

PRAYER

A Few Simple Tips and Strategies

Below are twelve, very practical tips and strategies for prayer.

Some of the thoughts shared here are incorporated, with gratitude, from the teachings of Dr. Chuck Lawless.

1

Organize your thoughts with a prayer calendar - divide your prayer list up such that you pray for different categories of things each day. While we should always be open to pray as the Lord leads, here is just one example.

Divide your prayers into 8 lists, one for everyday and then one for each day of the week as follows:

EVERY DAY

Family members by name; mentoring relationships; daily praises; repentance of sin; filling with the Holy Spirit; spiritual disciplines; personal application of scriptures; revival; etc.

SUNDAY

The Church including pastors; deacons; teachers; small groups and Bible studies; various ministries; children; youth; seniors; etc.

MONDAY

Missions including missionaries by name; upcoming mission trips; UUPG's in Mexico, and New Bedford; disaster relief efforts; Bible translators; etc.

TUESDAY

Unsaved by name; those in other religions (by name of religion); those in cults (by name of cult); etc.

WEDNESDAY

Students; parents; military; various levels of government; public servants; healthcare workers; etc.

THURSDAY

Personal growth including brokenness; personal areas of discipleship; God's will in my life; scripture memorization; etc.

FRIDAY

Long term or particular concerns to include persons with chronic health issues; orphans and foster children; the homeless; upcoming events at Church; etc.

SATURDAY

Extended family and friends by name, praying proactively for each before troubles arise.

2

Use the ACTS prayer outline during prayer. During each prayer, spend time in Adoration (praise God for who He is), Confession of sin, Thanksgiving (for what God had done), Supplication (making requests of God).

A variation of this might be to alternate between doing all four ACTS components one day, and the next day to emphasize just one component, then repeat the cycle with a different component.

3

Develop prayer triggers - let certain circumstances prompt you to pray. For example, when you hear sirens, pray for first responders as well as those being attended to; when you pass a school, pray for teachers, students, and parents; when doing house chores, pray for your family; when leaving your driveway, pray for those you'll encounter today.

4

Set a specific time each day and potentially coordinate with other prayer warriors in your small group or family to pray for specific items on your mind.

5

Chose a different family in the Church or in your neighborhood to pray for, by name, each day, or for the entire week.

6

Prayer walk a community or do "drive-by" prayers for neighborhoods, businesses, and churches. This can include those still under development.

7

Incorporate Jesus' model prayer from Matthew 6:9-13 into your daily prayer. Emphasize each phrase, one at a time, to be blessed by its richness.

8

Pray for world events and leaders as you hear or read the news.

9

Pray with someone else each day. It can be just a few minutes and it can be with a different person each day. In addition, make time to pray with your spouse and/or family every day.

10

Utilize short and specific “popcorn” or “arrow” prayers throughout your day, but don’t neglect to spend dedicated time in prayer as well. Many find that starting the day in prayer not only produces better quality time in prayer but sets the tone of the day before God.

11

When talking with others, ask how you may best pray for them. Then commit yourself to praying for them according to their request.

12

Utilize the prayer prompts provided by the Church.

These are just ideas. Use them or tailor them to make them your own. These tips and strategies are simply aids to help with the practical side of prayer. Bottom line, prayer needs to be part of your very lifeblood. This won’t happen overnight so be patient but keep striving forward in prayer.

“The God who made the world and everything in it—He is Lord of heaven and earth ... in Him we live and move and have our being” (Acts 17:24, 28).

Believing this, we have every reason to desire to devote ourselves to prayer.

Ruth Bell Graham said it well, “We cannot pray and remain the same”. May God transform us into the likeness of Christ, through prayer, for His eternal glory.