

# TEACH US TO PRAY

## APPLICATION GUIDE



## A WORD FROM YOUR PASTOR

Welcome to Teach Us to Pray! This class was designed with you in mind. My hope is that over the course of these five sessions, you'll encounter traditional Christian wisdom as well as fresh expressions of prayer that will help you feel more comfortable praying. Prayer has been an indispensable part of my life as a disciple of Jesus, and my other hope is that this class will show you how prayer can become that in your life as well.

I am here to answer any questions you might have! Feel free to reach out at any time.

Grace and peace,  
Pastor Amanda  
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- **READ: LUKE 11:1-11**
- **CONSIDER: THE WORDS OF THE LORD'S PRAYER**
  - OUR FATHER, WHO ART IN HEAVEN, HALLOWED BE THY NAME. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN. GIVE US THIS DAY OUR DAILY BREAD, AND FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST US. AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL. FOR THINE IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER. AMEN.
- **ASK:**
  - WHAT HAS THE LORD'S PRAYER MEANT TO ME?
  - WHEN DID I FIRST LEARN THE LORD'S PRAYER?
- **TRY: COMPOSE THE LORD'S PRAYER IN YOUR OWN WORDS.**

## TEACH US TO PRAY: A MODEL



ADDRESS GOD

ASK GOD TO BE AT WORK



ASK GOD TO PROVIDE

ASK FOR FORGIVENESS



ASK FOR GUIDANCE

REMEMBER WHO GOD IS



## HOW TO LISTEN TO GOD



FIND A QUIET SPACE

SCHEDULE TIME TO BE STILL



TAKE A WALK

READ THE BIBLE

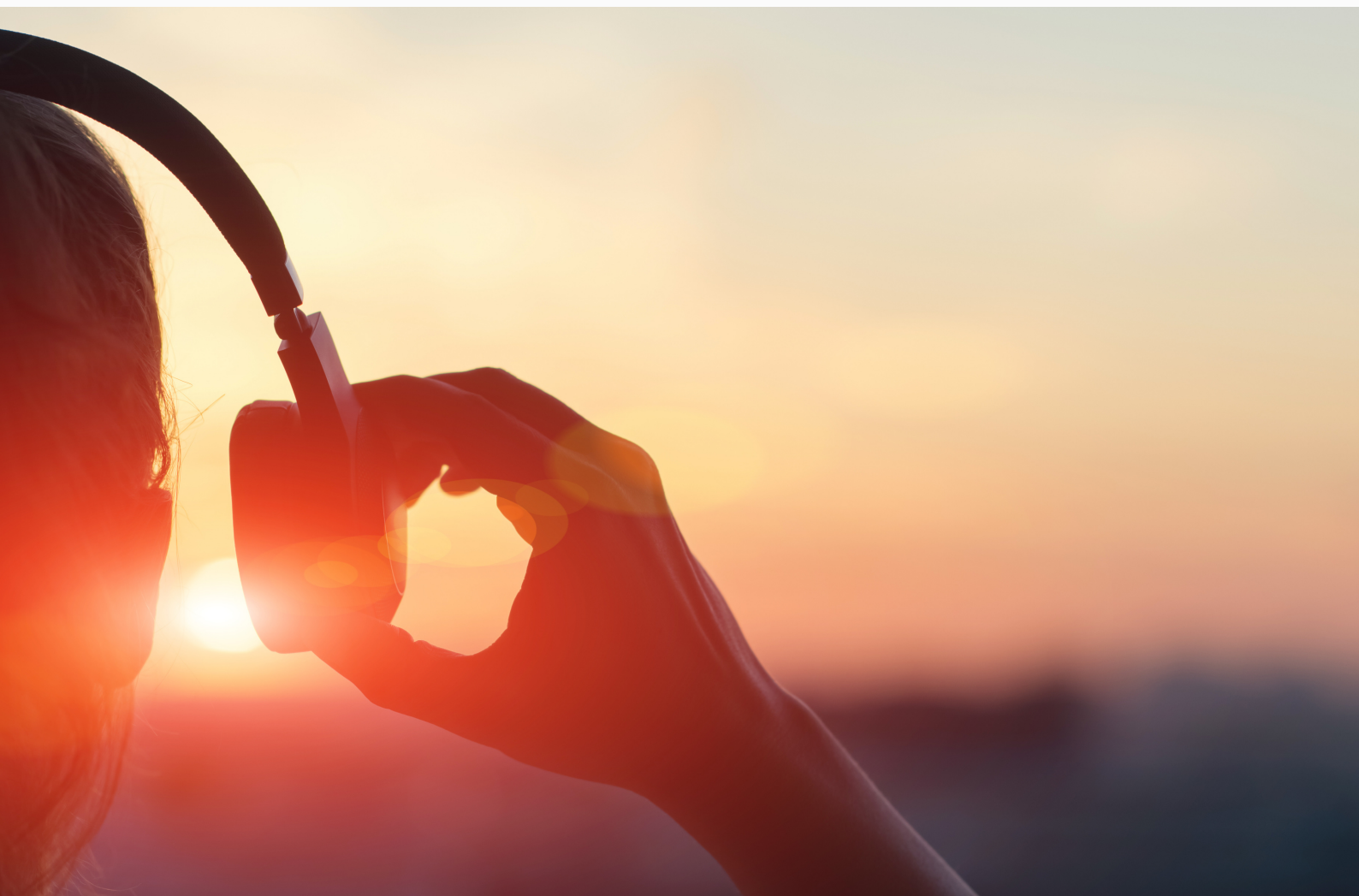


LISTEN FOR GOD IN THE VOICES OF FRIENDS

ADMIRE WHAT GOD CREATED



- **PRAYER IS NOT A MONOLOGUE**
- **CONSIDER: THE TWO WAYS OF LISTENING**
  - MAKE TIME TO HEAR
  - READ GOD'S WORD
- **ASK:**
  - DO I GIVE GOD A CHANCE TO SPEAK IN MY PRAYER LIFE?
  - HAVE I HEARD GOD SPEAK TO ME BEFORE? WHAT WAS IT THAT I HEARD? WHERE WAS I WHEN I NOTICED GOD WAS SPEAKING?
  - ARE THERE PARTICULAR ENVIRONMENTS THAT HELP ME LISTEN?
  - WHAT DO I HOPE TO HEAR FROM GOD?
- **TRY: MAKE TIME TO HEAR FROM GOD, AND SEARCH SCRIPTURE FOR WHAT GOD MIGHT BE SAYING TO YOU. MAKE SPACE ON YOUR CALENDAR!**





- **PRAYER SHOULD BE A DE-CENTERING PRACTICE FOR US**
- **CONSIDER: JESUS' MOST UNSELFISH PRAYER**
  - "FATHER, FORGIVE THEM. FOR THEY DO NOT KNOW WHAT THEY ARE DOING." -LUKE 23:34
- **ASK:**
  - IS MY PRAYER LIFE GENEROUS TO OTHERS? DO I MAKE SPACE IN MY PRAYERS FOR OTHERS?
  - WHO IN MY LIFE NEEDS PRAYER? WHO HAS REQUESTED PRAYER? DO I TRULY PRAY FOR THEM WHEN THEY ASK?
  - WHAT IS GOING ON IN THE WORLD THAT REQUIRES PRAYERFUL ATTENTION?
  - HOW CAN I EXPAND THE CONTENT OF MY PRAYERS?
- **TRY: START BY PRAYING FOR THE WORLD. THEN PRAY FOR OUR NATION, CITY, NEIGHBORHOOD, YOUR PLACE OF WORK OR SCHOOL, YOUR FAMILY, AND FINALLY YOURSELF.**



## HOW TO PRAY UNSELFISH PRAYERS



USE BIBLICAL PRAYERS

CHECK IN WITH FRIENDS  
AND OFFER PRAYERS



KEEP A LIST OF REQUESTS



PRAY WITH OTHERS



PRAY WITH A  
NEWSPAPER/NEWS APP

STOP TO PRAY  
THROUGHOUT THE DAY







## • THE PSALMS GIVE US EXAMPLES OF HOW TO PRAY.

## • CONSIDER: THE FOLLOWING PSALMS

- PSALM 1
- PSALM 11
- PSALM 137
- PSALM 139

## • ASK:

- DO I SEE MY OWN EXPERIENCES AND FEELINGS REFLECTED IN THE PSALMS?
- WHAT CAN I LEARN ABOUT PRAYER FROM THE WIDE RANGE OF GENRES IN THE PSALMS?
- WHICH GENRE OF PSALM DO I MOST ENJOY AND WHY?



LAMENT

ENTHRONEMENT/ROYAL  
KINGSHIP



IMPRECATORY CURSING

THANKSGIVING



PILGRIMAGE

WORSHIP



## • TRY: READ THROUGH THE BOOK OF PSALMS & FIND YOUR FAVORITE. TAKE TIME TO PRAY IT EVERYDAY.



- **PRAYER WITHOUT USING WORDS IS POSSIBLE.**
- **CONSIDER: ROMANS 8:18-27**
- **ASK:**
  - WHEN WAS A TIME IN MY LIFE WHEN I REALLY DIDN'T HAVE ANY WORDS TO SAY, BUT STILL NEEDED THE PRESENCE OF GOD?
  - AM I PAYING ATTENTION TO THE WORLD AROUND ME? DOES THAT MAKE ME PRAYERFUL?
  - IN WHAT WAYS DO I SEE GOD CONTINUING TO CREATE IN MY OWN LIFE AND IN THE WORLD?
  - HAVE I EVER CREATED ANYTHING BEAUTIFUL? DOES THE ACT OF CREATING BRING ME CLOSER TO GOD?
- **TRY: PRAY WITHOUT USING ANY WORDS.**



RELY ON THE  
HOLY SPIRIT

PAY ATTENTION  
TO THE WORLD



PAINT

WRITE



PLANT

IMAGINE

