

How Do I Pray?

If you find the task of praying for so many needs too difficult, here are some helpful tips and examples of prayers to help you get started.

10 Tips for Daily Prayer

- ❖ Ask the Lord to help you commit to praying for a few minutes each day from this list.
- ❖ Use this list as a guide on who and what to pray for. This is only a guide. If you feel the Lord leading you to pray for something else, listen to Him!
- ❖ Only pray for a few each day so you don't become overwhelmed. This isn't a prayer marathon!
- ❖ Ask others to pray with you (ie. your family, spouse, friends, children, etc.). It's amazing how much ground you can cover when "two or more are gathered in His name".
- ❖ When you pray, speak as if you were just having a conversation with a good friend. God doesn't need fancy words and long explanations. Short sentence prayers are all you need.
- ❖ Only pray as the Lord leads you. If you feel like God is calling you to pray for the lost instead of health needs, by all means do it!
- ❖ Before you begin laying out your petitions before God, spend a few minutes just praising God for who He is. Think of the many names of God that are in the Bible.
- ❖ Pray Scripture. Reading Scripture out loud to God is a good habit to develop.
- ❖ Try praying in different "prayer positions" such as kneeling, standing, lying prostrate on the floor, or sitting.
- ❖ As Paul says, "Pray continually". You can continue to pray throughout your day as things come to mind. As believers we are called to pray in all circumstances for everything. How else would we communicate with our Father and Creator?

Sample Prayers to Get You Started

- ❖ Church and District Staff—*Heavenly Father, I pray for wisdom and discernment for _____. I also pray that you would protect them from Satan.*
- ❖ WPUA Missionaries—*Sovereign Lord, thank you for _____'s dedication to spreading the Gospel. I pray for their protection and I pray for the advancement of their ministry in _____.*
- ❖ Ministries—*Holy Father, thank you for the dedicated workers in the _____ ministry. I pray for your wisdom in planning their events and I pray that they would seek you for guidance.*
- ❖ Spiritual Needs—*Precious Jesus, I lift up _____ to your capable hands and I ask that you would bind the hands of Satan from their lives. I ask that you would give them your wisdom and discernment in this situation.*
- ❖ Health Needs—*Creator God, I pray for _____ who is having health problems. You are the only one who can heal them so I pray that you would lay your hands on them and take away this problem.*
- ❖ New Believers—*Father, I rejoice with you that _____ has been saved. I pray that you would protect them from Satan and continue to give them faith in you. I pray that you would instill in them a desire to learn your Word and a passion to know you more.*
- ❖ The Lost—*Jesus, I lift up _____ to you and pray for their salvation. I pray that you would open their eyes to their sin and I ask that you would draw them to yourself. I also pray that you would bring Christians to them that will witness to them and give them the Gospel.*