

PRAYER

Prayer is the act of God's people speaking to, listening to and being in relationship with God.

WHY DO WE PRAY?

It is a focused time we spend in the presence of God, with our desire to know Him more. As the apostle Paul taught us— it is the Spirit within Who prays for us.

In our time of prayer, our Savior does the following:

- Makes Himself known to us in His love, mercy and grace for us.
- Brings wisdom and understanding through His Holy Spirit.
- Comforts us with His peace that passes all human understanding.
- Leads us to continue our walk of faith in Him.

TYPES OF PRAYER

PUBLIC PRAYER

These are times when we join fellow Christians in worship services, small group gatherings or when we come together for special prayer, such as the “Day of Prayer.”

PRAYERS OF...

Praise • Rejoicing in the work of God in our lives.

Thanksgiving • Showing gratefulness for the blessings God has provided.

Confession • Seeking forgiveness for a wrong we have done against God, or another person.

Intercession • When our hearts are full of concern for the needs of others.

Petition • When our hearts are full of concern for our own situation.

SILENT PRAYER

Based on Psalm 46:10, the silent prayer is a moment of seeking to hear the voice of God. Those who practice silent prayer find a space that has minimal/no distractions. You spend time, not bringing prayers of your own to God, but that by His Spirit, He would speak to you through a time of prayer.

SPONTANEOUS PRAYER

These are brief, spur of the moment prayers that we offer throughout our day. They can be any of the prayers listed above. Often times, they are short prayers— maybe just one to two lines or thoughts.

MEDITATION

Christian meditation is the spiritual discipline of focusing on one verse or passage of Scripture for a set period of time. The intention of Christian meditation is to seek God's revelation of truth in that specific Scripture passage or verse. It is important in Christian meditation for this to be done in prayer, that God's Spirit would lead you into a fuller knowledge, and better understanding of, our Savior's love and grace.

MEAL PRAYER

Sometimes referred to as “grace,” this prayer helps us recognize that God is the provider of all we have, and to ask Him to bless our food before eating.

PRAYING SCRIPTURE

You can use a specific passage of Scripture to frame your prayer or to provide the words of your prayer. An example would be to pray the 23rd Psalm. “The Lord is my Shepherd” (Thank You, Lord, that You are my Shepherd, that You will guide me, protect me and take care of me like a loving shepherd takes care of his sheep.) “I shall not want” (Thank You, Lord, that You have promised that You will take care of all of my needs to the extent that I do not need to be concerned about my provision; help me to trust You and Your promise to take of me.)

LISTENING PRAYER

This is a time when we listen for God to speak to us. Although few have actually heard an audible voice from God, many people have heard Him speak to them in their heart. Even though we may not be absolutely sure we “heard” from God, He will usually confirm His words to us in one way or another. God also speaks to us through circumstances. He opens and closes doors and presents situations to us where we have a “knowing” of what He is directing us to do.

THE LORD'S PRAYER

The very best prayer is the prayer our Lord taught His disciples. Learn to pray it slowly and with meaning. Jesus taught this prayer to His disciples, a summary prayer of every believer to God the Father. All 7 petitions of the Lord’s Prayer speak directly to any area of the Christian life. The Lord’s Prayer can also be used as an outline for your own time of prayer.

**Father, I abandon myself into your hands; do with me what you will.
Whatever you may do, I thank you: I am ready for all, I accept all.
Let Only your will be done in me, and in all your creatures.
I wish no more than this, O Lord. Into your hands I commend my soul;
I offer it to you with all the love of my heart, for I love you, Lord,
and so need to give myself, to surrender myself into your hands, without reserve,
and with boundless confidence, for you are my Father. Amen.
-Prayer of the Blessed, Charles de Foucauld**