



PERSONAL
Prayer Guide ❖

ABOUT THIS GUIDE

This guide is not designed to put your prayer life in a box. It is not a rigid set of rules of what you must do to actually be praying. This is simple tools and practice we have tested in our own lives, that have helped us grow in our personal prayer life.



Our prayer is that by using this guide you will be strengthened, encouraged, and prayer becomes not something you force yourself to do, but something that erupts from within you.



The background of the entire page is a photograph of a minimalist interior. On the left, a wooden chair with a spindle back is partially visible. In the center, a white desk holds a tall glass vase filled with dried wheat stalks, a small dark wooden bowl, and a closed notebook. The background is a plain, light-colored wall.

The Life of Jesus

*"Very early in the morning,
while it was still dark, Jesus
got up, left the house and
went off to a
solitary place, where He
prayed."*

MARK 1:35



*May we follow in
His steps*

HOW TO CREATE A LIFESTYLE OF PRAYER



Prayer has truly become what it was designed to be when it becomes more than a Christian activity, but a fountain of life springing up from communion with the Spirit of God.



Create a Place

In the Bible there is a consistent theme of space being created and God filling it. Ultimately Jesus' atoning sacrifice makes us a place the Holy Spirit can inhabit. Find a place to go to be with him, make it your secret place. Go there often.



Schedule a time

Jesus arose early in the morning to be with the Father. You may not be a morning person, but you can schedule time each day to be with God. Make an appointment, and don't let anything make you miss it.



Have a Plan

Just as Jesus taught his disciples to pray a certain way, we encourage you to come up with a plan. Maybe it is worship, or meditation on His word. It doesn't always have to look the same, but having a plan will help you regularly connect with God.



THE LORDS PRAYER

A Model of Prayer



*"9 Our Father in heaven,
hallowed be your name,
10 your kingdom come,
your will be done,
on earth as it is in heaven.
11 Give us today our daily bread.
12 And forgive us our debts,
as we also have forgiven our
debtors.
13 And lead us not into temptation,
but deliver us from the evil one"*

Matthew 6:9-13

BREAKING DOWN THE LORDS PRAYER

"Our Father in Heaven"

God desires a relationship with us, but what type of relationship does he desire? He is a loving father who has adopted us as beloved children. When we start our prayer time with this revelation it helps us to approach him correctly. We are not strangers to him, but His sons and daughters. Spend time talking to Him as your father.

ROMANS 8:15

15 The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."

"Hallowed Be Your Name"

Hallowing the name is to worship Him. Worship is ascribing worth and value to something or someone. When we worship Him for His great name it glorifies Him, and also helps to clear our mind on things other than God and His Glory. Spend time worshipping Him and His Great Name!

PROVERBS 18:10

The name of the Lord is a fortified tower;
the righteous run to it and are safe.

"Your Kingdom Come, Your Will Be Done, On Earth as it is in Heaven"

Part of being in the family of God is caring about what he cares about. God has revealed His will for us through Christ Jesus. We know His will is perfect, so spend time acknowledging his sovereignty and truth in prayer.

LUKE 12:31

But seek his kingdom, and these things will be given to you as well.



BREAKING DOWN THE LORDS PRAYER

"Give Us This Day Our Daily Bread"

God's word says that man does not live by bread alone, but by every word that proceeds from the mouth of God. This prayer is more than just asking for God to fulfill our needs, and thanking Him for them. This prayer is asking for Him to speak to our hearts through His words that we need for this day. Ask the Lord to share with you in His word what you need today.

PSALM 121:1-2

I lift up my eyes to the mountains - where does my help come from?
My help comes from the Lord - the Maker of heaven and earth.

"Forgive Us Our Debts, as We Also Have Forgiven Our Debtors"

When we turn away from our sin and repent, he is faithful to forgive us every time. There is no begging for his forgiveness because He gives it entirely to those who ask for it. We have been completely forgiven of all our sins, and so we must also walk in this same spirit. Spend time asking for forgiveness for yourself, accepting the gift He offers. Also spend time asking the Lord to help you forgive others who have offended or hurt you.

1 JOHN 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

"And Lead Us Not Into Temptation, but Deliver Us from the Evil One."

We have a real enemy who comes to steal, kill, and destroy. As we pray we stand in opposition to the devil and his demons. We need not fear, for we have been given authority by the blood of Jesus. Resist the devil, and he will flee. Spend time praying for protection, and that God would reveal any lies of the enemy in your life

EPHESIANS 6:12

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.



PRAYING THE SCRIPTURES

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time. Let's begin with King David's Psalm 23.

Take a moment to read it, and then use the prayer below as a way to use the psalm to have a conversation with God. See how we can use the scripture to guide our prayers to Him.

VERSE

The Lord is my Shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

PSALM 23

PRAYER

"God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever."