

40 DAYS OF PRAYER



31 May - 9 July 2020 -- NSW/ACT Division

Hi Friends!

In this document you will find a hard copy of all the prayer tools found on our website. This is an addition to the prayer stations document and can be used as an extra package if you want more resources to work through!

We pray this blesses you!

Love, the 40 Days of Prayer Team
#Salvos40daysofprayer

In this booklet you will find Prayer Tools On:

- What is Prayer
- Prayer Walking
- The Prayer of Examen
- Contemplation
- Lectio Divina
- Prayer Cards
- Listening Prayer
- Prayer Retreat

WHAT IS PRAYER? - Kathryn Shirey

"The function of prayer is not to influence God, but rather to change the nature of the one who prays."
Soren Kierkegaard

At its core, prayer is simply our conversation with God. Use the same elements of conversation you use with your friends and family when you talk to God.

1) Start with a compliment or praise

God, you are amazing! What an awesome sunrise you created this morning.

2) Say thank you

Thank you, God, for the blessings in my life. Thank you for loving me and helping me learn how to have better conversations with You.

3) Share something about your day or what's going on in your life

God, sometimes I struggle with prayer. I feel like I should be more comfortable talking to You, but I don't always know what to say and I get nervous when it's my turn to pray aloud for the group. I just don't feel like I have the right words.

4) Apologise for anything you've done

I'm sorry for not trusting You to guide me and help me find the words. I'm sorry for not believing You'll want to hear whatever words I have. I know prayer isn't a contest, but is instead a way I can have a relationship with You.

5) Ask for help - for yourself and for others

God, help me be more confident and consistent in prayer. Help me be a leader among my friends and family. Help me pray boldly for myself and others and truly believe You are at work in these requests. Even when I can't find the right words, I trust You know what's heavy on my heart.

6) Listen

(Be quiet, take a deep breath, quiet your inner conversation, and just sit in the silence to allow your heart to listen for God's response.)

Prayer Walking

'Prayer walking' is a way of saturating a particular place and community with prayer. This discipline draws our immediate, local concerns into the wider circle of God's loving attention. Scriptural support for prayer walking is found in Joshua 1:2-4, Psalm 2:8 and Luke 24:13.

Inspired by God's promise to Joshua, we can walk the victory of Jesus into every part of our neighbourhoods, cities and nations.

In faith we walk, believing that as the soles of our feet hit the ground, we are appropriating the work of Jesus over the principalities and powers influencing the atmosphere and shaping the narratives of our city.

Each step we take in Jesus' name, we weaken something of the enemy's grip in the Heavenly realms and subvert the systems of evil and injustice.

Prayer walking is so topical at the moment, as we have been taken out of our church buildings, forcing us to resist the temptation to stay inward-focused, stirring us to keep the mission, front and centre.

How to Prayer Walk:

You can prayer walk alone, but many people find that their prayers are more focused when expressed in the company of a friend.

Pray audibly for clarity and agreement.

Invite the spirit of God to accompany you, guiding your steps and your words.

Worship God and be thankful.

Be attentive during moments of silence. Allow the Holy Spirit to help you see with his eyes and pray with his heart.

Ask God to redeem people as he restrains the enemy.

Read Scripture aloud. God breathed it and loves to bless it.

Express God's thoughts in your own words.

Flowing from your worship begin petitioning God for His Spirit to fall on the streets you walk on, the homes, businesses, schools and other churches you walk past. Begin to get specific and pray for people and situations, the 'people of peace' you know God has brought you into contact with, who are opening up doors of opportunity for the gospel within your community.

Reflect on God's love for you.

Books: "Prayer Walking: Praying on site with insight" – Steve Hawthorne and Graham Kendrick

Part of this article is extracted from Army on its Knee, Janet Munn & Stephen Court, published by Salvation Books. Available to purchase from Salvation Army territorial trade/supplies departments or online at www.amazon.com.au

Other prayer walking ideas

Idea #1: Prayer Walk Through Your Own Neighbourhood

Walk around your own neighbourhood - praying over every house, every neighbour.

If you see signs of children in the house, pray for those children to grow up knowing God. Pray for the parents to have wisdom and patience in their job of parenting.

If you see signs of teenagers in the house, pray for safety as those kids begin to stretch their wings. Pray they will find a sure path and stay well-grounded as they grow and leave the house.

If you see a 'for sale' sign in the yard, pray for a smooth transition and move for the family and the new neighbours who will move in.

Idea #2: Prayer Walk Around Your Neighbourhood School

Prayer walk around your children's school or one in your community.

Pray over the teachers, administrators, and children in that school.

Pray for Scripture Teaching to happen in the schools (if it's not already).

Idea #3: Prayer Walk Around Your Corps and/or Ministry Area

Prayer walk in and around your Corps/ Church/ Centre and/or the area you minister in during the week.

Pray for the people who will be in each room, each chair.

Pray for God to speak into their hearts, to heal what's broken and comfort them where needed.

Pray for Holy Spirit protection over the building.

Pray as you walk around your office.

Pray over each desk you pass as you walk around the work areas.

Pray for God's love and healing touch to reach each person.

Pray for wisdom and discernment for good decisions as you pass each meeting room.

Pray for gracious responses to all those who come in for assistance.

PRAYER OF EXAMEN – short version


the EXAMEN

The *Examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

- 1** Ask God for light.
I want to look at my day with God's eyes, not merely my own.
- 2** Give thanks.
The day I have just lived is a gift from God. Be grateful for it.
- 3** Review the day.
I carefully look back on the day just completed, being guided by the Holy Spirit.
- 4** Face your shortcomings.
I face up to what is wrong—in my life and in me.
- 5** Look toward the day to come.
I ask where I need God in the day to come.

Version of the Examen from *A Simple, Life-Changing Prayer* by Jim Manney © Loyola Press

PRAYER OF EXAMEN – Longer Version

(Adapted from Mars Hill Bible Church Guided Version)

Practicing the Prayer of Examen

The Prayer of Examen is a daily spiritual exercise typically credited to St. Ignatius of Loyola [1491-1556], who encouraged fellow followers to engage in the practice for developing a deeper level of spiritual sensitivity and for recognizing and receiving the assistance of the Holy Spirit.

This Prayer of Examen is primarily an exercise in remembering. One is invited, through four portions [presence, gratitude, review, and response], to concentrate on experiences and encounters from the past 24 hours. The beauty of the practice is its simplicity; it is more a guide than a prescription.

If some portion feels especially important on a given day, feel the freedom to spend all or most of your time in that portion. The purpose is to increase awareness and sensitivity, not to finish or accomplish a task.

A comfortable and relatively quiet location is likely most conducive for reflecting

The experience doesn't need to be a certain length—as little as ten minutes could be sufficient, and you could spend more time on certain portions compared to others.

It might be helpful to journal your thoughts and recollections or to write out what you notice during your times of prayer .

Presence Begin this practice by recognizing the presence of God. Remind yourself of God's presence with you and His desire to be with you. Consider praying for the Holy Spirit to help you be attentive to God's presence. Open yourself to His presence. *"The Lord is near to all who call on him, to all who call on him in truth."* Psalm 145:18

Gratitude Walk through your day in the presence of God and note its joys and delights. Focus on the blessing that you may have been to others and the blessings given to you - and give thanks. Thank God for the little things, those things that may ordinarily have gone unnoticed. Be grateful.

Review Look back on the events of the day in the company of the Holy Spirit. The day may seem like a blur to you – a jumble of events and thoughts, confusing, - ask God to bring clarity and understanding. Reflect on the feelings you experienced during the day. Elation? Resentment? Confidence? Joy? Falling short? Achieving goals?

Response Do we need to ask for forgiveness? Are we thankful for experiences shared? Do we need to make amends with someone tomorrow? Be aware of what God is revealing to us during this time. Create a prayer of your thoughts and responses that rise spontaneously – whether intercession, praise, repentance or gratitude. Take the necessary time to wait and find comfort in God's presence.

CONTEMPLATION

Find somewhere quiet to sit. Intentionally place yourself in the presence of God. Breathe slowly, deeply. As you are conscious of God's presence, focus on the pictures and words below, and listen to what God is saying to you. Record these thoughts in a journal to revisit when you need the assurance of God's comfort and peace.

*When peace like a river, attendeth my way
When sorrows like sea billows roll
Whatever my lot,
Thou hast taught me to say
It is well, it is well, with my soul*



Psalm 46: 10 (NIV)

"Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."

Stop striving, let go, surrender

Surrender your anxiety!
Be silent and stop your striving
and you will see that I am God. (TPT)

Ephesians 3: 14–21 (The Passion Translation)

So I kneel humbly in awe before the Father of our Lord Jesus, the Messiah, the perfect Father of every father and child in heaven and on the earth. And I pray that he would unveil within you the unlimited riches of his glory and favour until supernatural strength floods your innermost being with his divine might and explosive power. Then, by constantly using your faith, the life of Christ will be released deep inside you, and the resting place of his love will become the very source and root of your life.

Then you will be empowered to discover what every holy one experiences—the great magnitude of the astonishing love of Christ in all its dimensions. How deeply intimate and far-reaching is his love! How enduring and inclusive it is! Endless love beyond measurement that transcends our understanding—this extravagant love pours into you until you are filled to overflowing with the fullness of God!

Never doubt God's mighty power to work in you and accomplish all this. He will achieve infinitely more than your greatest request, your most unbelievable dream, and exceed your wildest imagination! He will outdo them all, for his miraculous power constantly energizes you. Now we offer up to God all the glorious praise that rises from every church in every generation through Jesus Christ—and all that will yet be manifest through time and eternity.



LECTIO DIVINA – Divine Reading

The first 1,500 years of church history were characterised by the practice of *lectio divina*. Since many people were illiterate and many that could read didn't have Bibles, *lectio divina* offered a way of attending to Scripture as it was read in church, with an ear to hearing a word from God. Traditionally *lectio divina* is made up of five movements:

Silencio Quiet preparation of the heart. Coming into God's presence, slowing down, relaxing and releasing the chaos and noise in our minds to him.

Lectio Read the word. Read a Scripture passage slowly and out loud, lingering over the words so that they resonate in your heart. When a word or phrase catches your attention, don't keep reading. Stop and attend to what God is saying to you.

Meditatio Meditate. Read the Scripture a second time out loud. Savour the words. Listen for any invitation God is extending to you in this word. Reflect on the importance of the words that light up to you.

Oratio Respond. Pray. Read the Scripture a third time. Now is the time to enter into a personal dialogue with God. There is no right or wrong way to do this. The important thing is to respond truthfully and authentically. What feelings has the text aroused in you? Name where you are resistant or want to push back. Be aware of where you feel invited into a deeper way of being with God. Talk to God about these feelings.

Contemplatio Contemplate, rest and wait in the presence of God. Allow some time to let the word sink deeply into your soul. Yield and surrender yourself to God. Take God's word to you, with you throughout the day. Return to it. Stay with God until you feel prompted to leave.

Putting it into practice: Using Mark 4: 35 – 41

Silencio Quiet preparation of the heart.

Introduction: It's early in Jesus' ministry and crowds are following him. He's just taught them that the Kingdom of God is like a little mustard seed that grows into a tree that provides rest for the birds. Then Jesus goes on a boat ride with his disciples. A terrible storm hits and he shows them what it looks like to be at peace in the kingdom by napping during the storm. When the panicked disciples wake him *he speaks the peace in his body into the storm to calm it!*

Lectio Read the word.

Meditatio Meditate. Read the Scripture a second time.

What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

Oratio Respond. Pray. Read the Scripture a third time.

Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

Contemplatio Contemplate, rest and wait in the presence of God.

What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.

Excerpts from: Bill Gaultiere ~ SoulShepherding.org; Spiritual Disciplines Handbook; Personal reflections.

Peace – Be still

Words and Music Yvonne Field ©2015 SP&S

The storms of life can threaten, the tempest crash and roar;
As fears arise and faith is drowned, and hope is swept away.
So look beyond the turmoil, to see your Saviour's face
His mercy will protect you, you're safe in His embrace.

*'Peace, be still,' Jesus' word is spoken just for you;
Peace be still, give Him all your fears, for he loves you.
Peace, be still, peace, be still.*

The Saviour will not leave you, He's always by your side;
As chaos reigns, he stands in pow'r, to speak the word of calm.
His hand is raised to rescue, His pow'r is your defence;
His love will save and hold you, Stand firm within his strength!

All creation bends before Him, submissive to His voice;
Ev'ry knee shall bow confessing Christ is Lord!

*'Peace, be still,' Jesus' word is spoken just for you;
Peace be still, give Him all your fears, for he loves you.
Peace, be still, peace, be still.*



PRAYER CARDS – Kathryn Shirey

A.C.T.S Prayer

A = Adoration	Tell God how wonderful He is; Worship Him
C = Confession	Admit your sins, cry out your brokenness, ask for forgiveness
T = Thanksgiving	Say 'thank you' for all God has done in your life
S = Supplication	Make your requests to God – for yourself and for others

5 Finger Prayer

Thumb:	The finger closest to you - Pray for those closest to you
Index Finger:	The finger that points the way - Pray for those who teach, instruct and heal you
Middle Finger:	The tallest finger - Pray for leaders and all who have authority
Ring Finger:	The weakest finger - Pray for the weak, sick, and those with problems
Pinkie:	The smallest finger - Pray for yourself

Gospel Contemplation

- Select a Gospel passage where Jesus is interacting with others.
- Read through the passage a couple of times until the story is familiar.
- Close your eyes and place yourself in the scene. Play it in your mind like a movie.
- Use all your senses to experience the scene.
- Use your imagination to touch, smell, see, hear, and taste the scene.
- Close with prayer, speaking your heart to Jesus.

Visio Divina

- Choose an icon, a Christian image, or beautiful artwork to contemplate.
- Prepare: close your eyes, breathe, clear your mind.
- Lectio (read): Open your eyes and scan the whole image. Note what draws your interest
- Close and rest your eyes a minute.
- Meditatio (meditate): Open your eyes and let your eyes be drawn to one part of the image. Focus on just this part of the image and name it. Close your eyes, seeing that piece of the image in your mind.
- Oratio (pray): Open your eyes and look again at the piece of the image that caught your eye. Allow it to bring forth a word, image, or emotion. Close and rest your eyes.
- Contemplatio (contemplation): Open your eyes and gaze at the image. What is God saying to you today through this image? Offer a prayer of thanks.

Prayer Doodles

- Write a name for God, the name of someone you're praying for, or words from a scripture verse.
 - Draw a shape around it and begin to doodle. Pray as you draw. Ask God to be part of this prayer time.
 - Keep drawing as you release these prayers to God.
- For more information: www.prayingincolor.com*

Listening Prayer

Come and quiet yourself before God Set aside at least half an hour to bring yourself to a place of stillness. Maybe take 10 – 20 minutes by walking and praying quietly.

Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth. Psalm 46:10 (NIV)

Exercise the authority of Christ over all the other voices that speak to you Breathe deeply, slowly, helps focus on God. Spend time in worship – songs/hymns.

Submit yourselves, then, to God. Resist the devil and he will flee from you. James 4: 7 (NIV)

Ask Jesus to come in a very special way and manifest His presence

Spend time in silence - Trying to block out the sounds of the world.

Hasten, O God, to save me; come quickly, Lord, to help me. Psalm 70: 1 (NIV)

Ask Jesus to search your heart and reveal anything that needs His healing touch

Search me O God and know my heart; try me and know my anxious thoughts; and see if there is any hurtful way in me, and lead me in the way everlasting. Psalm 139: 23-24 (NIV)

Ask Jesus to communicate with you

Speak Lord, for your servant is listening. 1 Samuel 3: 10 (NIV)

When God called out to Moses from the burning bush, Moses said, 'Here I am'. Ex 3:4 (NIV)

Wait in silence to hear God's communication

Truly, my soul silently waits for God. Psalm 62:1 (NKJV)

Journal the thoughts that come to your mind

When God communicates with us, it's a good idea to write it down so we won't forget what He said.

Writing and journaling is also the way of keeping track of your most personal and intimate dialogues with Him.

Learning to listen to God is a process that starts awkwardly and grows slowly but develops and matures until it is hard to see how you could ever have lived without it.

A guide for 'Listening and Inner Healing prayer' by Rusty Rustenbach (NavPress, 2011)

Prayer Retreat

SOLITARY PLACES

Throughout the public ministry of Jesus, His life was enriched by extended times alone with His Father.

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

Jesus' example grants us permission (and perhaps even a directive!) to retreat to solitary places for extended prayer. Living water from heaven refills us as we enjoy Jesus' company on walks or delight in His artistry in the canvas of the sky and scenery around us where we are.

Henri Nouwen encouraged his readers to retreat for alone time with God "an hour a day, an afternoon a week, a day a month, a week a year".

Think about your current spiritual formation rhythms, patterns, practices. In what ways do you feel that placing the focus on retreating more often could enhance your spiritual life?

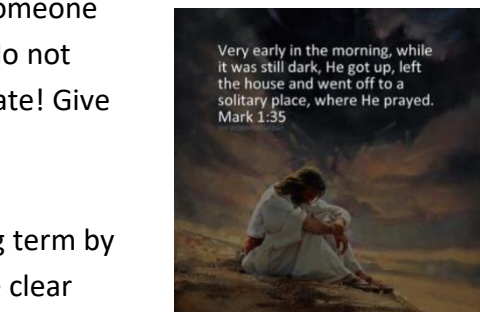
Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. After leaving them, he went up on a mountainside to pray.

Mark 6: 45-46

Thousands of years after Jesus' example, what practical steps can you take toward adopting Jesus' holy habit of solitary prayer? Regularly?

Set a date—place it in your diary like any other appointment! If someone comes (other than a life or death need) wanting your attention—do not break that appointment with God—give them another time and date! Give God priority.

Whatever you place on pause, or postpone, will benefit in the long term by your absence because you will return from your retreat time more clear minded, creative and kind. It's true!



Choose a place—somewhere that restores and refreshes you, such as the bush, a mountain, the beach, or a favourite spot near a lake.

Pack— your favourite Bible, pens, highlighters, journal, colouring in (if that appeals to you), and a couple of books that nourish your spirit. Try not to look at your phone/social media. Only use your phone for urgent calls. Also consider silent retreats, even without music.

(It can distract).



My sheep listen to my voice; I know them, and they follow me.
—John 10:27 NIV

Submit your mind to God—start by breathing deeply , reminding yourself of God’s faithful presence. As your mind is quieted, realise that you are in a protected space devoted to the nurturing of your relationship with God.

Begin by praising God—choose some Scripture —for example Psalm 18

I love you, Lord; you are my strength.

The Lord is my rock, my fortress, and my Saviour; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. I called on the Lord, who is worthy of praise, and he saved me from my enemies.

Psalm 18: 1—3

Repentance and Rest— Focusing on God’s character almost always leads safely into repentance. Worship is a cleansing force.

When you become aware of sin, ask for God’s forgiveness. He reveals to heal.

You may need rest at this point.

Pause and rest.

Continue as God leads—prayer, reading, colouring in, reading, silence, listening.

Don’t fill every space or moment with things, sounds, or music.

Take time to listen in silence.

Breathe in the presence and peace of the Holy Spirit. Breathe out stress & anxiety.

Focus on these encouraging verses:

Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong. And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from

God.

Ephesians 3:17-19