

# Prayer Guide

Thank you for choosing this time slot for prayer. Here at Hope, we have been praying for this week of prayer to be an element of change in your life as well as in the lives of those around you. We realize that praying for an hour can seem like a daunting task, so here are some ideas to make your time with Jesus special and productive.

*"When you call on me, when you come and pray to me, I'll listen. When you come looking for me, you'll find me. Yes, when you get serious about finding me and want it more than anything else, I'll make sure you won't be disappointed." God's Decree.*

*Jeremiah 29:12-14 (MSG)*

This passage points to the reason for prayer – relationship with Jesus. As you begin to pray today, the roots of your faith will grow deeper and deeper.

## Obstacles to Prayer and Ways to Deal with Them

### 1. The issue of time and place

Hopefully, you chose a time and place that will work for you so that you can pray without interruptions or distractions.

### 2. Where do we begin?

We tend to unconsciously rebel against things that are healthy for us. For some it is eating healthy or exercising. Prayer falls into this category as well. Many of us never start because we don't know where to start. Thankfully, the Bible points us in the perfect direction for beginning our prayers. If you look at the Targeted Prayer Tool enclosed in this packet, you'll notice that #1 is praise. Take a moment to read Matthew 6:9-13. Matthew 6:9 states: "Pray then like this: "Our Father in heaven, hallowed be your name..." In this chapter, we're given the basic building blocks of prayer, and we always start with praise. Praise Him for who He is. Praise Him for what He's done in your life and for what He's still working on. And then continue to praise Him through each of the other sections of prayer listed on the Targeted Prayer Tool.

### 3. What exactly are we praying for?

This is where the Targeted Prayer Tool really comes in handy, especially if your mind tends to wander while you're praying. Starting from the inside circle, Praise, work your way out praying through each section. For example, #2 says that we pray for our own hearts. During this part of prayer, ask God to reveal to you things about your heart. Repent of your sins. Ask God to continually renew your heart and mind, to bring about the process of sanctification in your life. Pray for specific things you are struggling with. Ask for help.

## Helpful Tools

### 1. Pen and Paper/Journal

During your time with God, you can fully expect for Him to speak to your heart. Write those things out. Writing prayers out also helps you to stay focused. However you choose to pray, don't forget to mark the moments you have with God. There may be days when you're really struggling and you'll want/need to come back to what He's already told you through your times of prayer.

### 2. Bible

Sometimes it is difficult for us to find the words to pray. Sometimes hurt and pain are so deep, the words just won't come. This is one of the many reasons that the Bible is an essential tool to have by your side while you pray. Look at the Psalms. Psalm 139 is a great place to start. Meditate on what the different writers are dealing with and how they keep their eyes focused on God, their Deliverer. Ask God to reveal His truth to you through the Word.

### Psalms for Prayer

Psalm 23, Psalm 30, Psalm 42, Psalm 51,  
Psalm 63, Psalm 84, Psalm 91, Psalm 139, Psalm 145

### 3. Music

Music is soothing to the soul. That's one of the reasons King David wrote so many songs. In your 1 hour of prayer, we don't want you to be worried with the clock, so we've created a playlist on Spotify that is 1 hour long. If it helps you to focus your heart and mind, feel free to use this tool during your prayer time.



*Scan the QR code with your phone's camera to be taken to our Spotify playlist.*

### Final Thoughts

Remember that prayer is simply talking to God. He already knows all about you. He simply desires to live in communion with you. John 15:5 says that if we abide in Him, He will abide in us, and that when we abide in Him, we will bear much fruit. This means as we draw closer to Him, He draws closer to us, and He then begins to use us in ways that, perhaps, we never even imagined. Enjoy your time with Jesus today.



[hopeinanderson.com](http://hopeinanderson.com)