

## **Day 1 - Why do we pray?**

Prayer is how we experience God's Kingdom. As Jesus traveled throughout Israel, he was constantly ministering to people through prayer and shepherding them into a profound experience of God's presence, love, wisdom, and power. After his death and resurrection, Jesus invited his followers to carry his ministry into all the world. Today praying for ourselves and others is one of the most important ways to share in the life and ministry of Jesus.<sup>1</sup>

**Read:** Isaiah 56:7, Matthew 21:13, 1 Thessalonians 5:16-18

God places a priority on prayer. Jesus prayed.

**Reflect:** Where you are on the topic of prayer? Do you believe in prayer? Is it a priority for you? Is it easy or difficult for you to pray?

***As you read the verses today ask God to give you a heart of prayer.***

**Let's Pray:** God, thank you for the gift of prayer. Thank you for wanting to communicate with us through prayer. Lord open our eyes to the importance of prayer in our lives and in your church. Remove any obstacles that would hinder us from praying. We look forward to growing in the area of prayer with you Jesus.

Write out your prayer to God. Lean into your praise and worship of God, be intentional about what you are asking of God and trust that He hears you, sees you and will respond on your behalf.

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<sup>1</sup> The Chapel – Praying with Others

## **Day 2 - Effective Prayer**

**Prayer is how we experience God's Kingdom. Our prayers are effective because of the God we serve. We are ordinary people praying to an extraordinary God. God's word reminds us that we can pray about everything. God cares about every aspect of our life! We can pray when we are sad, happy, sick or in need. It's a firm reminder that prayer is one powerful way to communicate with God. Think about the last time you had news to share. Most likely you picked up your phone and called your bestie, sent a text or used one of the many chat tools. Either way, it was easy to share what was on your heart. We can do the same thing with God. He cares for you!**

**Read:** James 5: 13 -16, Ephesians 6:18, Psalm 55:22

**Reflect:** Do you believe that God cares deeply for you and about the things in your life? What are some items that you can take to God right now? Together – let's taste and see that the Lord is good! His mercy and faithfulness endures forever!

**Let's Pray:**

Father, thank you for being an extraordinary God. I trust that you care about me and the things that I hold dear. Over the upcoming days and weeks help me to share more of my life, thoughts, and desires with you. Align my heart to yours. In Jesus' Name. Amen.

Write out your prayer to God. Lean into your praise and worship of God, be intentional about what you are asking of God and trust that He hears you, sees you and will respond on your behalf.

## **Day 3 – We are commanded to pray.**

Prayer is a living communion with God. It is how we increase our reliance on God and reduce our dependence on things around us. Prayer helps us to connect with God on matters of the heart, body, and soul. We learn to thank God in advance of anything that he can or will do because we know he has already given us all of Himself through Christ's death and resurrection. We know that Jesus has the victory and any struggle that we face on earth is defeated. We know that Jesus wins. We reconnect with God on things that matter. And in return God gives us strength, he refreshes our soul and increases our trust and joy.

**Read:** Philippians 4:6 and Colossians 4:2

**Reflect:** As you read scripture the importance of prayer becomes more evident. Reflect on the verses today. Do you pray about everything? Are there areas of your life that you have closed off to God? If so, why? Tell God. You can trust him with all of it.

**Let's Pray:**

Lord Jesus, thank you for being Lord of our life. Thank you for making a way for us. Today there are things that I have not been able to share openly with you. I want to change that. Today I am praying about (insert what you are praying about). God this is hard for me to give to you. But I lay it at your feet, and I trust you to (heal, forgive, process – you name it.) And Lord I will bring this before you as much as it takes because I know you want me to have freedom and joy – not as the world gives but the quiet confidence that you hold it all and I don't have to. In your mighty name we pray. Amen.

Write out your prayer to God. Lean into your praise and worship of God, be intentional about what you are asking of God and trust that He hears you, sees you and will respond on your behalf.

## Day 4 – How to pray?

Prayer is communication with God. It's a conversation. When I explain prayer, I like to compare it to sitting down and having a conversation with your parent or someone that you love dearly. The majority of the time you don't even think about what you are going to say. You greet the person and depending on the day or mood you just jump right in. Sometimes you laugh, cry or just sit in their presence. Same thing with prayer. We are praying to our heavenly Father. He loves you. He wants to spend time with you. He knows what is going on in your life, but He wants to hear from you? We also listen to what the other person is saying. So, practice praying and listening to God. He has something to say to you and will impress it on your heart or through His word. We serve a God that sees and hears us. We learn to pray by praying.

**Read:** Jeremiah 29:12, Jeremiah 33:3, Matthew 7:7

**Reflect:** Sometimes we make prayer too difficult. If you get bored easily, then move around and consider going for a walk and pray or pray while you exercise. If you don't know where to start, pray God's word back to him in scripture. In all things keep it simple. But in all things, pray expecting God to work.

**Let's Pray:**

**Simple prayers:**

- **Breathe Prayers:** Depending on where you are, your prayer journey starts with simple prayers. Example: Lord, I love you. Thank you for today. Or Lord, heal my marriage. Or Lord, give me strength. Lord protect my husband.
- **Praying through Scripture:** I love praying God's word back to Him. How affirming for you and for our Lord. Example: Psalm 23, Lord you are my Shepherd and I have everything I need. You give me rest and you restore my soul. You will lead me because I belong to you.

Write out your prayer to God. Lean into your praise and worship of God, be intentional about what you are asking of God and trust that He hears you, sees you and will respond on your behalf.

## **Day 5 – Just Pray**

**Anyone can pray. There is truly no right or wrong way to pray. In Philippians we are encouraged to pray about everything. As we continue our prayer journey, we will be praying through our relationship with the Lord and being near to Him, we will be praying over our families, our community and the church. Let's pray about everything trusting that God hears us and that our prayers move his heart. Let's celebrate knowing that God is at work and desires to show us more and do more than we could ever imagine.**

**Read:** 1 Corinthians 2:9-11

**Reflect:** As you reflect on this past week, 1) What resonated with you the most? What challenged you the most? 2) Pick a few of your favorite scripture verses from the week and write them down so you have them handy or put them in your phone. Memorize them. Keep them handy.

**Let's pray:**

God thank you for this prayer journey. Thank you for the richness of your word and for affirming in my heart that you care about everything and want to be in deep relationship with me. Help me to grow in prayer. Teach me new things and help me learn to hear your voice. I love you, Lord. Amen.

Write out your prayer to God. Lean into your praise and worship of God, be intentional about what you are asking of God and trust that He hears you, sees you and will respond on your behalf.