



PRAYER GUIDE

If you've ever wanted a deeper prayer life, or if you've wondered how to pray for an extended period of time, this guide is for you!

INITIAL THOUGHTS

1. Don't overcomplicate this. Prayer is simply two-way communication between you and God.
2. Pray with expectation! The death and resurrection of Jesus makes it possible for us to have a personal relationship with the Creator of the universe. He is all-powerful and responds to us when we pray.
3. Be yourself. God already knows what you're thinking and feeling. No need to hide or pretend.
4. Let go of the formality. Prayer isn't meant to be mechanical or feel overly religious.
5. Release any ideas of what you think this is supposed to look like. Spend time with God and allow the relationship to grow into something unique and beautiful.
6. If your mind wanders, do your best to let the thoughts simply fade away. It may also be helpful to have Scripture or a few notes in front of you to help keep you settled and focused.
7. Be encouraged. You are joining with many others during this month of prayer. You're not alone!

*The end of all things is near.
Therefore be alert and of sober
mind so that you may pray.*

1 Peter 4:7 (NIV)

HEARING GOD

There's no formula for hearing God. You may receive thoughts or a stirring in your heart fairly quickly. Or you may leave space for God to speak and sense nothing. Both of these are natural and part of the growing process. Hearing God is cultivated over time, and simply putting yourself in a posture to hear from Him is a significant part of building a deeper relationship with Him.

BE INTENTIONAL

1. **PICK A TIME.** The pace and demands of life often keep us from regular times with God. Determine ahead of time when you'll meet with God.
2. **PICK A PLACE.** Most people who spend time with God regularly will tell you they have a specific place where they pray, read and reflect. Find a quiet place where you can clear your mind. It may be a favorite chair or a particular room in your house. It could be a park bench, in your car, or even on a walk in your neighborhood.
3. **PICK A PLAN.** While prayer is meant to be natural and unscripted, sometimes a plan or some practical guidance can help direct the conversation. Consider the options on the next page and find a way that works best for you.

There are countless books and online resources to help you grow in your understanding and experience of prayer. Here are a couple ideas to consider.

PRAY OVER SPECIFIC AREAS OF LIFE

Suggestions: Pray through all of these during an extended time of prayer, or select one for each day of the week. Pray these by yourself or with others.

1. **FOR YOURSELF.** Spend time releasing your cares and worries to God. You might say something like, *God, I trust you with this* (name something you're trusting Him for), or *God, I release this to you* (name the thing you need to release to God), or *God, I invite you into this* (naming a situation or area of your life you'd most like to see Him work).
2. **FOR FRIENDS AND FAMILY.** Ask God to put specific people on your heart. Write down their names and pray for them individually.
3. **FOR THE HURTING AND LOST.** Pray for specific people as the Lord brings them to mind. Also pray generally for people in our community and the world who are far away from God.
4. **FOR OUR CHURCH.** How would you love for God to work among us as a community? What do you imagine us being like in a year from now? Spend time talking with God about the future of our church family.
5. **FOR OUR CHURCH EVENTS.** Visit brookwoodchurch.org/events and pray for the programs and for the people involved to be changed by the work of the Holy Spirit.
6. **FOR OUR STAFF AND VOLUNTEERS.** Visit brookwoodchurch.org/staff and pray for us as we serve and lead. Consider various ministries and pray for those who volunteer their time.
7. **FOR OUR OUTREACH PARTNERS.** Visit brookwoodchurch.org/serve and pray for the people and organizations we support in our community and beyond.

PRAY THROUGH THE LORD'S PRAYER

Slowly read the Scripture. Then ask God the provided question, allowing time for Him to respond.

"... *Our Father in heaven...*" Matthew 6:9b (NLT)

What do You want to say to me today as my Father?

"... *may Your name be kept holy.*" Matthew 6:9c (NLT)

What do You want to reveal to me about Your power today?

"*May Your Kingdom come soon.*" Matthew 6:10a (NLT)

Help me make Your priorities my priorities today.

"*Give us today the food we need,*" Matthew 6:11 (NLT)

Is there anything specific You want me to do with my time or the people I'm around today?

"*and forgive us our sins, as we have forgiven those who sin against us*" Matthew 6:12 (NLT)

Reveal to me anyone I need to forgive or ask for forgiveness.

"*And don't let us yield to temptation...*" Matthew 6:13a (NLT)

Is there anywhere I'm vulnerable to temptation?

Lord, teach me to listen. The times are noisy and my ears are weary with the thousand raucous sounds which continuously assault them. Give me the spirit of the boy Samuel when he said, "Speak, for your servant is listening." Let me hear you speaking in my heart. Let me get used to the sound of your voice, that its tones may be familiar when the sounds of earth die away and the only sound will be the music of your speaking. Amen.

A.W. Tozer
