

BECOMING A PRAYING CHURCH

We become a praying church when each and every member makes a personal commitment to make daily prayer a part of their lives. Make this commitment:

With God's help, I commit to spending at least 5 minutes each day in prayer.

Signed:

(This is a personal commitment that you make with God.)

What should I pray for?

Here are some suggestions.

- Pray that the congregation of 1st Presbyterian Church finds a way to transform into a body of believers that acts as the hands, feet, and heart of Jesus in the world.
- Pray for your church leaders...
- Pray for our nation's leaders...
- Pray for the victims of violence...
- Pray for the poor...
- Pray for our church members and friends on the Sunday bulletin prayer list...
- Pray for the environment...

ADORATION

Psalm 100: *Make a joyful noise to the Lord, all the earth. Worship the Lord with gladness; come into his presence with singing. Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name. For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.*

Try this: Begin your prayer time with praise, worship, and adoration for God. Tell Him how impressed you are with what He has done and is doing in your life. You may want to:

1. Choose one of God's attributes and list the benefits to your life because of it.
2. Paraphrase a Psalm
3. Pray back scripture to the Lord.

Or, try this: A great way to begin your prayer time is to spend some personal time in worship with the Lord. Sing. Listen to worship music. Contemplate everything you can think of that makes God so great. Write down everything you can think of that demonstrates the awesome majesty of God. And then ponder the things you have written. Contemplate the greatness of God while you are there before Him.

CONFESSION

2 Chronicles 7:14: *If my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.*

Try this: Take time to confess to God any sin you can think of in your life. David said, “Search me, O God, and know my heart. Ask God to show you any sin that you have in your life that is interfering with your journey with Him. Ask for God’s forgiveness, and then ask Him to help you to turn from those sins.

Or, try this: Take inventory of yesterday. Ask God to show you if there is anything that displeased Him. Make a list. Pray through the list, confessing each item and then destroy the list.

Or, try this: 5 Steps to a good confession.

- Examine your conscience.
- Be sincerely sorry for your sins.
- Confess your sins.
- Resolve to amend your life.

After your confession, actually make the change happen in your life.

THANKSGIVING

1 Thessalonians 5:16-18 - *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

Try this: The Practice of the Presence of God (Popularized by Brother Lawrence c. 1614-1691)

1. Speak humbly and converse lovingly with Him in our hearts at all times.
2. Let all our actions be little spontaneous conversations with God.
3. Work gently, tranquilly, and lovingly with God.
4. Frequently stop and for a short moment, adore God deep within our thoughts.

Or, try this:

Prayer Without Ceasing – Prayer of the Heart
Select a brief prayer phrase that can be repeated throughout the day while you are walking, driving, waiting in line, or at any point you find yourself with even a moment or two of free time. Examples: “*Lord Jesus Christ, Son of God, have mercy on me, a sinner.*”

- Come, Lord Jesus.
- The Lord is my Light.
- Fear not, I am with you.
- Lo, I am with you.
- Bless the Lord, O my soul.
- The Lord is my Shepherd.

SUPPLICATION

Romans 8:26-27 *Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.*

A prayer of supplication is a prayer that lifts up requests before God. Supplications are often divided between those requests we make for ourselves (petitions) and those requests we make on behalf of other people (intercessions).

Try this: Supplication is a prayer that is consistent and determined. It is used for long-term prayer needs. It is not a lack of faith to bring matters up to God again and again in prayer. Here are some ways to categorize:

1. Major concerns
2. Relational needs
3. Physical & material concerns
4. Spiritual
5. Character issues

Or, try this: Pray for your needs and for the needs of others. You may want to pray for such things as God’s guidance, wisdom, and opportunities to serve.