

# Prayer Workbook

Rejoice always, pray continually,  
give thanks in all circumstances;  
for this is God's will for you in Christ Jesus.

**1 Thessalonians 5:16-18**



DailyVerses.net

**STRENGTHEN YOUR PRAYER LIFE**

# Pray to be a House of Prayer

To Jesus, prayer was a joy and that's why the scriptures say there will be "Joy in My House of Prayer".

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*These I will bring to my holy mountain and  
give them joy in my house of prayer  
Isaiah 56:7a*

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*Lord, help me to be a strong person of prayer. For my own heart to be pure and for other people, especially those whom you put on my heart or in my life. Refresh my soul today with new, creative and powerful ways to pray. O God, you turn the ordinary into extraordinary, so help me to incorporate prayer into each aspect of my everyday life. Thank you for the privilege and joy of prayer. Amen*

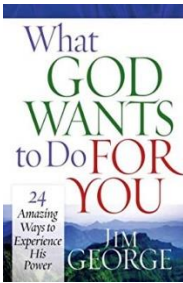
# God's Powerful Promise

God does answer our prayers! In fact, He promises to answer us when we pray. **Hear Jesus himself offer this promise:**

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*Ask, and it shall be given to you; seek and you shall find; knock and it shall be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it shall be opened. Matthew 7:7-8*

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So, how can you experience answers to your prayers and concerns? And how can you experience the joy of God's power in your life? How can you develop a better prayer life? There are many common reasons, we may experience such a hard time with prayer or why we don't pray more often. In discovering the promise, there are 2 key truths we must believe: GOD HEARS US and HE WANTS to HEAR FROM US. It is a stunning reality that in the vast noise of the universe God hears us. We have a Father who loves for us to come to him. God wants you to ASK.

As we move ahead in our understanding of prayer, keep in mind that to enjoy the promise, our requests must be...



In faith [Matthew 21:22]



Without selfish motives [James 4:3] &



According to the will of God [1 John 5:14-15]

Close the gap to your desired prayer life today. Take an honest look at your heart to re-ignite or deepen your passion for prayer!

# Take an Honest Look...

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*Search me, God and know my heart; test me  
and know my anxious thoughts  
Psalm 139:26*

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How is your prayer life right now? Circle any words that apply:

Non-Existent	Occasional	Mostly at church	Boring	Awesome
Alive	Exciting	Honest	Intentional	Neglected
Constant	Privilege	Sporadic	Real	Free & Open
Obligation	Joyful	Routine	Bold	Meek
Devoted	Proactive	Powerful	Crisis Prayer	House of Prayer

How would you like it to be? You can use the words above or any words that the Holy Spirit brings to your mind.

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Do any of these prayer misconceptions ‘ring true’ for you? Put an X in all the boxes that apply:

<p>Prayer is boring  <b>Prayer is a Joy</b>          [Isaiah 56:7]</p>	<p>Your goodness determines the success of your prayers  <b>It is Christs’ Righteousness</b>          [Psalm 34:17]</p>
<p>Written prayers are not real prayers  <b>Paul’s epistles (written letters) are full of prayer</b></p>	<p>Prayer needs to follow a specific pattern  <b>You do not have because you do not ASK</b> [James 4:2]</p>
<p>Prayer is a one way street  <b>Your servant is listening</b>          [1 Samuel 3:9]</p>	<p>Prayer is too passive. I need to actually do something to change my situation <b>TRUST in the Lord</b> [Proverbs 3:5]</p>
<p>That if you don’t see the answer right away, your prayers have not had any effect <b>Believe to receive</b>          [Mark 11:24]</p>	<p>That prayers ought to use lots of great sounding Christian words  <b>It is not your prayer, it is Him</b>          [Matthew 6:5-9]</p>
<p>Once you have prayed about something you never have to pray about it again <b>Persist in prayer</b> [Colossians 4:2]</p>	<p>Prayer is hard  <b>Jesus teaches us how to pray</b>          [Luke 11:1-4]</p>
<p>I pray through my prayer list; therefore I have prayed <b>To pray sincerely is to pour out your heart</b> [Psalm 62:8]</p>	<p>Life is good right now, so I don’t really see a need to pray  <b>Pray for all people</b>          [1 Timothy 2:1-2 ]</p>
<p>I don’t pray because God doesn’t actually want to hear from me <b>God Hears us!!!</b>          [Psalm 18:6]</p>	<p>Prayer requires a certain posture <b>Pray continually</b>          [1 Thessalonians 5:17]</p>

Combat your prayer misconceptions with **TRUTH** from scripture. To begin, one verse has been provided for you in **blue font**.

Tips for Overcoming Difficulties with Prayer	TRY ME?
<p><b>Change your attitude-</b> Embrace prayer as a privilege, not an obligation.</p>	
<p><b>Accountability Counts-</b> You need someone who is more objective than you are to look at your prayer life and see how you are doing and how the Holy Spirit is working.</p>	
<p><b>Try Different Types of Prayer-</b> We all have different tastes in prayer, just like most other things in life. So try out different types of prayer and see which ones work for you. One caveat-don't give up too soon on a new prayer style, it might take some time to discover whether it is a good fit for you or not.</p>	
<p><b>Overcome Distractions-</b> The simple way to overcome a distraction is not to give into it. Once you realize you are distracted, turn your heart and mind back to your prayer, not examining the distraction. Be vigilant and intentional.</p>	
<p><b>Fast Regularly-</b> There is great power in fasting. We see it set out in Scripture when Jesus fasts and calls his disciples to do the same. Too often, the focus of fasting is on the lack of food. Instead the purpose of fasting is to take your eyes off the things of this world to focus completely on God.</p>	
<p><b>Don't over-think prayer-</b> Too often we tend to complicate something that should come naturally to us. We are made for communion with God. Keeping prayer simple is a way to really enjoy it.</p>	
<p><b>Keep showing up in your prayer-</b> Our faith lives ebb and flow between abundant seasons of prayer and dryer seasons. Sometimes in the dryness, we are inclined to stop showing up in prayer. Dry prayers are a gift from God. It is in dryness that our faith is tested and strengthened.</p>	
<p><b>Work on a proper understanding of God and Self-</b> Many of us struggle to understand how a perfect God could love us and want a relationship with us. This is due mainly, to our bad perceptions of our own dignity and the way God loves us unconditionally. Know who you are in Christ.</p>	
<p><b>Be quiet before God-</b> Our modern lives are filled with noise. We need to quiet ourselves to hear God, both internally and externally. If this is a challenge, set a timer for 5 minutes and gradually build your ability to be quiet.</p>	

# God Anointed Weapons

We are in a war and it must not be taken lightly. At the same time we also don't need to be afraid as we have been given all the ammunition we need to fight, to resist. Let us use our God anointed spiritual weapons when we pray.

**The Blood of Christ [Hebrews 2:14]:** When we plead the blood of Christ we are reminding Satan and all his demons they are already defeated.

**The Name of Jesus [Luke 10:17]:** Exercise our authority in Christ. God has called us to be instruments through which he can exercise His authority.

**The Word of God [Ephesians 6:17]:** The word of God is truth and truth beats a lie every time! Pleading scriptures is really powerful and effective.

**Praise [Psalm 22:3]:** When we begin to praise God, He comes into the situation. Ask for the spirit of praise. Praise God beforehand for what he is going to do.

**Fasting [Not if but when you fast...Matthew 6:16-18]:** Whether you desire to be closer to God or in need of a breakthrough in your life, remember nothing shall be impossible to you. Fasting is truly a secret source of power and a tremendous weapon in the life of a believer.

**Love [1 Corinthians 13:4-8]:** Love never fails. 

**Put on the Armor of God [Ephesians 6:10-18]:** Continually resist the Devil. Do not let negative reactions, circumstances, etc. stop your continued fervent effort of prayer.

THE JESUS FACTOR  
~~UN~~LOVING  
~~UN~~FORGIVING  
~~UN~~GODLY  
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What is your level of comfort with your understanding and use of each of God’s anointed spiritual weapons?

	Very Comfortable	Comfortable	Neither	Uncomfortable	Very Uncomfortable
The Blood of Jesus	1	2	3	4	5
Name of Jesus	1	2	3	4	5
The Word of God	1	2	3	4	5
Praise	1	2	3	4	5
Fasting	1	2	3	4	5
Love	1	2	3	4	5
Armor of God	1	2	3	4	5

Which anointed weapon requires (>2) a deeper study of scripture to increase your comfort level and knowledge to use in prayer? Commit to a timeframe to complete this study below (i.e. one week, within the next month):

# Pair Daily Routines

Just a little effort can turn routine tasks into reminders to pray. The pairing technique can help anyone who wants to pray more regularly but struggles to make it a habit. The key is pairing prayer with some other routine that is either already a regular part of your schedule or a particularly enjoyable treat or pleasure.

- House-Work transformed into House-Joy
  - Pray specifically for your spouse and children as you make their beds. Tell them, so they know they are snuggled under a quilt of prayers.
  - As you fold or sort laundry, with each item praise God and be thankful in Him.
- View the grocery store as a mission field to pray blessings and truth for those you pass in the aisles or wait in the line-up with (this helped me with patience while waiting).
- Pair your daily commute with prayer.
- Pair prayer with music, walking or stretching.
- Before turning on the stove or oven, pray “Save me God, from being lukewarm in my love for you”.
- While pouring a morning cup of coffee, pray, “God thank you that your love has been poured out into my heart through the Holy Spirit”.

**SIMPLY ASK YOURSELF “WHAT ROUTINE OR PLEASURE CAN I PAIR WITH PRAYER THAT MIGHT FOSTER A NEW HABIT FOR ME?”**

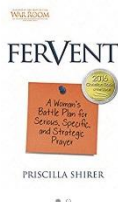
# Triggers

I know very few people who don't struggle with prayer. We know we should pray, but doing so consistently and fervently is not easy. Most of our prayer is reactionary. That is, in response to a problem rather than proactive, lifestyle praying. Sometimes we try to fix this problem by seeking to become a prayer warrior overnight. That approach seldom works, and we get discouraged. A better approach is to build your prayer life one step at a time. One simple strategy for increasing your prayer is to establish some prayer triggers; by associating prayer with normal activities or your surroundings and then let the trigger do what it is intended to do: direct you toward prayer. For example:

- When you Hear the National Anthem - pray for our Prime Minister, government officials and all those in positions of high authority.
- When at a Sporting Event, pray that God would strengthen and embolden Christian athletes on the team.
- When Sitting at a Traffic Light- pray for an end to human trafficking.
- When you Enter a House- pray peace be to this house.
- When you Stop at a Stop Sign- give thanks for the blood of Jesus that stops sin and death.
- When Using the ATM, take a moment to pray for the poor in your community and/or around the world.

**IDENTIFY SOME NORMAL ACTIVITIES OR SURROUNDINGS TO LINK YOUR PRAYERS WITH THE PASSIONS OF GOD'S HEART.**

# P-R-A-Y Paradigm



God has called us to fight the good fight of faith.

Prayer is our not so secret weapon in the fight.

God has so much love and power available if you just ask. Here is a framework for prayer from Fervent by Priscilla Shirer:

**P**RAISE:

Here at the beginning of your prayer, give your praise, worship and thanksgiving to God for who He is, all He has done, is doing and is going to do.

**R**EPENTANCE:

Above all God desires a pure heart. A sign of spiritual maturity is that we run to God when we stumble or fail.

**A**SKING:

Make your requests known. Spend concentrated time and effort in writing specific, personalized prayers for you, your family and those for whom you are interceding.

**Y**ES:

All of God's promises have been fulfilled in Christ with a resounding Yes! There is nothing more powerful than praying God's own words to accentuate your prayers with relevant scriptures.

**PRAISE** 

**I PRAISE YOU GOD FOR YOU ARE MY...**

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**REPENT** 

**FORGIVE ME LORD, FOR...**

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**ASK** 

**FATHER, IN JESUS NAME, I ASK YOU TO...**

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**YES!** 

**THANK YOU THAT YOU WILL BECAUSE  
YOUR WORD SAYS...**

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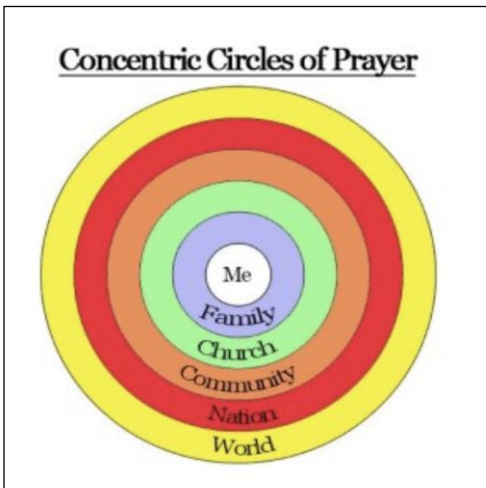
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# Concentric Circle Model

## Praying in Concentric Circles from your own soul out to the world

Maybe you can relate to having the desire to pray more consistently but also struggling and feeling overwhelmed at the volume of things to pray for. If that describes where you are at right now, you may find it helpful to take some time to intentionally plan out your prayer life. Now there are plenty of ways you can approach this, but praying in concentric circles is a framework that might be helpful for some of you. Think of the ripple effect that is caused by dropping a stone into a pool of water. Each ripple is a different category of prayer and just as each circle is larger than the one before it, so the scope of each category grows.



**ME:** We pray for our own soul first not because we are more deserving than others but because if God does not awaken and strengthen and humble and fill our soul then we can't pray for anybody else's. Pray for perseverance, purification and power daily.

**FAMILY:** Pray for each of them by name and the specific needs they have. Ask them frequently how you can pray for them.

**CHURCH:** Pray for your pastors, elders and brothers and sisters in Christ. Use the prayers of Apostle Paul to guide you.

**COMMUNITY:** Pray salvation for specific unbelievers, like your good friends, neighbors, city councillors and influential leaders in your community.

**NATION:** Pray that Canada will be a country that honours and serves God and for spiritual strength of the nation.

**WORLD:** Pray that the Gospel of Jesus Christ will continue to spread around the world in increasing frequency and fruitfulness. Pray that God will give you a heart big enough to embrace a world vision.

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*A healthy prayer life consists not only of prayer, but also of preparation*

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# Prayer Coin

Like a coin, prayer possesses two sides. On one side honest: the freedom to be ourselves in relationship to God. On the other side is abandon: the calling to yield to his desires in our lives and the world. We spend prayer best, like a coin, with the currency of both sides: honest and abandon. Intentionally flipping back and forth to allow one side to influence the other.



We see this in how Jesus prayed. In the deepest hours of his personal life on this planet, in a garden the night before he went to die on a cross, Jesus prayed “Take this cup, yet not my will but yours be done.” [Luke 22:42] Two specific prayer requests. First: take this cup. Then: not my will. Two sides of Jesus. Two sides of us. Two sides of prayer. The prayer coin.

When Jesus says “Take this cup” that’s the honest side of prayer. He reveals his own desire, this is what I want. Then Jesus flips the coin, praying “not my will”, the side of abandon. Abandon is saying to God, “But what do you want, God?”

Notice that in between the two sides of honest and abandon is the word **YET** which forms the edge of the coin- a kind of pivot where we flip back and forth between each side, experiencing one side at a time: honest (what I want)- pivot- abandon ( what do you want God?) – Pivot-honest-pivot-abandon. As you do, you’ll journey deeper in your relationship with God, who uses both sides of prayer to draw us closer to him, just as he did in a garden long ago with his Son.

Now are you ready to try it out? This Prayer Coin, which might just cash in a deeper faith for you?



# Prayer Coin



YET



## HONEST

*Take this cup*

First- be honest: What are you currently wanting, needing, desiring before God? And after you've poured out what's really in your heart, instead of saying what you think you're supposed to say...try a pivot.

## ABANDON

*Not my will but your will be done*

Flip the prayer coin to the other side; abandon. What might you want for me Lord? Abandon asks, how far will you go to commit your wants, needs and desires to what God wants for you and your life?

# Prayer Journaling-The Why

## 1. It is a place to process thoughts or experiences

One of the biggest obstacles to journaling is the perception that it has to be done daily and you have to record everything. That is not journaling. A journal is really more of a place to process thoughts or experiences. You can journal weekly, daily, and every couple of weeks, whatever. Try to do it regularly, but don't be burdened by it. It should unburden you.

## 2. It's an easy way to pray

Do you get distracted by everything including the mere thought of being distracted? You slip into prayer lingo and don't quite feel free to say what you're really thinking and feeling. Do you know what fixes all that? Writing it down. It automatically takes focus. It slows you down. It is easier to write sensitive things than speak them. And it is between you and God, almost like a letter.

## 3. Bible commands us to remember.

Prayer journals help us to keep track of what we would inevitably forget: answers to prayer, the important truths God is teaching us, insights from his Word etc.

## 4. It connects you to your past and points your way forward

Your journal is a photo album of your state of mind. As you look back you'll see where you've been, how you've progressed or matured. Or maybe you'll be reminded of a better place, a time when you were on more solid ground and can find some encouragement in it. In either instance, it gives you a means to look ahead.

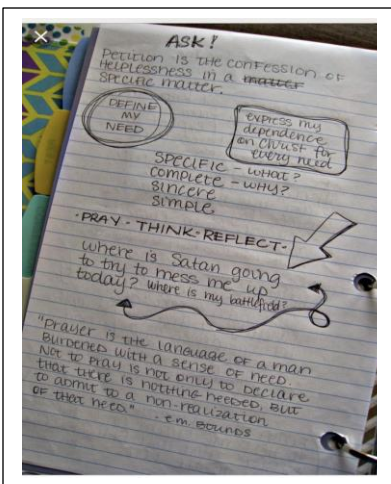
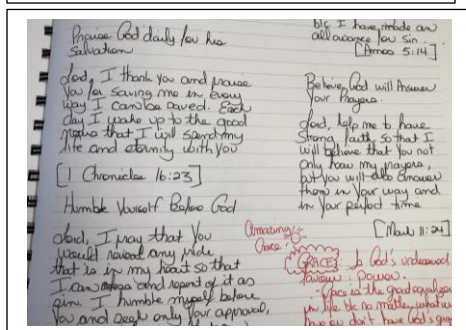
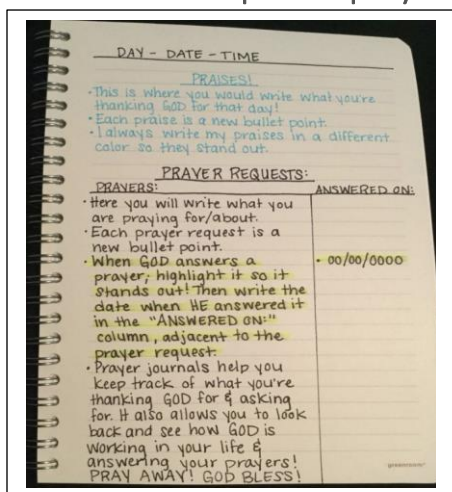
Sometimes journals look like a chronological diary, and other times they are organized with tabbed sections. People journal many different ways and your specific method isn't nearly as important as just doing it.

# Prayer Journaling-Tips/Ideas

## Tips to AMP UP the power of your prayer journal

- ✚ Printable journal pages @ [www.prayerineverycity.com](http://www.prayerineverycity.com)
- ✚ Write down what you hear from God: use a different color ink to record God's word and even how (i.e. peace, scripture etc.)
- ✚ Use an index for organization- give each page in your journal a page number so you can keep track of where all your prayers are located
- ✚ Use prayer prompts to stretch your spiritual journaling and faith

## Ideas and Examples of prayer journals





## 20 PROMPTS FOR SPIRITUAL JOURNALING

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1. This week I was most blessed by . . .
2. My favorite passage of Scripture is . . .
3. The area where I need to put more trust in God is . . .
4. One lesson I learned from Scripture this week is . . .
5. An aspect of God's character he recently revealed to me is . . .
6. I find I feel God's presence most when . . .
7. God is leading me to make the following changes . . .
8. An act of obedience God is prompting me to take is . . .
9. My enthusiasm for the gospel is increased when . . .
10. Sometimes I get angry with God about . . .
11. I feel most distant from God when . . .
12. My calling in life is . . .
13. My spiritual gifts are . . .
14. What brings me the most joy in life is . . .
15. I'm eager for God to . . .
16. Three ways I want God to transform me are . . .
17. An area of my spiritual life where I need to seek God's guidance is . . .
18. Journaling has helped my spiritual formation by . . .
19. The most significant area of my life that is not finding its way into my journal is . . .
20. Two ways I can apply the gospel to my life are . . .



# Prayer Lists

## Index Cards

Use index cards to keep track of prayer requests. Keep one request per card. On the card write down the name of the person(s) you are praying for, the request, the date of the request, and then write out a prayer. You may also write out a verse that God brings to mind while you are praying over this need. When it is time for prayer, simply pull out the cards and start praying your way through them. You can keep the cards in a little box or on a key ring, so you can keep them together or take them with you on the go. My favorite thing is being able to write down the answers to prayers!

## Prayer Request Sheet

One other way I keep track of prayer requests is simply with a sheet of paper I keep in my prayer notebook or Bible. Or arrange your prayer life according to priorities outlined in Scripture, particularly the Lord's Prayer.

The priority of the day then becomes the lens through which you see and pray for the needs on your list and in the world around you that day.

## elements of a prayer list

Reminder Row	✓	✓					
Pattern for request	Our Father in heaven	Our Father, Holy is your name	Our Father, Your kingdom come	Our Father, You will be done on earth as it is in heaven	Our Father, Give us this day our daily bread	Our Father, Forgive us our debts as we forgive our debtors	Our Father, Lead us not into temptation, deliver us from evil
Priority of prayer	Sonship	Worship	Evangelism	Mercy	Social Justice	Generosity	Unity
Prayers for Passions of my heart (heart affections)	release guilt embrace joy	see how my sins hurt God's heart	compassion to see people as God does patience	empathy to relate with others different than me	gratitude release greed	willingness to let up of my grudges	wisdom of strength to make wise choices
Key Person	Mom	Dad	Spouse	Grandpa	sister	best friend	brother
Prayers for other People	friend who just became a Christian people in church to know God better	worship team community art show	conversations w/ coworkers opportunity to meet my neighbors summer mission trip	friend's depression my sponsor child soup kitchen friends	budgeting volunteer fundraising drive opportunities to give	church leaders Bible study groups lady center	reset my temptations friend's struggle with addiction spiritual protection for church
Pressing urgent requests				friend's struggle with cancer	unemployed friend to find a job	friend's divorce	
Praise for answers to my prayers	new sense of joy		going out with co-workers for lunch now		friend found work!		

# High-Tech your Prayer Life

Smartphones have forever changed the way we live. With Smartphones we can communicate, learn and do business like never imagined possible. As with all technology, benefits come with many unintended consequences. They can cause people to live through a screen, create an addiction and become a constant distraction.



They can also hinder us spiritually by distracting us in prayer through the mental noise of constant texts and notifications- not to mention being a time-sucker that steals from the important spiritual discipline of prayer. We don't have to be slaves to our technology- we can use it productively to help us be better Christians and more effective in prayer.

<b>Tips to boost your prayer life with your Smartphone</b>	<b>TRY ME?</b>
Set alarms and calendar notifications to remind yourself to pray through the day	
Keep a list of prayer requests in a notepad. Pray through your list during short gaps of time in your day	
Subscribe to a prayer podcast	
Unite your prayer with thousands of others by subscribing to a Monthly Call for Prayer ( i.e. <i>Ears to Hear</i> - National Bulletin for Canadian Churches)	
Join or explore prayer blogs and pick up tips and useful habits for leading an unceasing prayer life	
Open your Bible app and pray through the Scriptures	
Text or email people for their prayer requests	
Install a prayer app (Prayer Prompter or PrayerMate are free for iPhone and Instapray for Android)	
Turn off your phone! Distraction in prayer leads to shallow praying which leads to a shallow faith	

# My Personal Commitment

Take some time right now to pray and decide which prayer strategies and/or power tools God is calling you to explore and engage in. Then fill in the circles to indicate your personal commitment to do so within the next 30 days.

- Schedule a time to pray. If we want to pray more we need to be intentional
- Find a prayer accountability partner
- Prayer walk/ Join a prayer walking group
- Keep a prayer journal
- Develop and use a prayer list to organize your prayer time
- Track prayer requests using Index Cards
- Study the prayers of Jesus
- Compare your prayers with those of Apostle Paul
- Invest some time to organize your prayer life
- Look for answers to prayer and keep record of them
- Reading the prayers of others (Buy a book of prayers)
- Read a recommended book on prayer...and then pray
- Use P-R-A-Y paradigm framework
- Pray in concentric circles from your own soul outward to the whole world
- Cash in a deeper faith with the Prayer Coin technique
- Grow your knowledge of God's anointed spiritual weapons
- Fast regularly to grow intimacy with God
- Overcome your prayer misconceptions with Scripture
- Intentionally use your phone to boost your prayer life
- Establish some prayer triggers by associating prayer with your normal activities or your surroundings
- Pair prayer with a routine that is either already a regular part of your schedule or a particularly enjoyable pleasure

***Prayer of Thanks:*** Father, I am thankful that I can meet the goals I set with Your help. Thank you for the privilege and joy of prayer.