

Possible Prayer Models...

- Use the Lord's Prayer as a guide to your praying. Move through the portions of that prayer, expanding them to fit your own situation and concerns.
- Use the word ACTS to guide your praying:
 - Adoration
 - Confession
 - Thanksgiving
 - Supplication, prayers of request
- Use the fingers on your hand to guide your praying. This is particularly helpful for those who use their hands in their work.
 1. THUMB: being the nearest to the body reminds us of those who are the closest to us.
 2. POINTING FINGER: stands for all those who are our teachers in every aspect of life.
 3. THIRD FINGER, TALLEST: stands for leaders in all the different spheres of life.
 4. FOURTH FINGER, WEAKEST: stands for those who are in trouble and pain.
 5. LITTLE FINGER, SMALLEST: stands for ourselves.

This can also be a helpful way for teaching children how to pray.



Use your hand as a guide for prayer.



Use the Bible

The Holy Scriptures are full of references to prayer. Use the Bible as a map directing your prayer life. Start with the book of Psalms. There you will discover that God expects us to bring everything to Him in prayer.

Ask and it shall be given to you; search and you will find; knock and the door will be opened for you. For everyone who asks receives and everyone who searches finds and for everyone who knocks, the door will be opened. (Matthew 7:7-8)

So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. (Mark 11:24)

Again truly I tell you if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. For where two or three are gathered in my name, I am there among them. (Matthew 18:19-20)

And this is the confidence that we have in him, that if we ask anything according to His will, He heareth us. (John 5:14)

.....pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16-17)

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

Copyright in progress. © Julianne Brittain, 2011



Suggestions for Effective Prayer

from Rev. Jan Brittain

WILLIAMSON'S CHAPEL
UNITED METHODIST CHURCH

575 Brawley School Road
Mooresville, NC 28117

For a downloadable version of this brochure and more info about Williamson's Chapel, please visit us on-line at www.WilliamsonsChapel.org.



Suggestions for Strengthening the Role of Prayer in Your Life...

Please note that these are suggestions only. There is no one right way to pray. When we study the Bible, which should be our guide to prayer, we discover that God's people have prayed in a variety of ways, in a variety of places and for a variety of things.

Remember that prayer is primarily about your relationship with God. That means that your prayer life will be unique, as are all relationships. Use what works for you. If these suggestions seem helpful, give them a try.

The important thing about prayer is simply – to do it. Now for the suggestions.



A General Plan...

If you already have a regular daily time of prayer, great! Keep it up. If not, then consider committing yourself to the following:

Start small. Some people feel differently about this and perhaps they are right ... but when a person is just beginning a regular prayer time in their lives,

I believe the key to success is not length of time, but rather commitment and consistency. Set a specific time for prayer, make a commitment and then do it. I suggest you begin with ten minutes.

- Read a passage of scripture.
- Spend some time telling God how wonderful He is, how thankful you are for His blessings in your life ... list some of them.
- Then confess your sins and failures...name them.
- Next bring your concerns before God ... Remember the requests made at church. Bring those people and others you care about into the presence of God.
- Then thank God again...for working in your life, and for allowing you to come into His presence and for promising to be with you.
- Don't forget to tell God that you love Him.
- And then quit.

Begin with ten minutes a day and don't lengthen the time until you feel the need. But don't give up. Consistency and Commitment is the key. "If you are faithful over a little..."

Other Suggestions...

Consider using tangible items to keep your prayers focused. Lighting a candle when we pray as a symbol of God's presence with us can be helpful. I often use objects in my prayer center such as a picture reminding me of one who is in special need, a package of seeds to remind me to give glory for the wonders of creation, sometimes a Bible verse.

Use your imagination. When you aren't sure what to pray for someone in need, simply imagine yourself bringing that person into the presence of God. For example, when a child is sick in the hospital, I often use my prayers to imagine Jesus coming into that room, touching holding and healing that child. Bring the two together in your mind and then leave them to visit together. God knows what to do even when you don't.

Write letters to God. Sometimes the exercise of having to put things on paper can help us truly articulate our praises and concerns. This also helps us relate to God in a personal way.

Identify recurring events in life to use as triggers to prayer. For example, whenever I hear a siren, I offer a prayer for the ones involved. A ringing telephone, time spent waiting in a checkout line, a crying baby, etc. can be used this way.

Join with others in prayer. Take home a prayer list from church and use it, confident that your prayers are joined with others. Join a prayer group. Invite someone to be a prayer partner with you and share your prayer concerns regularly with each other. Pray with your family. A short time of prayer with our children or spouse unites us with them and God.

Tell people you are praying for them. It will make you more accountable to your prayers. When others are counting on our prayers, they become all the more important. Telling them will also strengthen those you pray for. If you can't tell them in person, just drop them a note. It may be just what they need to hear.

Don't stop, don't stop, don't stop!

