

PRAYER

How do we make prayer a part of our everyday life? We can learn from three things Jesus did...

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

Mark 1:35

FOR EFFECTIVE PRAYER:

1. A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God, at whatever time, and keep it.

2. A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

3. A CERTAIN PLAN OR STRATEGY

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples to pray, he gave His disciples a prayer outline. We call it The Lord's Prayer. This outline along with several others are available in this resource.

PRAYER STRATEGIES

I know very few people who don't struggle with prayer. Sometimes we try to fix this problem by seeking to become a prayer warrior overnight. That approach seldom works, and we get discouraged. A better approach is to build your prayer life one step at a time. Here are some simple strategies for developing your prayer life.

STRATEGY #1: USING PRAYER ACRONYMS

- **A.C.T.S.** - Adoration, confession, thanksgiving, supplication.
- **P.R.A.Y.** - Praise, repent, ask, yield.
- **T.R.U.S.T.** - Thanksgiving, remember, unburden, surrender, trust.

STRATEGY #2: THE 5 FINGER PRAYER

- **Thumb:** Pray for those who are closest to you (family & friends)
- **Pointer:** Pray for those who point you in the right direction (pastors, mentors, & teachers)
- **Middle:** Pray for the leadership in your government, business, and church.
- **Ring:** Pray for those who are in need.
- **Pinky:** Pray for yourself last.

STRATEGY #3: PRAYING SCRIPTURE

Praying scripture can be powerful in developing a prayer strategy.

There are countless ways to put it into practice. You can pray your way through the Psalms, pray the armor of God, or pray through the prayers of the New Testament. Or pray another Scripture that's relevant to what's on your heart. The more Scriptures you know, the easier this is to do.

STRATEGY #4: PRAYER JOURNALING

Prayer journaling is super popular. You can download a free prayer journal or purchase one from Amazon. You might even just grab a pretty notebook to use and write out your prayers.

STRATEGY #5: PRAYER LISTS

Prayer lists are my jam. I use the echo prayer app which helps me keep my list organized.

STRATEGY #6: PRAYER CIRCLES / GROUPS / PARTNERS

Having other people pray for you and praying for other people can be a game changer. Beyond being in a group of people praying, having a specific person you pray with can be a great prayer strategy.

STRATEGY #7: PRAYING ON THE GO

God hears us wherever we are. So, talking to Him all day long as part of our prayer strategy should be a must. 1 Thessalonians 5:17 says, "Pray continually," and I took it literally.

STRATEGY #8: PRAYER TRIGGERS

Use everyday objects to remind you to prayer.

- When at a stop sign or stop light, you might pray for the stop of abortion or human trafficking.
- If you drive past a school, you might pray for the teachers or students there.
- Other - personally create some triggers.

STRATEGY #9: SET SOME "PRAYER POWER POINTS."

A prayer power point is a set time each day when you stop to pray. I find it best to set the alarm on my watch, and that reminder calls me away from my desk to pray. Just a few minutes set aside for prayer help me to re-focus for the rest of the day.

STRATEGY #10: PRAY THE "LORD'S PRAYER"

“Our Father in heaven, **(Connect with God Relationally)**

hallowed be your name, **(Worship his Name)**

your kingdom come, your will be done,

on earth as it is in heaven. **(Focus on His Agenda)**

Give us today our daily bread. **(Depend on Him for Everything)**

And forgive us our debts, as we also have forgiven our debtors. **(Get Our Hearts Right with God and Others)**

And lead us not into temptation, but deliver us from the evil one.’

(Engage in Spiritual Warfare)

Matthew 6:19-13

STRATEGY #11: PRAY AS YOU READ THE NEWS.

Whether you read the newspaper or read online, use the news to direct your praying. Intercede for countries in war. Pray for families affected by crime or natural disasters. Ask God to guide government leaders. Pray for missionaries in each country in the news.



PRAYER RESOURCES **recommended by Pastor Mark



ECHO PRAYER APP**



ASK SEEK KNOCK APP



DWELL AUDIO BIBLE APP

BIBLE READING

Many people view the Christian life as a long list of dos and don'ts. They haven't yet discovered that spending time with God is a privilege that we **get to do** and not a chore or obligation that **we have to do**.

Learning how to do devotions takes only a bit of planning. There's no set standard of what your daily time with God should look like, so relax and take a deep breath. You've got this!

These steps will help you put together a custom devotions plan that's right for you. Within a few weeks –the time it takes to form a habit–you'll be well on your way to exciting new adventures with God.

WHAT YOU'LL NEED

- A Bible or Bible App
- A pen, pencil, or stylus
- A notebook or journal
- A Bible reading plan
- A Bible study or study aid

- A quiet place

HOW TO DO DEVOTIONS

1. Make an Appointment
2. Decide on a Time Frame
3. Choose a Place
4. Have an Agenda
 1. Read the Bible (Pick a Bible Ready Plan, S.O.A.P. or other)
 2. Prayer
 3. Praises and Worship
5. Commit to Your Plan
6. Be Flexible

If you get stuck in a rut, try going back to step one. Perhaps your plan is no longer working for you. Don't be afraid to change it up until you find the perfect fit.



BIBLE READING **recommended by Pastor Mark



BIBLE APP**



SHE READS TRUTH APP / HE READS TRUTH



BIBLE STUDY **recommended by Pastor Mark



BLUE LETTER BIBLE APP**



THE BIBLE PROJECT



BIBLE ENGAGEMENT PROJECT

SOAP METHOD

SOAP is a simple method for reading and applying God's word to our lives.

It's one thing to simply read scripture, but when you interact with it, you learn to slow down to REALLY read it, suddenly words start popping off the page.

WHAT DOES S.O.A.P. MEAN?

S = SCRIPTURE

- You pick one of the verses from your reading that stands out to you.
- Take a moment and write that verse of scripture out.

O = OBSERVATION

- Take a moment and answer the question what do you see in the verses that you're reading?
- Who is the audience? Is there a repetition of words?
- What words stand out to you?

A = APPLICATION

- What is God saying to me today?
- How can I apply what I just read to my own personal life?
- What changes do I need to make, or actions I need to take?

P = PRAYER

- Pray God's Word back to Him.
- If He has revealed something to you during this time in His Word, pray about it.
- Confess if He has revealed some sin that is in your life.

Studying God's Word like this can take as little or as long as you have time to give. Some days it can take just 10 or 15 minutes, other days longer.

SCRIPTURE MEMORY

As the old saying goes, "How do you eat an elephant? One bite at a time, of course." It's the same thing for memorizing passages of Scripture. For the Spirit to use the Bible to transform us, we need to know

what's in it. And memorization is an incredible way to make us intimately familiar with Scripture. Making memorization a discipline can have a life-changing impact on our spiritual maturity.

4 STEPS TO MEMORIZING MORE SCRIPTURE

STEP 1: PICK A TOPIC OR A SCRIPTURE

STEP 2: DIG INTO THE CONTEXT

- Find the verse in your Bible and read the paragraph before and after it. Use this context to gain a clear understanding of what the verse means.
- Read the verse through several times thoughtfully, aloud or in a whisper. This will help you grasp the verse as a whole.

STEP 3: MEMORIZE IN BITE-SIZED PIECES INCREMENTALLY

- Memorize the topic and reference first.
- Next, memorize only the first phrase of the verse.
- Writing the verse out can be helpful.

STEP 4: REVIEW WITH FRIENDS

Visit : <https://www.navigators.org/resource/topical-memory-system/>

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SCRIPTURE MEMORY



FLASH CARDS**



FIGHTER VERSES



THE BIBLE MEMORY APP

FASTING RESOURCES

FASTING



SCAN THIS QR CODE

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

www.truenorthak.org/growthtools