

PRA YER

**5 STEP
PRAYER
GUIDE**

**PR
PR
PR
PRAYER**

5 Step Prayer Guide:

1. Thank God
2. Ask God to open your heart
3. Scripture or lectionary
4. Listen
5. Life-Giving Words

These 5 elements are what I use in my quiet time to connect me to God and help me hear from him. I want the same for you! Let's break the steps down:

1. Thank God

Begin your time with God with thankfulness. Thank him for the blessings he's given you like your job, your family, your home, your cars, and maybe even your shoes! When we come with a heart of thankfulness it opens us up to hear from God.

give thanks in all circumstances; for this is God's will for you in Christ Jesus.

(1 Thessalonians 5:18)

2. Ask God to open your heart

In this step, you want to ask God to help you see how he sees. Ask him to open up your heart to allow him to touch it in a way that you can't experience without him. Ask him to move in your heart and speak to you.

Search me, God, and know my heart; test me and know my anxious thoughts.

(Psalm 139:23)

3. Scripture or lectionary

Pick a scripture to meditate on. For example, if you want to use Ephesians 3:20 which says “Now to him who is able to do immeasurably more than all I can ask or imagine according to His power at work within us” you might say,

“God I pray Ephesians 3:20 that I would see what it is you want to do in my life. God I know you will do immeasurably more in my job, in my family, and my passions.” You pray the scripture to God and say it to him over and over.

You could also follow a lectionary and that is ok as well! I have a friend named Abbi who loves a book called “the common book of prayer” which guides you in daily scripture meditations. That’s a way that Abbi connects to and hears from God. You can easily insert something like that into this element of your quiet time.

4. Listen

Once you’ve prayed the scripture and you’ve communicated with God how you feel now it’s time to sit back and listen for God to share something with you. This may happen in two ways: in your heart or in your mind. After you pray a verse God might lay something on your heart that you need to hear such as a certain verse. He may speak the same thing to your mind as well but there’s a distinct difference. When it’s in the heart you feel it as if you can feel your heart being touched by its creator and satisfying its desires. When it’s your mind your thoughts will become pure and set on what God is saying.

Be patient and wait for the Lord to act; (Psalm 37:7)

5. Life-Giving Words

The words you tell yourself everyday carry so much weight and it's essential that we communicate the truth. I end my quiet time with these words "I am a loved child of God. I am a loving husband. I am a leader who produces leaders. I am creative and innovative. God's radiant love shines through me." I'm sharing the truth with myself every single day and inserting positive thoughts before I do any other activity in my day.

Reflect:

- Have you ever had a quiet time like the framework above?
- Have you ever found what best connects you with God?
- After you prayed using the outline above, how did you feel?