

P.R.E.S.S. Prayer Reaches Every Single Situation

prayer JOURNAL

Name _____

Prayer Points Song List

- When ye pray say
 - "Every Prayer" by Israel Houghton
 - "Prayer Time" by Stacey Joseph
 - "Prayers of the Righteous" by Israel & New Breed
 - "When I Pray (Interlude)" by Joann Rosario
- Our Father which art in heaven
 - "Good Good Father" by Chris Tomlin or Housefires
 - "Run To The Father" by Cody Carnes
 - "Out of Hiding / How He Loves / Good Good Father (Medley/Live)" by Tye Tribbett
 - "Our Father" by Fred Hammond
- Hallowed be Thy name
 - "When I Speak Your Name" by Indiana Bible College IBC
 - "Speak The Name" by Koryn Hawthorne
 - "Your Great Name" by Todd Dulaney
 - "In My Name" by Rev. Milton Brunson & Thompson Community Singers
 - "Break Every Chain" by Jesus Culture or Tasha Cobbs
- Thy kingdom come, Thy will be done...`
 - "Yes" by Shekinah Glory Ministry
 - "Your Will, Your Way" by Bryan & Katie Torwalt
 - "I'll Just Say Yes" by Brian Courtney Wilson
 - "Withholding Nothing Medley" by William McDowell
 - "We Surrender It All" by Todd Dulaney feat. Naomi Raine
 - "Surrender" by Planetshakers
 - "I Surrender (Live)" by Psalmist Raine
 - "Thy Will" by Hillary Scott
 - "Your Will" by Darius Brooks
- Give us day by day our daily bread
 - "You Are My Daily Bread" by Fred Hammond
- And forgive us our sins; for we also forgive every one that is indebted to us
 - "A Heart That Forgives" by Kevin Levar & One Sound
 - "Running Back To You" by Commissioned
- And lead us not into temptation, but deliver us from evil
 - "Live Pure" by Jonathan Nelson
 - "Holiness" by Micah Stampley
- For thine is the kingdom, and the power, and the glory, for ever
 - "We Give You Glory" by James Fortuna & FIYA

Scriptures on Prayer

- Luke 11:1-13
- Matthew 6:5-13
- 1 John 5:14-15
- Luke 18:1-14
- Matthew 7:7-11
- 1 Thessalonians 5:16-18
- James 1:5
- 1 Timothy 2:1-4

Examples of Prayer

- Abraham's Servant: Genesis 24:12-21
- Elijah: 1 Kings 18:36-39
- Jabez: 1 Chronicles 4:10
- Asa: 2 Chronicles 14:11-12
- Peter: Matthew 14:30-31
- Caananite Woman: Matthew 15:22-28
- Bartimaeus: Mark 10:51-52
- Ten Lepers: Luke 17:13-14
- Publican: Luke 18:13-14
- Thief: Luke 23:42-43
- Peter: Acts 9:36-42
- Paul & Silas: Acts 16:16-34
- The Church: Acts 12:1-18
- Paul: Acts 28:1-10
- 120 people: Acts 1:4-14; 2:1-4

Questions to Consider

- Who was praying?
- What was the request?
- What was the answer?
- What can we learn from this example?

7 Tips for Building Your Prayer Life

By LaTisha Campbell – August 9, 2011

We are invited to come boldly to the throne of God (Hebrews 4:16), called to pray without ceasing (1 Thessalonians 5:17), and promised repeatedly that if we seek Him with our whole hearts, we will find Him (Psalm 9:10, Jeremiah 29:11-14, Matthew 7:7-11, Luke 11:9-10, etc.). In other words, Jesus desires clear and consistent communication with us. With that in mind, here are seven practical ways to build and improve your prayer life:

1. Make a prayer list. Write down everyone (and everything) imaginable you want to pray for. Write it and put it in your Bible, on your computer, or in a journal. Especially for those who often run out of things to pray for and thus stop praying, this can be helpful. Do people ever ask you for prayer? What about prayer requests at church? People you know need prayer but you always forget to pray for them? Write them down so you can tell people, "I will be praying for you" and actually pray. There are a million and one things to pray for; this will help you remember them.
2. Set a time to pray. Have a set time to pray every day. You can think of it as an appointment, a meeting, a date... even put it on your calendar or schedule for the day if you need to. Just make sure you don't miss it! Many scriptures in the Bible talk about praying early (Psalm 5:3, Psalm 63:1, Mark 1:35) and I think there is something awesome about starting each day out by talking to God. It certainly prepares you for your day. When you set a time to pray, if something happens and you miss that time (ex. you oversleep and have to run to class), don't think you just missed out for that day. God still wants to hear from you! Make sure to pray later that day and try to go back to your set time the next day; don't just not pray though.
3. Consistency counts. Many people feel like for their prayer life to count, they need to pray for three hours every morning. While that is awesome (and every moment with Him is precious), if you haven't been able to pray for more than ten minutes, it doesn't make sense to commit to doing that tomorrow. Set a reasonable and challenging goal and stick to it. If that's praying for 15 minutes and then reading your Bible for ten, do it and be consistent. 30 minutes, great. An hour, wonderful. Two hours, even better. I'm convinced that sooner or later that prayer is going to get hot and the Word so good that you'll want to stay longer and it will grow. But you should start somewhere consistently and believe that God will bless your time together. He knows exactly where you are at so just begin to talk to Him there. Growth doesn't happen overnight. Just start! Be consistent and grow from there. It is also wise to ask God to direct you as to when to pray and how long to pray.
4. Give God your undivided attention. It is so easy to not give God all of us for the time in our days that should be completely His, to just kinda pay attention. We should take extra care to turn off our computers, turn off our phones, and go some place alone to be with Him. We want all of His attention and immediate response but often only want to listen out of one ear or cut our time short to check our facebook. If your prayer time is in the morning, it is awesome to talk to Him first, before you check your email, facebook, etc. (This is something He corrected me on.) You can get to email, facebook, tumblr, twitter, text messages later. Just focus on Him and I believe He'll respond.

5. Listen. Whether we are praising God or making our wants and needs known, it is important to listen to God. He wants to speak and reveal Himself and His will to us. We just must consistently come and be willing to hear Him, through His voice (often a still, small one - 1 Kings 19:11-12) and His written Word. Prayer should be a two-way conversation, dialogue. If you don't know the voice of God yet, keep coming, keep listening, and compare anything you think you hear to the Word of God. He wants a conversation and will speak; we just cannot talk over Him. Our ears must be open.
6. Find support and accountability. Much of spiritual growth is aided by community. You can pray with other people, seeking God about the same thing, praying for each other, or coming together to pray. Go to prayer at your church! It is one of the least attended but most important services at many churches. Find others who will hold you accountable and pray for you, whether close friends (also going after God) or spiritual mentors. They can encourage you and help you make sure you're achieving any goals you set for your walk with Christ.
7. Write. Journaling is great in building your prayer to life. You can write your heart to God, His word, songs, and anything He says to you. You can also look back on what He has said, what He has brought you through, and see the growth on paper. It is a place to record, reflect, and remember.

I want to leave you with words that always inspire me and push me to my knees in prayer. Bishop Clifton Jones, in his book *The Prayer Clinic Manual*, wrote, "... it is the highest honor and a supreme privilege to hold a conversation with the king of Glory. Therefore, don't keep Him waiting; call today." To think that the King of the entire universe wants to talk to ME and YOU is incredible; we must not take it lightly but do what it takes to build that communicative and intimate relationship with Him that He desires.

Other Helpful Tips & Ideas

Reasons to Pray

Favorite Scriptures

Reasons To Be Grateful

Repentance / Areas for Improvement

My Family

My Friends

Personal

Church

Unsaved

Ministries

Current Events

Classmates

Staff / Professors

God Answered!

God Answered!