

PRAYER Guide

A GUIDE TO AN HOUR IN PRAYER

This is simply a guide, to walk you through the Lord's Prayer in 60 minutes. It's a guide borrowed and modified from the 24-7 Prayer Movement. Feel free to use all of it, some of it, or none of it in your hour with God.

In this guide we use the acronym P.R.A.Y as our framework

P – Pause
R – Remember & Rejoice
A – Ask
Y – Yield

Out of all the questions the disciples could have asked Jesus they asked,
“*Lord, teach us to pray*” (Luke 11:1).

In response to this question Jesus said – “*This then is how you should pray:*”

“Our Father in heaven,
hallowed be your name,
¹⁰ your kingdom come,
your will be done,
on earth as it is in heaven.
¹¹ Give us today our daily bread.
¹² And forgive us our debts,
as we also have forgiven our debtors.
¹³ And lead us not into temptation, ^s
but deliver us from the evil one.’
For yours is the kingdom and the power and the glory forever. Amen.”
Matthew 6:9-13



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P - PAUSE (5 minutes)

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

Let us begin our time of prayer with being present, being still, being silent before God and with God for 5 minutes.

Begin with taking a few deep breathes in and out

If you feel comfortable, open your hands in front of you. This is an ancient posture of prayer and says two things:

- Father, I’m coming empty handed to you, I give you the first word
- Father, I am open to receive, I consent, I surrender to your work within me

Resist the urge to jump out of this moment of stillness and silence

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

As you come to the end of your time of stillness and silence before God pray the following, and as you do pause and take a deep breath after each line -

Be still & know that I am God

Be still & know that I am

Be still and know

Be still

Be.....



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REMEMBER & REJOICE (20 minutes)

When Jesus taught his disciples to pray, he started with – “*Our Father in Heaven.....*” Or another way to say that is – start by remembering who God is.

R - REMEMBER

Think and pray about who God is to you... If you don't see or experience God as a loving Father, ask Him to reveal his Fatherly love towards you....

Remember who God actually is – Take time to think and pray about God as a loving Father that can be trusted and known – a Father that loves you!

Remember who you are, in light of who God is – If God is Father, then you are His beloved child, and children have full access to their parents.

Remember who we are to each other – If God is Father, and we are his beloved children it makes those to our left and right family.

As we discover and experience more and more of who God is the natural overflow of is to rejoice, it's praise, it's adoration. As Jesus states – “.... *hallowed be your name.*”

R – REJOICE: Prayers of Adoration

The simplest way to rejoice, to pray prayers of praise (adoration) is 'noticing.' Spend time noticing all the things about God and give Him thanks and praise for it.

Just notice all the gifts God has given you, others, and our world – nothing is too big or too small. Thank God for any and all His gifts!

You can do this in spoken or written words, through dancing, through song, through art – let the Spirit lead you – rejoice and praise King Jesus!



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A - ASK (20 minutes)

Having spent time being still, remembering who God is, rejoicing in who He is, we now ask. Jesus says this is how we should ask –

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

This is an invitation to intercession, which means praying for other people, or circumstances.

What requests might you bring before God on behalf of your family, your friends, the Peninsula, our community, Australia, the world.....

Where is God’s life-giving kingdom of love and peace lacking?

When interceding, you may use the Bible, your memory, imagination, pictures, a map, news articles, to guide these prayers. Simply, clearly, and specifically ask for God’s kingdom to come where it lacks. These prayers can cover anything and everything, praying for whatever the Spirit brings to mind.

Petition – Asking for daily bread

Jesus tells us there is one other way we should ask in prayer –

“Give us today our daily bread.” This is a simple invitation from Jesus to bring any and every personal request before God.

Spend a few minutes praying for the daily needs in your own life, or your family, or community.....

Ask for God’s provision for the basic needs of those who are struggling, be open to say – *“God make me the answer to the prayers of those in need.”*

Listening Prayer

“If we live by the Spirit, let us also walk by the Spirit.” Galatians 5:25



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Before the final movement of the Lord's Prayer, ask Jesus who or what He wants to bring to mind for you right now?

Often God will surprise us with who or what He will bring to mind. Again, it may be helpful to use your body in prayer, simply open your hands in your lap in a posture of receiving.

Whatever and whoever comes to mind, trust it's the Spirit's guidance and pray for those people, places or circumstances. *During this time, you may feel like God has given you a particular word, image, or Scripture. Write it down or draw it.*

Y – YIELD (15 minutes)

Our final movement in prayer is to Yield – we end our time of prayer not with asking but with surrendering to God.

Jesus says we do it this way – *“Forgive us our debts as we have also forgiven our debtors.”*

Ask God for forgiveness in certain areas of your life - one way to do this is to review the last few days or weeks.

Don't wallow in guilt in this type of prayer but acknowledge our need for a Saviour and for forgiveness. The Scriptures tell us this is the pathway to victory in the way of Jesus. So, let's ask – Jesus will you forgive me in this way..... and in this way.....

After receiving forgiveness, we move our prayers to the forgiveness of others. During this time, take a moment to ask God – *“Who am I holding unforgiveness toward?”*

Simply pray – Father help me to forgive.....; Jesus, help me to release this person.....; Spirit, help me to see this person as you see them

Prayers Against Temptation & Trouble

And then in the final words Jesus taught us to pray, we say – “And lead us not into temptation but deliver us from the evil one.”

Finally, we pray against temptation - this word can also be translated as trouble. So, we pray against trouble, against any and every kind of trouble & evil.



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This part of the prayer may be deeply personal, it may be an opportunity for you to say – Jesus, I hold these repeated patterns before you.....

But this part of the prayer can also be far reaching, it can be a time to pray – God would you deliver the world from trouble, from evil of every kind.

Ask for God's deliverance and blessing - that Jesus, through the power of His Spirit would bring deliverance, peace, & life.

Communion

Drawing to a close in your hour of prayer, join your voice together with these final words the church has prayed throughout history - “For yours is the kingdom and the power and the glory forever. Amen.”

This could be a time to take communion, to remember that prayer and a relationship with God the Father is an act made possible through the broken body and shed blood of His Son, Jesus. A time to remember that one day God's kingdom will come in all its fulness in your life, and the world at large, all because of Jesus' life, death and resurrection.

As you take the wafer – remember and believe that this represents the body of Christ that was broken for you and the world.

As you drink of the cup, remember and believe that this represents the blood of Christ shed for you and this world.

You may finally like to pray - “God I trust the work you have begun in this hour, you will bring to completion. In the name of the Father, Son, and Spirit. Amen.”

