

# A GUIDE TO PRAYER

## **CHOOSE A TIME**

Make it a definite time dedicated only to prayer. Try to make it the best time for prayer you can find.

## **CHOOSE A PLACE**

It should be free from distractions.

## **ENTER INTO PRAYER**

Examine your conscience and repent of your sins. (Matthew 5:23-24; 6:14-25; Psalm 51: 1-5; Psalm 130)

## **LET GOD'S MERCY CLEANSE YOUR CONSCIENCE.**

(Romans 8:32; Hebrews 9: 14)

## **LAY ASIDE ANXIETIES, PROBLEMS, STRUGGLES.**

Do not allow your troubles to dominate your time with God; He is Lord of all. (Hebrews 12: 1-2).

## **OPEN YOUR HEART TO THE TRUTHS OF THE GOSPEL.**

- ✦ God created you out of love and loves you always. (Genesis 1: 27-31; 1John 4:-5)
- ✦ God sent Jesus to give us life. (John 3:16; Ephesians 2:4-5)
- ✦ Jesus died and rose, conquering sin and death. (Romans 5:12-18; 1 Corinthians 15: 22-26)
- ✦ Jesus promised to be with us and to send the Holy Spirit. (John 14:16; 14:26; 16:7; Acts 2:1-4)
- ✦ Jesus intercedes for us in heaven. (Romans 8:34; Hebrews 7:25; 1 John 2:1).
- ✦ Jesus is coming again. (Matthew 16:27; 25:34)

**CONSCIOUSLY SAY "YES" TO THESE TRUTHS EACH DAY.**

## **COME BEFORE THE PRESENCE OF THE LORD.**

### **PRAISE GOD**

- ✦ He is worthy of all praise.(Psalm 95; 136; 150; Hebrews 13:15; 1Peter 2:9)
- ✦ Express your love and gratitude to our Father, to his Son Jesus, and to the Holy Spirit of Truth.
- ✦ Speak with God honestly and from the heart.

### **ASK QUESTIONS. (MATTHEW 7:7-11)**

- ✦ Listen actively to God in your heart and mind as you read scripture or kneel before him.
- ✦ Reflect on his work.
- ✦ Dwell in the presence of God.

### **INTERCEDE WITH FAITH AND TRUST.**

- ✦ For daily bread: Pray for the world, the church your friends, family, yourself.
- ✦ For forgiveness: as you forgive others
- ✦ For strength for the day and its trials.
- ✦ For protection from all evil.

### **BEFORE LEAVING PRAYER WRITE DOWN:**

- ✦ What God has said to you
- ✦ What God has shown you
- ✦ What you want to carry into the day and remember so that your prayer will bear fruit.
- ✦ What you have prayed for.

