

## Prayer Guide

### Prayer as Communication for Worship

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#### *Prayer Techniques and Suggestions*

Basic to Prayer for me is *focusing on God*, to get in tune with him. So I usually start with some thought-statement *to him* about his characteristics or works. In situations where you are alone for a short period, try to say these things out loud, so you get used to thinking of prayer as a conversation with God. Use *normal terms* and phrases, as you think and talk.

*Try this format:* I praise you for [your love, your faithfulness, your grace, your goodness, other relational characteristics you think of].

*Then this:* You are [good, powerful, gracious, forgiving, just, fair, personal, other characteristics in adjective form].

*Meditate* on passages from praise Psalms. Read and think over a phrase, then internalize it as your own words to God. Do just a couple at a time.

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*Then proceed* to pray for people you know or problems you have had. Pray for people who have caused you pain or anger or hurt that day. Pray for your own healing and proper reaction in God's will.

I talk things over with God, just telling him how I feel about something that happened, complain about why something was not fair, then lay it all out and ask him to heal this in me. If some followup or resolution still needs to be managed, I ask him to give me the thoughts or words necessary to take the next step.

As you practice these techniques, they will become more natural and you will find you can do it in normal situations by thinking in this manner as you are driving, waiting in line, stopped at a stop sign.

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The *40 Days of Purpose Prayer Meditations* can be a focus for developing a sense of concentration and conversation-style prayer. Each meditation focuses on one topic, usually in a series in the following format:

1. a statement of principle, need or focus
2. a statement of praise or prayer about it.

*First read through* the whole meditation to get the flow of thought and central focus as a prayer reflection.

*Next, read through again*, looking at each sequence of principle or focus, separately:

1. Think over the *focus statement or principle*. Fix your attention on it, read it two or three times, trying to envision the situation in your mind.
2. Then read silently over the *statement of prayer* that follows. Then read over it again silently or aloud.
3. Proceed to the *next principle or focus* of that meditation.

Read that a couple of times more, focusing your thoughts on it so that you are saying that as your prayer to God. As you do this you can internalize the prayer so it becomes a prayer you feel and are actually presenting to God.

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I pray for you that you will *experience God's peace and presence* as you think about him and think to him. I pray that you will draw close to him as you train your thoughts to focus on him.

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