

H ⊕ W ⊕ PRAY



Jesus said – You should pray like this: Our Father in heaven, help us to honour your name . . . Matt 6:9

Prayer is talking and listening to God. Most people know the universal prayer of ‘help’ but Jesus made prayer much more regular than that. It is part of a loving relationship: God loves you and longs to hear from you and it works best when you love God back. You can pray at any stage of your life and with any level of faith. It might seem odd at first but pray whatever is on your heart. The answer might be one of five options: ‘yes’, ‘no’, ‘wait’, ‘do it yourself’ or ‘you’re asking the wrong question’.

Jesus would often go to some place where he could be alone and pray. Luke 5:16

When you pray, go into a room alone and close the door. Pray to your Father in private. He knows what is done in private, and he will reward you. When you pray, don’t talk on and on as people do who don’t know God. Matthew 6:5-7

After the stone had been rolled aside, Jesus looked up toward heaven and prayed, “Father, I thank you for answering my prayer”. John 11:41

Then Jesus told his disciples a parable to show them that they should always pray and not give up. Luke 18:1

Use this acrostic to structure your prayers . . .

- A** adoration – start by adoring and praising God.
- C** confession – recognise your shortcomings.
- +** thanks – give thanks for everything you can think of.
- S** supplication – lastly ask for God to act in the World.

- try praying . . .**
-  ■ standing up
 -  ■ sitting down
 -  ■ running for the bus
 -  ■ watching the tv
 -  ■ before eating
 -  ■ when you’re happy
 -  ■ when you’re scared
 -  ■ for world peace
 -  ■ for your friends
 -  ■ right now

Learn the words to the Lords Prayer. Jesus taught the main part of this to show us how to pray.

Our Father in heaven, hallowed be your name. Your Kingdom come, your will be done on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation but deliver us from evil. For the kingdom, the power and the glory are yours. Now and for ever. Amen

Prayer is not asking. It is a longing of the soul. It is daily admission of one’s weakness. It is better in prayer to have a heart without words than words without a heart. Mahatma Gandhi

The function of prayer is not to influence God, but rather to change the nature of the one who prays. Soren Kierkegaard

The wish to pray is a prayer in itself. Georges Bernanos

Prayer is simply a two-way conversation between you and God.” Billy Graham

Prayer only from the mouth is no prayer. Jamaican Proverb

The moment I wake up, before I put on my make up, I say a little prayer for you. Aretha Franklin

PRAYER DIARY

Writing your prayers out can be very helpful especially when you have confusing thoughts and feelings to express. Try keeping a diary or journal. You can also refer to this to see how your prayers were answered.