

Praying for our roles and relationships

<u>Lord, I thank you for...</u>	<u>Please help me to be a good...</u>	<u>Please help me to grow in...</u>	<u>Please help them to grow in...</u>
Your love and for adopting me as your child.	Child of yours Servant	Dedication, Devotion Loyalty	(N/A)
Jesus	Friend - Co-Laborer,	Dependence, Faithfulness, Availability, Teachability	(N/A)
the Holy Spirit	Host	Listening Fellowship Obedience And Devotion	(N/A)
My spouse	Husband./Wife	Understanding, Compassion	His/Her love for you, me and the kids.
My children	Parent Model Of You!	Compassion, Patience, Self-control, Love, Joy	Knowledge of you. Obedience, A healthy Independence, Interdependence
Parents	Son/Daughter	Participation Support and Encouragement	Their love for you. _____
My siblings	Brother/Sister Uncle/Aunt	Relationship skills, Love, Joy, Patience	
My Supervisor(s) My Teachers			
My Clients			
My Friends			
My Church (+ My Ministry area)			

Resources for Prayer

Compiled by Kevin Cunningham
Assistant Pastor

Many people have found prayer particularly challenging. They muster up all their self-discipline and courage. They get on their knees and then say, “What do I do now?!” Personally, I have often found it helpful to have a variety of resources available to help me stay focused during prayer. I share this not because I am a spiritual giant with much to offer. I share these because I often find it such a struggle to get started in prayer and even after getting started to then stay focused.

I may be a little unusual, but I have found a countdown timer extremely helpful. If I have set aside a certain span of time for prayer, I found that I would be checking the clock way too often to make sure I didn’t go overtime—like that’s a real worry! I found that if I set a countdown timer, my mind is no longer distracted by the clock.

Perhaps the most helpful resource I have ever found for prayer is God’s Word itself. Sometimes we pray way too mildly because we may not be sure that something is God’s will. When we turn Bible verses that we are reading into actual prayers for ourselves and others, we can be pretty sure we are praying in God’s will. You’ll see an example on page 2.

Finally, I have often found a pattern of prayer has helped me to stay focused and balanced in my prayers. It’s so easy to only come to God when we want something. We all have friends that only seem to pop up when they are in need. How do you feel when you see them coming? I think you get the idea. There are many similar prayer methods, etc. The following pattern has been a tremendous help for me.

ADORATION	Begin your prayer time praising God for who He is—not for what He has done for us—that will come later. This helps us focus on our relationship with God himself. (Psalms 19, 29, 146 - 150)
CONFESSION	After a time of focusing on the goodness and character of God, we can’t help but see ourselves a little differently. Ask God to reveal to us the areas of our life that need attention. (Psalms 51, 32, 139)
THANKSGIVING	Now is the time to thank God for the many blessings that we enjoy. Sometimes, this comes easily. Sometimes, we need to make ourselves intentionally focus on what God has already done. (Psalm 50:1; 92:1; 35:18; Phil 4:6)
SUPPLICATION	Now is the time to bring our requests to God. Supplication is not a word most of us use every day, but it’s a good word to use in this context. It has the idea of urgency or earnestness (seriousness). We don’t come to God indifferently but with a concern that has burdened our hearts and we bring those requests to God. (Many examples follow) (1 Pet 5:7)

