

PRAY

PERSONAL PRAYER
GUIDE

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INTRODUCTION

Prayer is one of the foundations of Redeemer – we long to be a people of prayer. In January 2017 we did a four-week series called P.R.A.Y. During this series we unpacked The Lord’s Prayer and looked how we could use the truths in the prayer to help us in our praying. This little booklet is a summary of that series and includes all the resources from it. There are spaces for your own reflections and notes too.

For resourcing on praying from both our own series and other gathered sermons, articles and videos, go to the following link; redeemerchurchcolchester.org/pray or simply visit the resources section on our website.

We have set our hearts to be a people of prayer. We seek to “Pray First.” In every situation, whether good or bad, we try to pray before we act - prayer should be our first response, not our last resort.

We plan to add to these resources over the years as we grow together in prayer. Prayer moves God’s hand. He has commanded us to pray. It is a privilege to pray. It is also a discipline and we hope these resources ignite your heart and equip you to pray.

Thank you for joining us on this journey - let’s dream together of what God might do in and through a praying church.

Let’s pray – when we gather, and when we scatter. When we are hurting and when life is great. When we have 30 minutes and when we have 30 seconds. When we are at work, home, church or on the streets.

*“For His is the kingdom and the power and the glory
forever. Amen. “*

HELPFUL TIPS

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed
(Mark 1:35)*

A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer.

THE LORD'S PRAYER

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..." (Luke 11:1).

*⁹ "Our Father
in heaven,
hallowed be your name.*

*¹⁰ Your kingdom come,
your will be done,
on earth as it is in heaven.*

*¹¹ Give us this day our daily bread,
¹² and forgive us our debts,
as we also have forgiven our debtors.*

*¹³ And lead us not into temptation,
but deliver us from evil,
for yours is the kingdom
and the power and the glory forever.
Amen.*

(Matthew 6:9-13)

PRAY #1 – PRAISE

⁹ Pray then like this: “Our Father in heaven, hallowed be your name...
(Matthew 6:9)

1. Come to God as your FATHER.

“Our Father in heaven, hallowed be your name...

*15 For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!”
(Rom 8:15 ESV)*

2. Proclaim His SOVEREIGNTY.

“Our Father in heaven, hallowed be your name...

3. Praise His NAME.

“Our Father in heaven, hallowed be your name...

Righteousness – He makes me clean
Sanctifier – He has called me and set me apart
Healer – He heals all my diseases
Banner of Victory – He has defeated my enemy
Shepherd – He speaks to me and leads me
Peace – He is my peace in every storm
Provider – He supplies all of my needs

PRAY #2 – REQUEST

⁹ “Our Father in heaven, hallowed be your name,¹⁰ Your kingdom come, your will be done, on earth as it is in heaven.¹¹ Give us this day our daily bread,¹² and forgive us our debts, as we also have forgiven our debtors.¹³ And lead us not into temptation, but deliver us from evil, for yours is the kingdom and the power and the glory forever. Amen. (Matthew 6:9-13)

1. DWELL on what HEAVEN is like.

¹⁰ Your kingdom come, your will be done, on earth as it is in heaven.
Matthew 6:10

2. REQUEST His RULE.

¹⁰ Your kingdom come, your will be done, on earth as it is in heaven.
Matthew 6:10

3. SUBMIT to His WILL.

¹⁰ Your kingdom come, your will be done, on earth as it is in heaven.
Matthew 6:10

PRAY #3 – ADMIT

⁹ “Our Father in heaven, hallowed be your name. ¹⁰ Your kingdom come, your will be done, on earth as it is in heaven. ¹¹ Give us this day our daily bread, ¹² and forgive us our debts, as we also have forgiven our debtors. ¹³ And lead us not into temptation, but deliver us from evil, for yours is the kingdom and the power and the glory forever. Amen. (Matthew 6:9-13)

1. ADMIT your DEPENDENCE .

¹¹ Give us this day our daily bread, ¹² and forgive us our debts, as we also have forgiven our debtors. (Matthew 6:11-12)

2. ASK for FORGIVENESS.

¹¹ Give us this day our daily bread, ¹² and forgive us our debts, as we also have forgiven our debtors. (Matthew 6:11-12)

3. ACT by FORGIVING.

¹¹ Give us this day our daily bread, ¹² and forgive us our debts, as we also have forgiven our debtors. (Matthew 6:11-12)

PRAY #4 – YEARN

⁹ “Our Father in heaven, hallowed be your name. ¹⁰ Your kingdom come, your will be done, on earth as it is in heaven. ¹¹ Give us this day our daily bread, ¹² and forgive us our debts, as we also have forgiven our debtors. ¹³ And lead us not into temptation, but deliver us from evil, for yours is the kingdom and the power and the glory forever. Amen. (Matthew 6:9-13)

1. PRAY for deliverance FROM TESTING.

¹³ And lead us not into temptation, but deliver us from evil, for yours is the kingdom and the power and the glory forever. Amen. (Matthew 6:9-13)

2. PRAY for deliverance IN TESTING.

¹³ And lead us not into temptation, but deliver us from evil, for yours is the kingdom and the power and the glory forever. Amen. (Matthew 6:9-13)

3. PURSUE His KINGDOM.

¹³ And lead us not into temptation, but deliver us from evil, for yours is the kingdom and the power and the glory forever. Amen. (Matthew 6:9-13)

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