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CHURCH

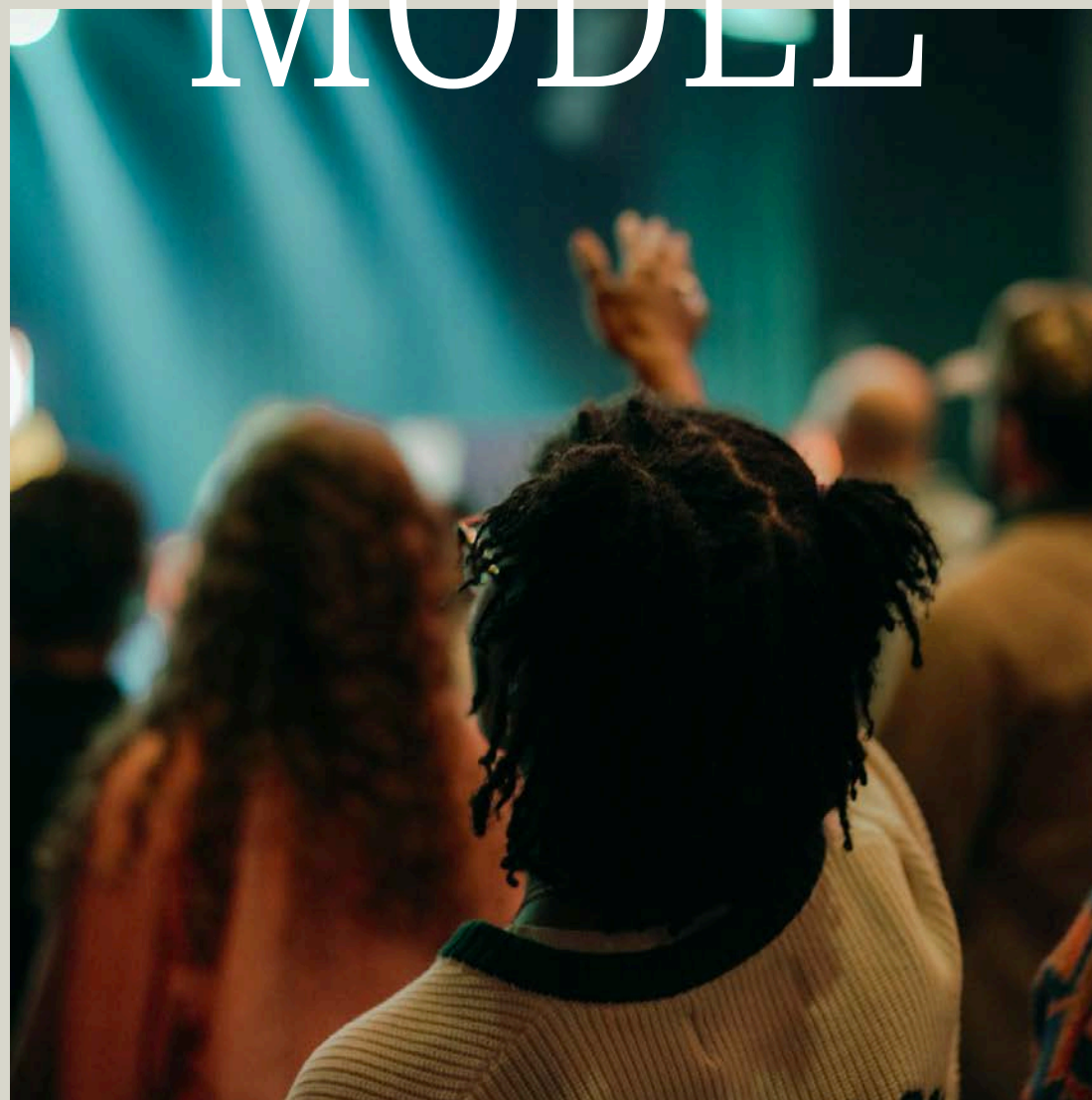
# HOW TO PRAY

**HAVE YOU EVER HEARD A PASTOR ENCOURAGE YOU TO PRAY MORE AND TO DEVELOP A PRAYER LIFE? US TOO. HAVE YOU EVER WANTED TO PRAY MORE AND DEVELOP A PRAYER LIFE, BUT YOU DID NOT KNOW HOW? US TOO.**

**PRAYER INVOLVES TALKING TO GOD, LISTENING TO GOD, AND BEING WITH GOD. BY LEARNING HOW TO PRAY AND TAKING STEPS TO INCORPORATE PRAYER INTO OUR LIFE, WE WILL LIVE LIVES THAT ARE PRAYERFUL AND “PRAY WITHOUT CEASING” AS PAUL WROTE TO HIS FRIENDS IN 1 THESSALONIANS 5:17. PRAYER IS INTENDED TO BE A NATURAL AND NORMAL THING FOR EVERYONE BECAUSE WE ARE CREATED FOR FRIENDSHIP WITH GOD.**

**THIS HANDOUT IS INTENDED TO GIVE YOU A PRAYER MODEL AND HELP YOU TO DEVELOP A PRAYER RHYTHM FOR YOUR LIFE.**

← PRAYER →  
MODEL



PAUSE

REJOICE

ASK

ASK

**IN *HOW TO PRAY: A SIMPLE GUIDE FOR NORMAL PEOPLE*, PETE GREIG TEACHES PRAYER USING THIS ACRONYM: P.R.A.Y. THIS STANDS FOR PAUSE, REJOICE, ASK, YIELD. LET'S BREAK EACH OF THESE DOWN.**

# PAUSE



PAUSE

REJOICE

ASK

YIELD

WHEN WE COME TO PRAYER, IT IS IMPORTANT TO PAUSE AND CENTER OUR MINDS ON GOD. WE CARRY THOUGHTS AND WORRIES WITH US THROUGHOUT THE DAY. PAUSING AT THE ONSET OF PRAYER ALLOWS US TO RELEASE THESE THOUGHTS TO GOD AND FIX OUR GAZE UPON HIM. TO PAUSE, TAKE THIRTY SECONDS TO A FEW MINUTES TO BREATHE AND FOCUS YOUR ATTENTION ON GOD. IT IS HELPFUL TO SET ASIDE YOUR PHONE OR ANYTHING ELSE THAT MAY DISTRACT YOU.

# REJOICE



THE NEXT MOVEMENT OF PRAYER IS TO REJOICE. IT IS ALWAYS GOOD AND FITTING TO PRAISE GOD FOR WHO HE IS AND WHAT HE HAS DONE FOR US. PRAISE HIM. THANK HIM. REJOICE IN HIM. IT IS HELPFUL TO USE A PSALM OR OTHER PASSAGES OF SCRIPTURE AS LAUNCHING POINTS FOR REJOICING IN GOD. AS YOU PRAY, TAKE A FEW MINUTES TO REJOICE.

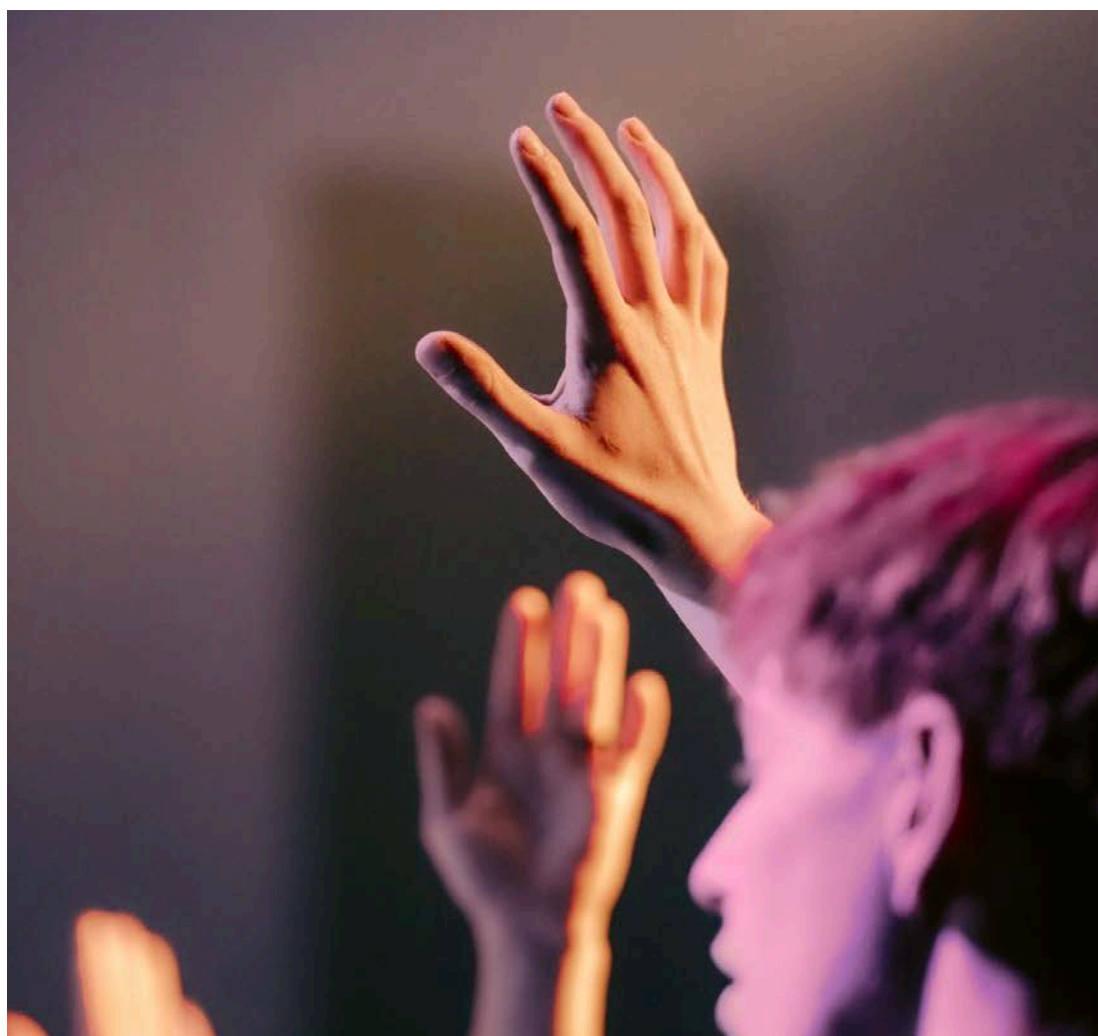
PAUSE

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YIELD

# ASK



PAUSE

REJOICE

ASK

YIELD

THE NEXT MOVEMENT OF PRAYER IS TO ASK. ASK GOD FOR WHAT YOU NEED IN YOUR LIFE. WHERE DO YOU NEED HIM TO SHOW UP? WHAT DO YOU NEED HIM TO BLESS? WHERE DO YOU NEED DIRECTION OR CLARITY OR WISDOM? WHICH UNSAVED FRIENDS AND FAMILY MEMBERS CAN YOU LIFT UP TO GOD? WHATEVER IS ON YOUR HEART, BRING IT TO GOD IN PRAYER. HE IS A GOOD FATHER WHO LOVES TAKING CARE OF HIS CHILDREN. AS YOU PRAY, TAKE A FEW MINUTES TO ASK GOD FOR WHAT YOU NEED.

# YIELD



AS WE PROGRESS IN PRAYER, WE YIELD. YIELDING IN PRAYER IS ALLOWING GOD TO DIRECT AND GUIDE OUR LIVES. HE GETS THE FINAL SAY. WE SUBMIT ALL OF OUR LIFE TO HIM, AND WE DO THIS IN PRAYER. AS WE YIELD, WE LISTEN TO HIS VOICE AND ENJOY HIS PRESENCE. YOU MIGHT ASK GOD QUESTIONS AND LISTEN FOR HIS RESPONSE. THIS WILL TAKE TIME TO DEVELOP, BUT WE WANT TO ENCOURAGE YOU TO ASK QUESTIONS TO GOD IN PRAYER. HERE ARE SOME QUESTIONS TO ASK GOD IN PRAYER:

- “WHAT DO YOU WANT ME TO KNOW?”
- “WHAT DO YOU WANT ME TO DO?”
- “WHO IS SOMEONE YOU NEED ME TO ENCOURAGE?”
- “HOW DO YOU SEE ME?”
- “WHERE ARE YOU LEADING ME?”

AS YOU PRAY, TAKE A FEW MINUTES TO YIELD YOURSELF TO HIM.

WE HOPE THAT THIS MODEL IS HELPFUL FOR YOU AS YOU BEGIN TO PRAY.

PAUSE

REJOICE

ASK

YIELD

# PRAYER RHYTHM

HAVING A MODEL FOR PRAYER IS IMPORTANT, BUT INTEGRATING PRAYER INTO YOUR LIFE IS MORE IMPORTANT. HERE ARE SOME TIPS WE RECOMMEND FOR DEVELOPING A PRAYER RHYTHM.

FIRST, DEVELOPING A RHYTHM FOR ANY SPIRITUAL PRACTICE SHOULD BE DISCERNED IN THE CONTEXT OF YOUR PERSONALITY, SEASON OF LIFE, AND WHAT YOU FEEL GOD INVITING YOU INTO. HERE ARE SOME QUESTIONS TO CONSIDER:

- DO YOU PRAY BETTER BY WALKING AROUND OR SITTING STILL?
- WOULD YOU BENEFIT FROM WRITING YOUR PRAYERS OUT IN A JOURNAL?
- WHAT TIME OF DAY CAN YOU COMMIT TO PRAYER?
- HOW MUCH TIME DO YOU HAVE FOR INTENTIONAL PRAYER?
- WHAT POCKETS OF TIME THROUGHOUT YOUR DAY CAN YOU COMMIT TO PRAYER?
- WHERE DO YOU FEEL LIKE YOU BEST CONNECT WITH GOD?

WE ARE ALL WIRED DIFFERENTLY, LIVE IN DIFFERENT SEASONS OF LIFE, AND REALIZE GOD IS UP TO UNIQUE THINGS IN OUR LIVES. WE SHOULD BE SENSITIVE TO THESE THINGS AS WE CONSIDER OUR PRAYER RHYTHM. FOR EXAMPLE, IF YOU LOVE WRITING, WRITE YOUR PRAYERS. IF YOU CONNECT WITH GOD IN NATURE, PRAY AT A LOCAL PARK. IF YOU HAVE YOUNG KIDS, PRAY BEFORE THEY GET UP OR DURING THEIR NAP TIMES. IF YOU FEEL GOD CALLING YOU DEEPER IN PRAYER FOR A PERIOD OF TIME, MAKE THE NECESSARY SACRIFICES TO GO ON THE JOURNEY WITH HIM. WHEN CONSIDERING THESE THINGS, KEEP IN MIND THAT YOU MAY NEED TO MAKE ADJUSTMENTS TO YOUR RHYTHM AS YOUR LIFE CHANGES.

SECOND, START SMALL. RATHER THAN TRYING TO PRAY FOR HOURS UPFRONT, TRY TO PRAY FOR A FEW MINUTES AT THE START. AS YOU DO, YOU MAY FIND THAT A FEW MINUTES IS NOT LONG ENOUGH TO SPEND WITH GOD. THAT IS A GOOD THING. LEAN INTO THIS AND LOOK FOR MORE OPPORTUNITIES TO BE WITH GOD IN PRAYER, GROWING YOUR INTIMACY WITH HIM. BUT AT FIRST, START SMALL.

THIRD, STAY CONSISTENT. MORGAN SNYDER SAYS, “LIVE IN THE DAY, BUT MEASURE BY THE DECADE.” IT’S NOT ABOUT BECOMING THE PERSON YOU DESIRE TO BE IN CHRIST IN A DAY OR A WEEK. NOR, IS IT ABOUT HAVING THE MOST ROBUST PRAYER LIFE AT THE END OF A WEEK OR A MONTH. RATHER, IT’S ABOUT COMMITTING TO PRAYER AND OPENING YOURSELF UP TO THE TRANSFORMING POWER OF THE SPIRIT OVER THE LONG-HAUL AND THEN LOOKING AT WHO GOD HAS MOLDED YOU INTO. COULD YOU IMAGINE WHERE YOUR LIFE WOULD BE IN A DECADE IF YOU MADE AN INTENTIONAL, CONSISTENT EFFORT TO ENGAGE WITH GOD IN PRAYER? STAY CONSISTENT.

LASTLY, HAVING A PRAYER RHYTHM IS NOT THE GOAL; FRIENDSHIP WITH GOD IS. A PRAYER RHYTHM IS A PRACTICE THAT OPENS OURSELVES UP TO EXPERIENCE FRIENDSHIP WITH GOD AND SUBMIT OUR LIVES TO HIM. PLEASE DO NOT APPROACH PRAYER JUST TO CHECK A BOX; RATHER, ENGAGE IN PRAYER TO GENUINELY EXPERIENCE THE GOD WHO LOVES YOU AND HAS CALLED YOU TO HIMSELF THROUGH JESUS.

WE HOPE THESE TIPS ON A PRAYER RHYTHM HELP YOU AS YOU SEEK TO GROW IN PRAYER.

