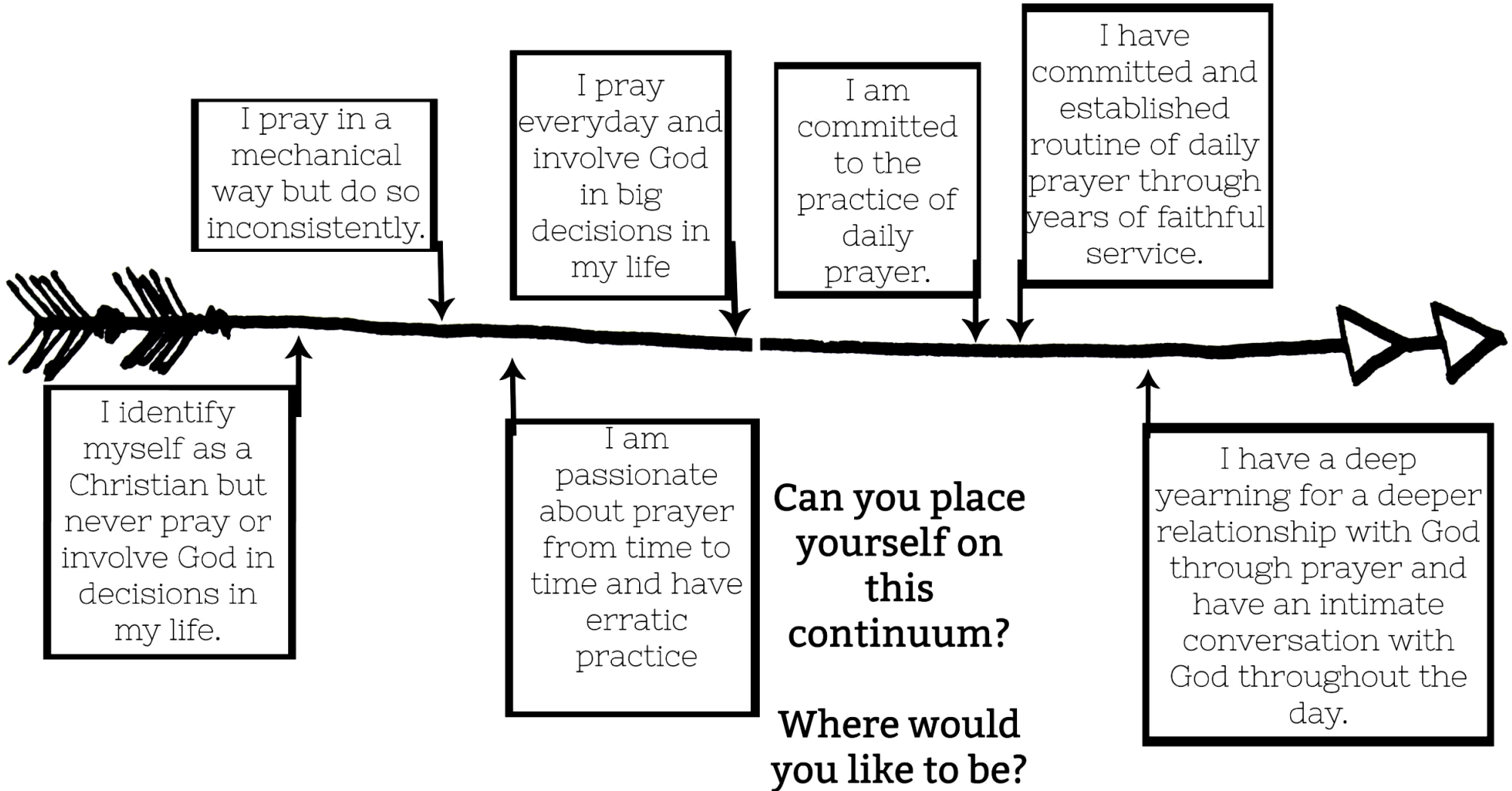
- I sit in an armchair with a cup of coffee/tea.
- I kneel besides my bed.
- I find a shady spot in my garden.
- I go into my study and close the door.

## How I pray - some ideas

- I read the gospel and then I pray.
- I follow the morning service from the APB and then talk through my day's plans with God.
- I use a devotional book/online resource and read the page for the day.

# The continuum of prayer

Our approach to prayer could be anywhere along a continuum



# Consider this: Prayer and the classroom of silence.

- It is in the silence that God speaks to us.
- God is constantly inviting us to spend some of our time in the quiet so that we can live the rest of our time to the fullest.
- God is calling out to us "Come to the quiet"
- A great life of prayer develops when we are in silence with God.
- Learning to be just with God is a thing of beauty.
- Learn to be comfortable in your own company, enjoy the silence and the solitude.
- It is in silence that clarity emerges.



- When we have personal clarity, we will find passion and purpose in our lives i.e. who we are and why we are here.
- Scripture tells us of numerous accounts of Jesus going away to a quiet place.
- The challenge is to carve out 10mins of your day in silent prayer and reflection.
- Find your quiet place.
- Sometimes we need an everyday quiet place and a once a year quiet place.
- Without silence it is almost impossible to discern the will of God.
- One of our greatest struggles is to surrender our will so that we can embrace God's will.



# The Prayer Plan

Whether you start with one minute a day or go straight to 10 minutes a day, use a plan everyday to guide your prayer time.

## Step 1: Gratitude

Begin by thanking God in a personal dialogue for whatever you are grateful for today.

## Step 4: Peace

Ask God to forgive you for every wrong that you have done against yourself, another person or Him and to fill you with a deep and abiding peace.

## Step 2: Awareness

Revisit your past 24 hours when you were and when you were not the best version of yourself. Talk to God about these situations and what you learned from them.

## Step 5: Freedom

Speak with God about how He is inviting you to change your life, so that you can experience the freedom to be the best version of yourself.

## Step 3: Significant Moments

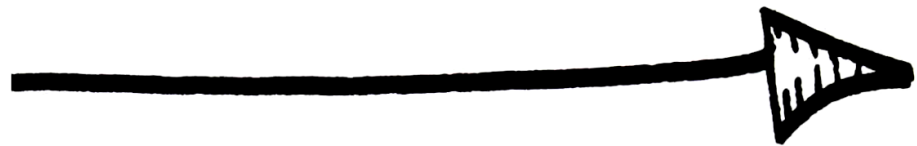
Identify something you experienced in the past 24 hours and explore what God might be saying to you through that event or person.

## Step 6: Others

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

## Step 7: Our Father

Finish by praying the Our Father





# Another Prayer Plan

## A C T S

### Adoration:

Praise God for who He is and what He has done for you.

### Confession:

Ask God for His forgiveness for any wrong doings you have committed.

### Thanksgiving:

Thank God for family, friends, health and well-being.

### Supplication:

Pray for your needs and for those in need of prayer.

# Consider keeping a daily prayer journal

Write your prayers

Handwritten or typed

Using a plan/format or just writing your thoughts as they come up.

Great to focus yourself and to create discipline

Lovely to track answered prayers and to see how God is working in your life.

My Prayer Journal date \_\_\_\_\_

Confession _____ _____ _____	Things I'm Thankful For _____ _____ _____
Prayer for others _____ _____ _____	Prayers for Myself _____ _____ _____

My Prayer Journal  
Today is \_\_\_\_\_

Memory Verse _____ _____ _____	Praises/Thanksgiving _____ _____ _____
My Confessions _____ _____ _____	Intercessions _____ _____ _____
Supplication _____ _____ _____	Missionaries _____ _____ _____

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