

HOW TO USE THIS BOOK

We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper connection with Him.

This book is designed to give you several prayer models, but you don't have to master them all at once. You can select a different prayer model each day in any order you want, and even spend a few days on the same model as you become more comfortable in your prayer life.

To get started, choose which model you want to use today in prayer. As you pray, focus on the process the model reveals, giving yourself time to pray intentionally. If your mind wanders, use the model to help you stay focused.

The goal of this guide is not to overwhelm you, but to help you get comfortable with different biblical models of prayer so your prayer life can become more natural, effective, and enjoyable. The most important step is committing to regularly entering God's presence through prayer.

While prayer does take commitment and discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

CREATING A LIFESTYLE OF PRAYER

*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 NIV

Prayer is most effective when it isn't something we just do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God—whether it's first thing in the morning, at lunch, or in the evening—and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it “The Lord’s Prayer.” This outline, along with several other tools, is available in this guide. As we pray every day, our plan for our prayer time can vary. Whether it includes worship music, Bible-reading, or time to listen to God, it doesn't always have to look the same. It just helps when we have a plan for connecting with Him regularly.

THE LORD'S PRAYER

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live dependently on Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..."

LUKE 11:1 NIV

"...Our Father in Heaven, hallowed be Your name. Your Kingdom come. Your will be done on earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen."

MATTHEW 6:9-13 NKJV

01. **CONNECT WITH GOD RELATIONALLY**

“OUR FATHER IN HEAVEN...”

So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when He adopted you as His own children. Now we call Him, “Abba, Father.”

ROMANS 8:15 NLT

God loves for us to come to Him in this way—as His children who love Him and want to spend time with Him. Proclaim your personal relationship with God, addressing Him as your loving Father and thanking Him that you are His child.

02. **WORSHIP HIS NAME**

“...HALLOWED BE YOUR NAME...”

There is power in God’s name. Here is a list of some of His names to help us worship Him specifically and personally:

- **God is Righteousness**—He makes me clean
- **God is Sanctifier**—He has called me and set me apart
- **God is Healer**—He heals all my diseases
- **God is Banner of Victory**—He defeated my enemies
- **God is Shepherd**—He speaks to me and leads me
- **God is Peace**—He is my peace in every storm
- **God is Provider**—He supplies all of my needs

*The name of the LORD is a strong tower;
the righteous man runs into it and is safe.*

PROVERBS 18:10 ESV

Speak God’s names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great He is.

03. PRAY HIS AGENDA FIRST

“...YOUR KINGDOM COME. YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN...”

We know God’s will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.

LUKE 12:31 TLB

Spend time focusing on what God is focused on.
His priorities include:

- The whole world to know Jesus
- Blessing for those in authority—parental, spiritual, governmental, work-related, school
- Caring for the poor
- The Church around the world
- Freedom for those in bondage
- Accomplishing His purpose in our lives

04. **DEPEND ON HIM FOR EVERYTHING**

“...GIVE US THIS DAY OUR DAILY BREAD...”

God promises to supply all our needs, and He wants us to trust Him to provide.

I look up to the mountains—does my help come from there? My help comes from the LORD, who made Heaven and earth!

PSALM 121:1-2 NLT

Ask God for what you need today. Bring your requests to Him, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

10 PRAYER FOCUSES

- Faith Life
- Marriage/Dating Life
- Family Life
- Work/School Life
- Ministry Life
- Financial Life
- Physical Life
- Social Life
- Attitudinal Life
- Emotional/Mental Life

05. FORGIVE AND BE FORGIVEN

**“...FORGIVE US OUR DEBTS,
AS WE FORGIVE OUR DEBTORS...”**

When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

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

1 JOHN 1:9 NIV

Ask God to check your heart and life and show you areas where you might need to ask for His forgiveness. Ask Him to forgive you and to help you forgive others. We can even choose to forgive people in advance!

06. ENGAGE IN SPIRITUAL WARFARE

**“...AND DO NOT LEAD US INTO
TEMPTATION, BUT DELIVER US
FROM THE EVIL ONE...”**

The Bible makes it clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word,

and every lie the enemy has told us can be replaced with God's truth.

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.

EPHESIANS 6:12 NIV

Ask God to show you any lies you're believing or spiritual warfare happening in your life, expose the enemy, and help you understand and receive His truth. Simply speaking the name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

07. **EXPRESS FAITH IN GOD'S POWER**

"...FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER..."

Ending our prayer time by claiming God's authority and power helps focus our minds on the truth and hope of who He is and what He can do.

"Ah, Sovereign LORD, You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You."

JEREMIAH 32:17 NIV

Remind yourself of God's power and then return to praising Him and declaring your faith in Him:

- **"Yours is the Kingdom"** – all authority belongs to You
- **"Yours is the Power"** – all mightiness flows from You
- **"Yours is the Glory"** – Your victory will be complete