



PRAYER GUIDE

Prayer is an incredible gift that enables us to connect with the Creator of the universe. But if you're new to prayer or don't pray very often, it can be intimidating or frustrating.

At its core, prayer is simply a conversation with God. Though you can spend a lifetime growing in prayer, we want to provide you with a simple guide to get started.

In this prayer guide, we'll cover:

- How Should I Pray?**
- What Should I Pray For?**
- Daily Prayer Topics**
- Prayer Planner & Log**

HOW SHOULD I PRAY?

There are no rules or formulas for praying the right way but, Jesus does give us some guidelines on how to make our prayer time more effective:

“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.”

Matthew 6:6-8



Block Out Time

It's great to be in a constant state of prayer, where you pray as thoughts come to your head or pray "on-the-go" but, it's also important to block out a chunk of time to pray, being intentional and making that special time a priority.



Find a Distraction-Free Place

You don't have to go into a private room and close the door, but try to eliminate distractions from around you. This may require you to be alone and in a quiet place. Be away from your computer and silence your phone so you don't get interrupted.



Pray from Your Heart

We often learn how to pray by hearing others pray and that can sometimes make us feel like we have to use certain words or phrases to make prayer sound "legitimate." Don't worry about saying the right things; just keep your prayer simple, authentic, and talk as if you are talking to a friend.



Take Time to Listen

Prayer is a conversation, and a conversation is a two-way dialogue. After sharing with God, take some time to sit in silence to listen to what He may be prompting in your heart. Also, be mindful throughout the day of what God may say to you through the Bible or through other people.

WHAT SHOULD I PRAY FOR?

The short answer is: anything and everything. You can never over-burden God with your prayers. But if you want to see God move, think of the requests you would bring to the King of the universe. There are a few insights that we can glean from how Jesus modeled prayer:

“This, then, is how you should pray:

‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven.

Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’”

Matthew 6:9-13



Pray for Our World

Think big and pray big. Ask God to resolve some of the biggest problems you see in the world today, from wars to poverty to injustice. Pray for the billions of people who still do not know of the hope, love, and peace found in Jesus. Pray for the Christians around the world who are suffering for their faith. And pray for the people and organizations who are doing good and sharing the message of Jesus with the world.



Pray for Your Community

Ask God to work in the people around you. Pray for your nation - for your political leaders (whether you like them or not) and for your fellow citizens. Pray for your city and your local neighborhood. And pray for the people that matter most to you - your church, your friends, and your family.



Pray for Yourself

It's most natural to ask for things for yourself, but it can also feel a little selfish. But when you grow and become more like Jesus, you become a benefit to the world around you. So, pray for yourself. Don't ask God to remove challenges, but to give you strength to overcome them. Ask God to grow you into a better person. And as that happens, ask God to give you success in whatever you do, so that you can be more influential for His kingdom.

DAILY PRAYER TOPICS

SUNDAY

Pray for Yourself

- The challenges and struggles that you are currently facing
 - The opportunities and areas of growth ahead of you
 - Your faith and relationship with God
-

MONDAY

Pray for Friends & Family

- The difficulties they may be facing
 - Their well-being and growth in their own lives
 - Their growth in relationship with God, or that they would come to know Jesus
-

TUESDAY

Pray for Your Communities

- The people in your work or school environment
 - Your neighbors on your street or block
 - Those you come in contact with in your daily activities and errands
-

WEDNESDAY

Pray for Your City

- Your local leaders to govern fairly and in the best interest of the people
 - Those who serve your city (police, fire fighters, teachers . . .)
 - Your community to be one of peace, safety, and compassion
-

THURSDAY

Pray for Your Country

- Your leaders to act with wisdom, integrity, justice, and compassion
 - Your fellow citizens to live in peace and unity
 - The Spirit of God to direct your nation towards Him
-

FRIDAY

Pray for Our World

- People who are suffering from conflict and violence to receive refuge
 - People in poverty who lack basic needs to be provided for
 - People who are lost and hopeless to experience the love of God
-

SATURDAY

Pray for God's Kingdom

- Local churches to reach and impact people in their community
- Missionaries to reach those who have not yet heard the Gospel
- Persecuted Christians to feel the presence of God and endure

PRAYER PLANNER & LOG

Directions: Use this table to help guide your prayer throughout the week. The "Focus" column gives you prompts for what to pray for. In the "Prayer Requests" column, list the specific prayer requests that come to mind for that day's focus. In the "Answered Prayers" space, list prayer requests that have been answered, in whatever area that may be, and thank God for them.

| Day | Focus | Prayer Requests |
|-----------|------------------|-----------------|
| Sunday | Yourself | |
| Monday | Friends & Family | |
| Tuesday | Community | |
| Wednesday | City | |
| Thursday | Country | |
| Friday | World | |
| Saturday | God's Kingdom | |

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| Answered Prayers |
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Guidelines Prayer Guide

JOIN OUR PRAYER TEAM

This prayer guide is provided by Guidelines International Ministries.

Guidelines is a Christian organization transforming lives with the message of Jesus. We do this by creating devotional content that is distributed by radio and online. We share the love of God in 14 languages in dozens of countries around the world.

Prayer is central to everything we do at Guidelines. We invite you to pray with us and be on the frontline of advancing God's kingdom. When you join the Guidelines Prayer Team, you receive special updates on what God is doing in our ministry around the world and how you can pray for barriers to be broken.

Sign up for our prayer team at www.guidelines.org/prayerteam



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