



Prayer

Top Tips:

1. Use the Bible

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you... I cling to you – Psalm 63:1,8

When you pray, say: "Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation..." – Luke 11:2-4

Lord, I believe; help my unbelief – Mark 9:24

These are just some examples of how people prayed or spoke to God in the Bible. God's word is so key in teaching us how to walk in relationship with Him and it can inspire us to pray honestly and teach others with His words and His wisdom.

Make a habit of regularly spending time in God's word and using it in prayer.

2. Be yourself in prayer and allow others to be themselves

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words – Matthew 6:7

God created you to be YOU, fearfully and wonderfully made (Psalm 139:14), so use that in prayer and encourage others to use it too. Prayer becomes far less scary when you treat it as a conversation.

3. Allow God to direct, leave space and silence for the Holy Spirit

It's ok to leave space for silence when praying for others or yourself. As said before, prayer is conversation, not a one-way thing. This can also be a lesson in trusting god to speak and fill the silence, and good practice in learning to recognise His voice!

The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God – Romans 8:26-27



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Activity: Lectio Divina

Psalm 23

A psalm of David

The Lord is my Shepherd;
I have what I need.
He lets me lie down in green pastures;
he leads me beside quiet waters.
He renews my life;
he leads me along the right paths
for his name's sake.
Even when I go through the darkest valley,
I fear no danger,
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.
Only goodness and faithful love
will pursue me
all the days of my life,
and I will dwell in the house of the Lord
as long as I live.