

PRAYER

I talk, listen and respond to God.



WHAT DOES THE BIBLE SAY?

Prayer is a direct line of communication to God. When we live out a life of prayer, we recognize our dependence on God. Prayer causes us to shift our focus from our own skills, strengths and resources, to God and his nature, power and promises. Everything we do or strive to do is dependent on God. Prayer is a way to acknowledge that and allows us to then step back and watch how God responds. Jesus models for us the life of prayer, as we see in passages like Luke 5:16 and Luke 6:12, where Jesus often found time to be alone and pray.

Prayer is meant to be a constant conversation. Ephesians 6:18, 1 Thessalonians 5:17 are two verses that encourage us to continuously pray. We have access to God and pray with confidence because of Jesus. Ephesians 3:12 tells us: "In him and through faith in him we may approach God with freedom and confidence." Our prayer life is built on Jesus.

HOW SHOULD I PRAY?

Honestly, when it comes to prayer, we just want you to start doing it! Don't stress out about the words or about how you may or may not sound. Remember, this is simply a conversation with God, whom you have access to because of Jesus. But if you are looking for some structure, or just some things to begin the conversation, may we suggest that you S.T.A.R.T. praying!

- S – Say your sorry
- T – Thank him
- A – Ask for something
- R – Rave about him
- T – Talk with him

Ultimately God wants us to talk with him. He wants to hear about your griefs and laments. He wants to hear about your joys and celebrations. He wants you to bring your requests, gratitude and adoration to him. He wants you to talk with him.



PROCESS

Think through what you have learned and summarize it on your own words or write out how you would explain it to another person.

PRAY

- Not really sure there is much to add to this one! But let's give it a shot. God wants us to bring everything to Him. That includes your prayer life! Ask God to help you develop a vibrant prayer life.

LOOK

- One act of prayer is intercession. It is when you pray on someone else's behalf. Look for people to pray for. Maybe it's a co-worker, or a family member, or a perfect stranger. Take yourself on a prayer scavenger hunt. Look around for people to pray for!

RESPOND

- Read *A Praying Life* by Paul Miller. Attend a Praying Life seminar or join a prayer cohort. We believe these are great places to grow in your life of prayer.