

Prayer resource

GROWING DEEPER IN OUR WALK
WITH GOD



Northern Rivers NSW
Lismore & Casino

Welcome.

A number of years ago I read the book *Fresh Wind, Fresh Fire* by Jim Cymbala. This book goes through the journey of the transformation of Prayer in his life, and within the life of the church he pastors Brooklyn Tabernacle. It was in this book that my prayer life was transformed as well. One quote that has stuck with me since reading this book is this.

***No matter what I preach or what we claim to believe in our heads,
the future will depend upon our times of prayer.
Jim Cymbala, Fresh Wind Fresh Fire***

As a church we say that pray is one of the key foundation blocks that we need. Yet do we really put that much focus on it and demonstrate our reliance on prayer for guiding us, directing us and leading us through everything in life?

We have been teaching over these past 9 months how important it is to develop good spiritual rhythms in our lives, and so we thought we would take this disruption to our daily lives and schedules, to grasp hold of an opportunity to help us all develop or re-discover the power of having a good prayer and spiritual life.

Throughout this resource is a collection of ways that we can connect with our Heavenly Father. This list is not exhaustive, there are lots of ways to connect with God that are not covered in this. This is a collection that we have collated of some of the most useful methods we have seen and have used over the years.

Now before you start today, STOP... PRAY... Pray that God would open up your heart and mind to hear from him, ask him to help you connect with a way that will help you develop a deeper relationship with him.

Try one way or try them all or continue with a devotion or spiritual rhythm you are already doing. What every way you decide to go, can I challenge you to spend this whole time the 60-90 minutes in devotion with Him.

Trust me, it can and will change your life.

We would love to hear what you got out of this time, so please shoot us an email or send us a text or give us a call.

God Bless
Capt. Philip & Donna

Spiritual Rhythms in Quarantine

<https://www.exploringthedeepend.com/>

1. Turn off the news

We are surrounded by endless noise. This noise can quickly stir up anxiety and fear in our hearts and drown out our ability to hear God's voice. There is a difference between reading the news and consuming the news. It is necessary to stay informed but more critical to remain sober-minded and centered on Christ.

2. Turn off Netflix

Turn off Netflix (Or Hulu, amazon prime, Disney plus, ESPN, YouTube, or your entertainment of choice). When we are anxious or fearful, our temptation is to detach and numb ourselves. Resist the temptation to numb. Instead, take those feelings directly to God. Be with Him in your anxiety, fear, worry. With Him, we learn to trust and rest in His perfect presence, which is far better than Netflix.

3. Turn off your phone

This is an opportunity to be more present than ever before. Practice the discipline of turning off your phone. Put your phone somewhere you are not able to compulsively check it--, under your bed, in the garage, in a drawer. The addiction to our phones is a craving to be connected to someone or something. The most important connection we can have in this season is a connection with God, our families, our roommates, our bibles, and our soul.

4. Stop and smell the flowers

Walk outside and pay attention to God's creation. Literally, stop and examine flowers, contemplate their detail and color. Observe the bees, or butterflies, birds, and squirrels. Stop and watch the leaves fall off a tree. Notice the sky, wind, and sun God has made. Every piece of it reveals something about Him. Take notice.

5. Wander with God

Get lost with Jesus. Maybe this is on a walk. Perhaps this is driving the car to nowhere, in particular, getting lost in your Bible. Wander somewhere with Jesus, listening to what He is speaking to you.

6. Read a book

Read a book. Seriously, read the whole book. Read a Gospel, or a novel, a biography, history, or a classic. Just read. Doing so requires focus and discipline, but it is life-giving to your soul and an integral piece of loving God with all our minds.

7. Be a presence

People are hurting now more than ever before. There is an opportunity to be an incarnational presence of Christ's love to our families, friends, and neighbours in a way that was not possible just a few weeks ago. Deliberately text, call, email, or check in with someone you know needs to know the presence of God right now.

8. Weep

COVID-19 is a season of grief and pain. This is true now and will continue to be felt even more in the coming days. The exhaustion, disruption, anxiety, and fear you feel are likely grief sparked by all the transition and pain in our world. Grief must be welcomed and given attention. If we do not grieve, we miss the opportunity of experiencing the presence of Christ in our pain. Jesus was a man of sorrows, and he grieves with us. We must stop and lament the suffering occurring throughout the world because of COVID-19.

9. Journal Daily

The speed of adjustment and change to COVID-19 has been so fast your soul has likely not caught up. An experience like this brings up so many different emotions and feelings in us. If we are going to walk in love with others, we must first know the love of God in the deepest parts of our hearts. Journaling is a helpful way, to be honest with God and explore what lies underneath the surface of our lives so we can be loved and love others well.

10. Sabbath

Take an entire 24 hour period to rest and be with God. Sabbath literally means "to stop." Even in quarantine, we may not be practicing sabbath. For many, this time has brought its unique challenges that are overwhelming and exhausting. When we sabbath, we are stopping our work, activity, frenzy, worry, and obligations. We focus on "being" instead of "doing." Sabbath, at its core, is delighting in God as we sleep, eat, laugh, play, and pray. Sabbath restores our soul, as Christ renews our hearts and draws us deeper into His love, grace, and abundant life in Him.

Labyrinth Prayers

FIRST MOVEMENT: RELEASING (CONFESSION)

Place your finger at the opening of the labyrinth. Pray silently or aloud a prayer of confession. When finished, slowly move your finger forward along the labyrinth. Move at your own pace toward the centre. Let the words of the prayer stay with you.

Quiet your mind as you move through the labyrinth. Make room for emotions and stirrings that arise. What needs to be changed, forgiven, cleared, confronted, or healed in your life? Offer these situations to God as you move forward.

SECOND MOVEMENT: RECEIVING (CENTERING)

When you reach the centre, rest your finger there for a moment before you read a scripture reading for the day.

When you are ready, read the passage slowly, as if you have never read it before. Centre on God's Word and be open to what God reveals to you through the reading. Return your finger to the centre of the labyrinth and reflect on the passage and what it holds for you.

THIRD MOVEMENT: RETURNING (INTERCESSION)

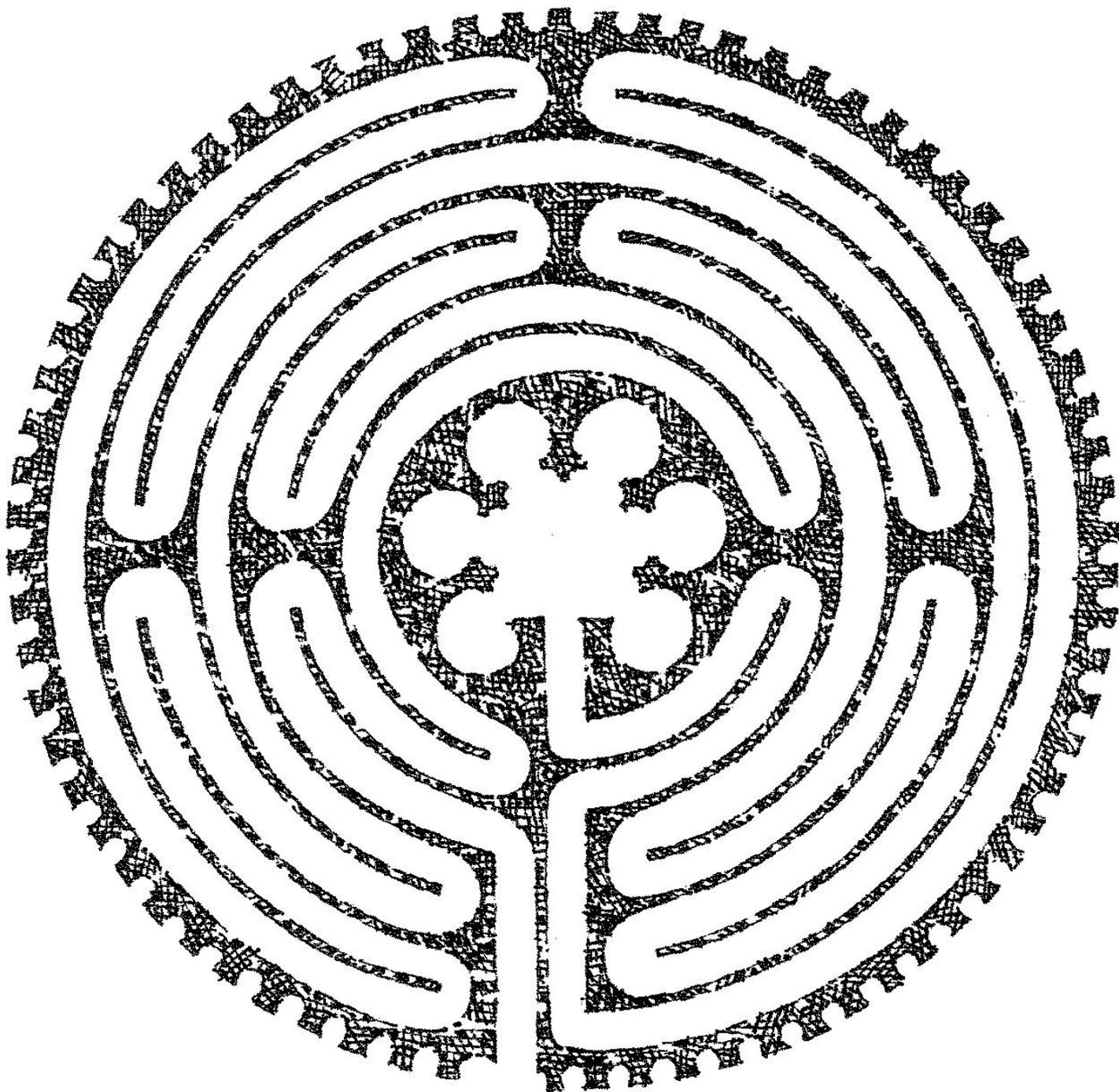
As you prepare to leave the labyrinth, place your finger at the same opening in the centre where you entered. Now lift up your intercessory prayers for the day and when finished, begin to move your finger back along the same path on which you entered. Let the intercessory prayers stay with you, and add to them as you make the turns and move along the pattern back out of the labyrinth. Be mindful of people and circumstances in the world that are in need of your prayers. Hold each one in your heart for a part of the journey outward.

WHEN YOU HAVE FINISHED

As you lift your finger from the labyrinth's end, offer thanks to God.

** For those that have the space you can setup a Labyrinth and do this outdoors and instead of using your finger, you can walk through it. Both are very practical ways of helping us connect.

Finger Labyrinth



Praying the Bible

Praying Scripture is a spiritual practice that we learnt in College. It is a great way for us to connect with God and his larger purpose rather than just simply focusing on our internal and immediate concerns for our lives.

Throughout scripture we see many examples of people praying scripture in response to things that are going on in their lives. In Acts we see the disciples praying scripture when they have had threats made against them, and they pray the prayers that David wrote in the book of Psalms.

There is no right or wrong way to Pray Scripture, you can simply open God's word and start praying. You can go direct to some of the prayers written throughout Scripture and pray the prayers as written, however you can also find scripture and personalise the scripture and pray it over your life or those close to you. Below is a Super Simple formula for Praying Scripture that has been developed by Kira Bridges after watching the movie the War Room.

My Super-Simple Formula for Praying Scripture:

<https://kirabridges.com/beginners-guide-praying-scripture/>

1. If a verse is a command from God or guidance on how to live, ask God to help you live in the way He desires.

Example: Galatians 5:16: "Walk by the Spirit, and you will not carry out the desire of the flesh."

Prayer: "Lord, help me to walk by the Spirit so I will not carry out the desires of my flesh."

2. If the verse is a promise from God, claim the promise as your own.

Example: Jeremiah 29:12-13: "Call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you search for me with all your heart."

Prayer: "Heavenly Father, You promise when I call, You will listen, and if I search for You with my whole heart, I will find You. I am calling, so please listen. I am searching, so reveal yourself to me."

3. If the verse expresses a need, claim the need as your own.

Example: Psalm 61:2: “When my heart is overwhelmed; lead me to the rock that is higher than I.”

Prayer: “Father, my heart is overwhelmed, so lead me to the rock that is higher than I.”
In these first three examples, you see how to pray Scripture word-for-word, but you can also use the verse as inspiration for prayer.

4. Let the Bible verse inspire your prayer.

Example: Psalm 139:14: “I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.”

Prayer: “Father, thank you for creating me! Thank you for putting your care and attention into every part of me. I know you do not make mistakes and I’m so grateful that you created me just as I am. Help me to remember that I was created on purpose and that even though I have flaws, You still call me wonderful.”

Simple enough right? So, will you give it a try? I promise you won’t regret it.

One last note, there’s no right or wrong way to pray Scripture. The important part is that you’re learning God’s truth and praying His Word over your life. So feel free to tweak my tools and recommendations to make praying Scripture work for you.

On the next couple pages is a list of examples of places we can go in Scripture to pray through different things that are going on in our lives at the moment.

7. You Must learn to pray

6. Determine to work at Prayer

5. Set a time and place

4. Pray to God

3. Pray the Bible

2. Pray out Loud

1. Silence and the prayer of the heart

PRAYER IS ACTIVE – NOT PASSIVE

- Types of Bible Prayers

- I. Praying the Theophanies
- II. Praying the Psalms
- III. Praying the Prayers of Wisdom
- IV. Praying the Song of Songs
- V. Praying the Prayers of the Prophets
- VI. Praying the Prayers of Jesus
- VII. Praying the Apostolic prayers
- VIII. Praying the Hymns of the Revelation

“The word is near you; it is in your mouth and in your heart,” that is, the word of faith we are proclaiming: That if you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

Romans 10:8-10

THEOPHANIES

(Seeing the Image of God)

Yahweh and the Ten Commandments

Exodus 19:16-20, 24-25; 20:1-21

Show Me Your Glory

Exodus 33:15-19; 34:5-8, 29

Here I Am, Send Me

Isaiah 6:1-8

The Glorified Son of Man

Revelation 1:9-18

The Heavenly Throne Room

Revelation 4:1-11

Faithful and True

Revelation 19:11-16

THE PSALMS

Blessed Is The Man

Psalms 1:1-6

Fearfully and Wonderfully Made

Psalms 139:1-24

A Prayer of Repentance

Psalms 51:1-19

Save Me, O God

Psalms 16:1-11

The Lord is My Shepherd

Psalms 23

Under the Shadow of His Wings

Psalms 91

Better is One Day

Psalms 84

Jesus' Prayer from the Cross

Psalms 22

A Blessing Psalm of Ascents

Psalms 128

PRAYERS OF WISDOM

A Time for Everything

Ecclesiastes 3:1-8,11

Wisdom Calls Out

Proverbs 2:1-6; 9:10-11; 7:4; 23:12;4:7

The Righteous Workman

Proverbs 24:30-34; 23:4; 14:23; 10:4-5; 26:13-14; 18:9; 22:29

Let My Words Be Few

Psalms 39:1; Proverbs 13:3; 18:21; 12:18; 10:19; 15:1; 20:3; 12:16, 25:15; Ecclesiastes 5:2

Deliver Me from Evil

Job 31:1; Proverbs 6:24-27, 29; 30:20; 6:32-33; 2:18-19; 5:15, 18-19, 21

Mercy

Proverbs 14:31, 22:2, 22-23; 29:7; 19:17; Job 29:12-13, 15-17, 25

The Whole Duty of Man

Ecclesiastes 12:1-7, 13-14

PRAYERS OF THE PROPHETS

Hear, O Israel!

Deuteronomy 6:4-12

Meditating on the Law

Joshua 1:7-9

Our Eyes Are on You

2 Chronicles 20:2-12, 14-15, 17

The Valley of Dry Bones

Ezekiel 37:1-14

Intercession for A Nation

Daniel 9:1-8, 11-19

“Thank You, God” – David’s Prayer

1 Chronicles 17:16-27

Wholehearted Devotion

1 Chronicles 29:10-20, 22

HYMNS OF REVELATION

Holy, Holy, Holy!

Revelation 4:8-11

Worthy Is the Lamb

Revelation 5:8-14

The Martyr’s Cry

Revelation 6:9-11

Overcoming the Dragon

Revelation 12:7-12

Just and True

Revelation 16:1, 5-7

The Wedding Song

Revelation 19:1-8

Come, Lord Jesus!

Revelation 22:12-17, 20

THE PRAYERS OF JESUS

The Lord’s Prayer

Matthew 6:9-13

Glorify Your Name

John 12:27-28

A Prayer for Disciples

John 17:6-19

Unto Unity, Glory and Love

John 17:20-26

When You are Converted

Luke 22:31-32

Your Will Be Done

Matthew 26:39-42; Luke 22:44; Matthew 26:42

Father Forgive Them

Matthew 27:46; Luke 23:33-34, 46

APOSTOLIC PRAYERS

(Prayer for Others)

Revival Power

Acts 4:24-31

Revival of Divine Revelation

Ephesians 1:15-20

The Outpouring of Divine Love

Ephesians 3:14-21

The Release of Prophetic Boldness

Ephesians 6:18-20

Overflowing Holy Love

Philippians 1:3-4, 9-11

Filled with a Knowledge of His Will

Colossians 1:2-4, 9-12

Fulfill Your Call

2 Thessalonians 1:3, 11-12

Just Say No!

Titus 2:11-13

SOAP

BIBLE STUDY METHOD

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Pray, asking God for guidance through His Word and to get rid of other distractions.

Read the passage / chapter and find the one thing that you ponder on or jumps off the page as you read.
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S: SCRIPTURE: *Which scripture(s) stuck out to you most? Write it down. Feel free to make it a work of art.*

O: OBSERVATION: *What you think about the verse? What does God seem to be revealing through it? Do any words stand out? Look them up in original Greek or Hebrew. Cross reference scriptures of similar topic to get an overview of the passage. Who is the author addressing? What is the cultural context? Who is the passage about?*

A: APPLICATION: *How do you apply this little truth to your life? Are there any areas in your life that do not align with the scripture and need to change? Have you seen growth in any areas?*

P: PRAYER: *Write a prayer asking how to implement this verse in your life. Pray for others who may be dealing with a similar issue. Praise God for his blessings and opening your eyes to his truths.*

S: _____

O: _____

A: _____

P: _____

Praying the Songbook

Another form of Prayer is to pray the lyrics of the songs of the Church. These can be songs from our Salvation Army Song Book, they can be words of contemporary worship songs. All these songs, no matter the era they have been written, have been written as a way we can connect to the father.

The way we communicate them doesn't matter. We can sing or pray them. Have a think about some songs and hymns that you know and use these lyrics to help you connect with God.

Below are some lyrics to help give you a start.

O Boundless Savlation
General William Booth

1 O boundless salvation!
Deep ocean of love,
O fulness of mercy,
Christ brought from above,
The whole world redeeming,
so rich and so free,
Now flowing for all men,
come, roll over me!

2 My sins they are many,
their stains are so deep,
And bitter the tears of remorse that I weep;
But useless is weeping;
thou great crimson sea,
Thy waters can cleanse me,
come, roll over me!

3 My tempers are fitful,
my passions are strong,
They bind my poor soul
and they force me to wrong;
Beneath thy blest billows deliverance I see,
O come, mighty ocean, and roll over me!

4 Now tossed with temptation,
then haunted with fears,
My life has been joyless
and useless for years;
I feel something better
most surely would be
If once thy pure waters would roll over me.

5 O ocean of mercy, oft longing I've stood
On the brink of thy wonderful,
life-giving flood!
Once more I have reached
this soul-cleansing sea,
I will not go back till it rolls over me.

6 The tide is now flowing,
I'm touching the wave,
I hear the loud call of the mighty to save;
My faith's growing bolder, delivered I'll be;
I plunge 'neath the waters, they roll over
me.

7 And now, hallelujah! the rest of my days
Shall gladly be spent in promoting his praise
Who opened his bosom to pour out this sea
Of boundless salvation for you and for me.

All that I am
William Himes

*All that I am, all I can be,
All that I have, all that is me,
Accept and use, Lord, as You would choose,
Lord,
Right now, today.*

*Take every passion, every skill,
Take all my dreams and bend them to Your
will;
My all I give, Lord; for You I'll live, Lord,
Come what may.*

*1) Often I come with my problems and cares,
Running to You when distressed,
But I must bring You the whole of my life –
Lord, I must give You my best.*

*2) Life has no purpose unless it is Yours;
Life without You has no goal;
All that fulfils me is doing Your will,
Knowing that You're in control.*

Whisper a Prayer

Whisper a prayer in the morning,
Whisper a prayer at noon,
Whisper a prayer in the evening,
To keep your heart in tune.

God answers prayer in the morning,
God answers prayer at noon.
God answers prayer in the evening,
So keep your heart in tune.

Jesus may come in the morning,
Jesus may come at noon,
Jesus may come in the evening,
So keep your heart in tune.

I am Praying

I am praying, blessed Savior,
To be more and more like Thee;
I am praying that Thy Spirit
Like a dove may rest on me.
Refrain

Thou Who knowest all my weakness,
Thou Who knowest all my care,
While I plead each precious promise,
Hear, oh, hear and answer prayer.

I am praying, blessed Savior,
For a faith so clear and bright
That its eye will see Thy glory
Through the deepest, darkest night.

Refrain

I am praying to be humbled
By the power of grace divine,
To be clothed upon with meekness,
And to have no will but Thine.

Refrain

I am praying, blessed Savior,
And my constant prayer shall be
For a perfect consecration,
That shall make me more like Thee.

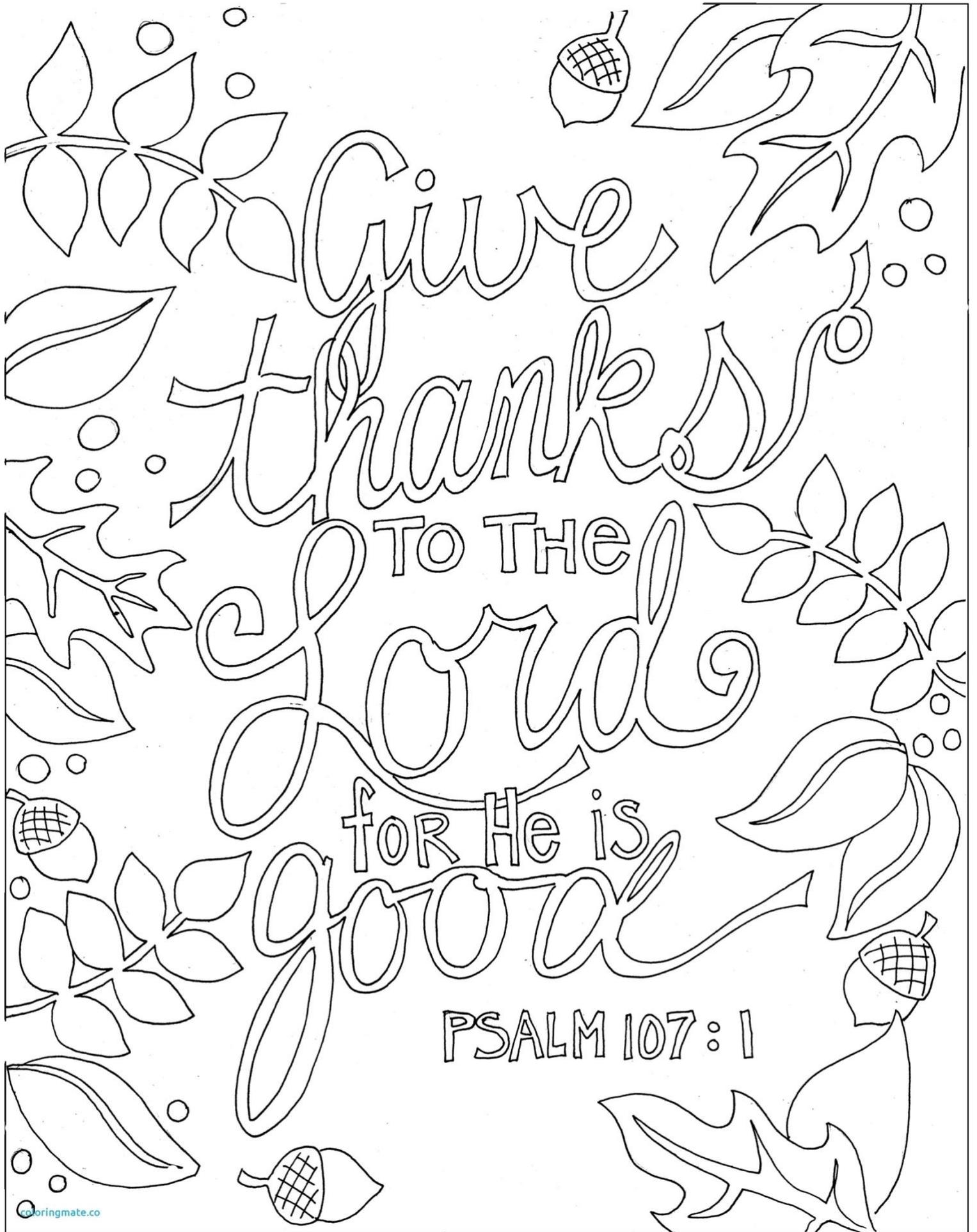
Digging deeper into Gods Word

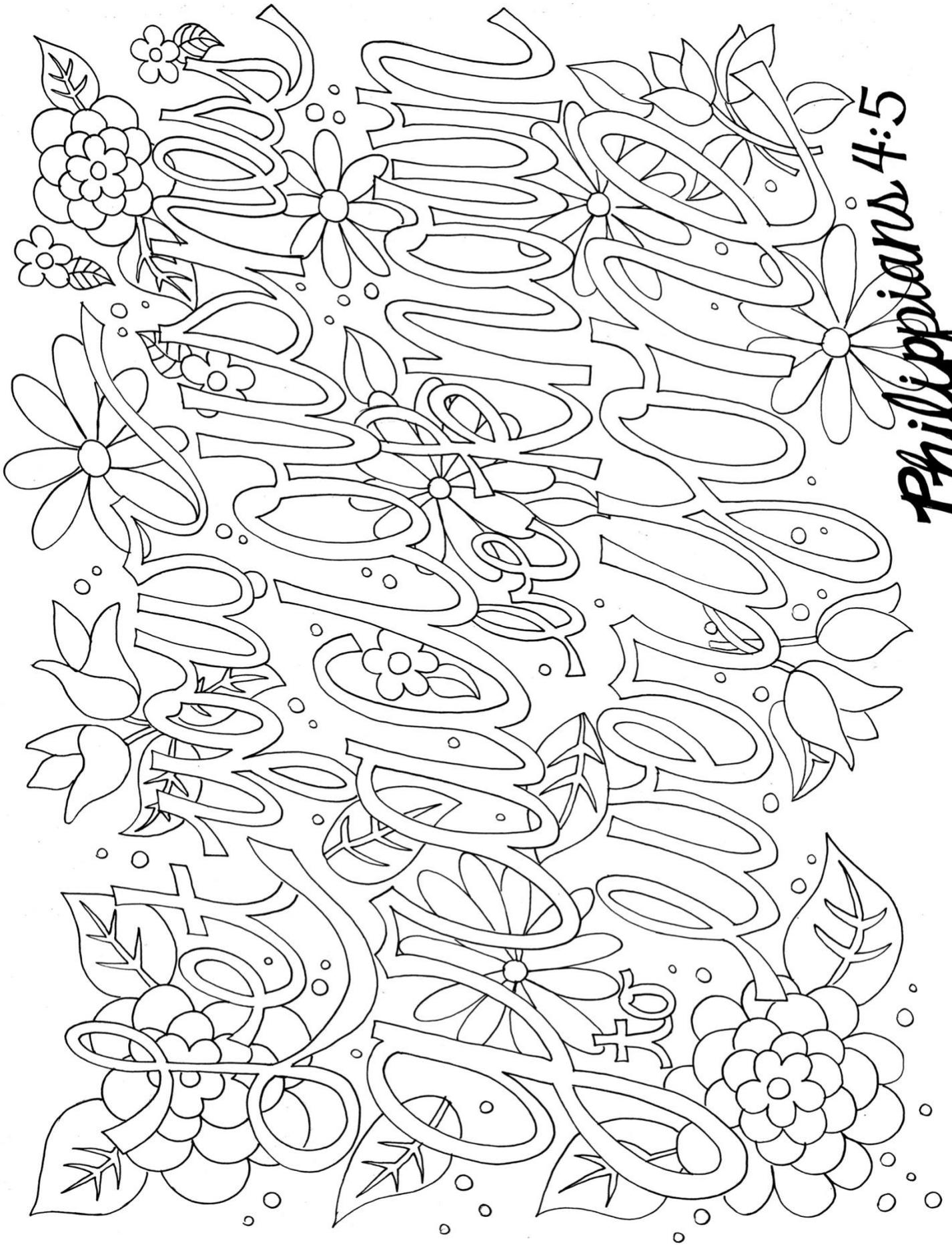
We must pause in our reading to dig into the Bible, we need to do more than read God's word like we would read a novel. God's word is alive and active in our hearts and mind, so take the time to let God's word speak to you.

Below are 5 different ways to dig deeper each day. These exercises will encourage meditation. We recommend trying a single idea for a week to find what works best for you. Remember to keep a pen and paper ready to capture God's insights.

1. **Underline or highlight** key words or phrases in the Bible passage. Use a pen or highlighter to mark new discoveries from the text. Periodically review your markings to see what God is teaching you.
2. **Put it into your own words.** Read the passage or verse slowly, then rewrite each phrase or sentence using your own words.
3. **Ask and answer some questions.** Questions unlock new discoveries and meanings. Ask questions about the passage using these words: who, what, why, when, where, or how. Jot down some thoughts on how you would answer these questions.
4. **Capture the big idea.** God's Word communicates big ideas. Periodically ask, What's the big idea in this sentence, paragraph, or chapter?
5. **Personalize the meaning.** When God speaks to us through the Scriptures, we must respond. A helpful habit is personalizing the Bible through application. Ask: How could my life be different today as I respond to what I'm reading?

Remember it is ok to highlight, underline and make notes in your bible. It is a great way for us to interact with the text and understand it on a deeper level.





Philippians 4:5

Lord's Prayer.

Our Father in heaven,
hallowed be your name.

Your Kingdom come,
your will be done,
on earth as in heaven

Give us today our daily bread.

Forgive us our sins,
as we forgive those who sin against us.

Lead us not into temptation,
but deliver us from evil.

For the kingdom,
the power and
the glory are yours.

Now and for ever.

Amen.