

PRAYING

to God

Jesus taught us to pray through personal example and His words of instruction. In Matthew 6, He taught us that God loves sincere, humble, private prayer. Just as an unseen root system sustains a fruitful tree, a Christian grows through time spent alone with God in prayer. Jesus also taught us that there is power in the united prayers of His followers. He invites us to agree with each other in prayer and make our request known to God. He taught us to trust that God will hear us and will answer every prayer. We are promised that the very presence of Christ! He says in Matthew 18:20, *"For where two or three are gathered in my name, there am I among them."* In Philip- pians 4:6-7, from a Roman jail, Paul penned these words, *"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."* Prayer will change us!

HELPFUL

Suggestions

PRAY PRIVATELY

- Commit to a time each day to pray. If this is the first time you have made this commitment, start with a small amount of time and pray for God to give you a thirst for time with Him.
- Incorporate prayer in your daily Bible reading. Before reading, ask God to speak to you from His Word. Pray as you read, developing a conversation as He speaks to you, and you respond to what He says. As soon as you finish reading, thank God for what He has shown you and ask Him to hide the Truth you have learned in your heart and bring it to mind repeatedly.
- Download a Prayer App
 - **Pray!**
 - **PrayerMate**

PRAY WITH OTHERS

- Find a prayer accountability partner. Commit to pray with this prayer partner at least once a week - if not in person, then by phone.
- Prayer with your family each day. Families benefit from seeking and thanking God together. Praying together will help family members understand each other's hearts.
- Pray with your spouse. Look for a time that you both will be alert and focused on your time together with God.
- Make prayer a part of mealtimes.

HELPFUL

Suggestions

PRAY WITH FOCUS

- Pray for your children. Read *While They Were Sleeping* by Anne Arkins and Gary Harrell.
- Join or start a group that prays for specific needs, such as for our country, the church, or public schools.
- Prayer walk your neighborhood. As you pass each home, pray for the people by name and include their needs if you know them. For the people you do not know, pray that they will grow in their relationship with Christ.
- Prayer walk in our church or other areas for which you are concerned.
- Participate in intercession. Intercession is intense prayer focused on behalf of someone or some situation. Intercession is more than mentioning someone's name on a list as you pray; it's earnestly pleading with God to work.
- Pray for spiritual awakening. Use 2 Chronicles 7:14 as a pattern for your prayer.

EXPAND YOUR UNDERSTANDING

Read books on prayer to expand your understanding about prayer.

- *E.M. Bounds on Prayer* by E.M. Bounds
- *Prayer: Finding the Heart's True Home* by Richard Foster

A.C.T.S.

The A.C.T.S. prayer model is a simple, yet powerful way to pray that is based on these four types of prayer. It can serve as a guide, especially when we are learning how to pray. Remember, prayer isn't a formula, and each prayer doesn't have to cover every type of prayer. God wants us to talk from our hearts and express ourselves to Him. As we grow in our love for Jesus Christ, we will naturally desire to talk to Him more.

ADORATION

Praising God for who he is and what he has done. This can include acknowledging God's majesty, omnipresence, omnipotence, omniscience, and holiness.

CONFESSION

Saying sorry for the hurt we've caused God and others. This can include seeing our sins and agreeing with God about what we have done wrong.

THANKSGIVING

Thanking God for all he has done for us. This can include going over God's mercies and all that he has done for us.

SUPPLICATION

Making fervent, personal petitions to God, letting him know of our needs. This can include seeking not only personal needs, but for the needs of others as well.



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600 W Sterling St
Baytown, TX 77520

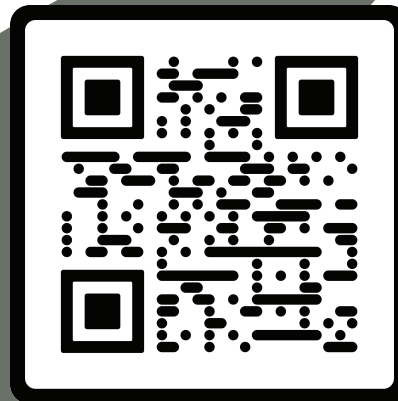
NORTH CAMPUS

14120 N Highway 146
Dayton, TX 77535

WWW.MEMORIALBAYTOWN.COM

281.427.1725

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PRAYER

MISSIONS
GENEROSITY
BIBLE STUDY
PRAYER
WORSHIP
SHARING YOUR STORY
RELATIONSHIPS
SERVING