



PRAY

WHAT IS IT?

Prayer is a personal conversation with God; it involves listening and talking. Think of a close personal relationship in your life and how you talk to them. A conversation with God is similar.

- ▶ Prayer can be a silent conversation, talking out loud, or written out.
- ▶ There may be a variety of emotions and a variety of postures when we pray. Pray what is on your heart.
- ▶ Prayer is both intentional and as we go.

HOW CAN WE DO IT?

There are many ways to pray. Here is one example as a guide and some ideas of how to pray.

IDEAS TO ENHANCE YOUR PRAYER

- ▶ Carve out location and time to be consistent
- ▶ Come helpless and in faith
- ▶ Pray scripture - We can pray for ourselves and others by inserting names as we read scripture
- ▶ If you find yourself losing focus, try speaking out loud or writing your prayers

“Pray, then, in this way:

(PRAISE)

Our Father who is in heaven, Hallowed be Your name.

(ASK & YIELD)

Your kingdom come. Your will be done, on earth as it is in heaven.

(ASK)

Give us this day our daily bread.

(REPENT)

And forgive us our debts, as we also have forgiven our debtors.

(ASK)

And do not lead us into temptation, but deliver us from evil.

(PRAISE & YIELD)

For Yours is the kingdom and the power and the glory forever. Amen.”

MATTHEW 6:9-13

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there [Jesus] prayed.

MARK 1:35

- P** Praise and Thank - acknowledge God's character and thank God for what He has done
- R** Repent - acknowledge/confess sin and turn away from it
- A** Ask - we can ask God anything in prayer
- Y** Yield - we trust His will to be done and submit our will to His (what do you want me to do, Lord?)

If you're not sure what to pray, know the Holy Spirit will guide you. "Likewise, the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words." Romans 8:26-27