



GRACECHURCH
C H A R L O T T E

PRAYER GUIDE




PASTORS' MESSAGE

DEAR GRACE FAMILY,

Our hearts overflow with love, and our prayers continually uplift you. We've crafted this prayer guide as a heartfelt gift, an encouragement for you to embark on a journey of prayer and seek the divine presence of God.

In the tapestry of faith, prayer is a thread of profound significance. Jesus Himself dedicated his time to teach us the art of prayer. He imparted the wisdom, "Seek first His kingdom and His righteousness, and all these things will be given to you as well" (Matthew 6:33).



In the pages of our own life story, there were times when we turned to prayer only when life took a detour into chaos. Days cluttered with busyness, leaving the notion that we had no time for prayer. Consequently, we often found ourselves in the clutches of poor decisions, calling out to God when we were already knee-deep in adversity. One day, we decided to make prayer our first response rather than the last resort. Last-resort prayers are effective, but the earlier you turn to prayer to navigate life's challenges, circumstances, and pressures, the lighter the burden of stress, anxiety, and worry you'll bear.

Now, envision how your life would be if you made a deliberate choice to pray and seek God before your day even commenced. What if prayer became your proactive shield, rather than a reactive refuge?

Remember, your Heavenly Father adores you, and He delights in the sound of your voice. We are filled with anticipation for the transformative power that focusing on prayer can unleash in your personal walk with God, in the lives of those dear to you, and in the unity of our community. Can you fathom a church family where every believer harnesses the boundless potential of prayer?

Let us collectively make the choice to pray and place God's kingdom at the forefront of every situation. It's an honor to journey with you into Season 4: The Year of Favor. May the grace and peace of God overshadow you and the favor of the Lord rest on all you set your heart to accomplish.

Pastors Theo & Patrice

WHAT IS PRAYER?

PRAYER IS RELATIONAL

You can pray out loud, you can pray secretly in your heart, you can sing, shout, cry, and express all your emotions to God in prayer. He created you and loves to hear from you, as you spend time in conversation with Him. Prayer is relational and there is no exact formula to follow, no length of required time to pray or exact words to say. Prayer is simply talking to God, listening and learning to recognize His voice. It is the key that will transform your personal relationship with God into powerful intimacy.

When I first became a Christian, I heard someone say, “unless you pray the first two hours of every day, you are not a good Christian”. As a new believer, I could barely pray two minutes let alone two hours! So, whenever anyone mentioned prayer I would feel guilty. Then I read this Bible verse in 1 Thessalonians 5:17 “Pray continually, give thanks in all circumstances; for this is God’s will in Christ Jesus”. Praying frequently and continually throughout the day is a great way to develop your prayer life. Prayer is more like an ongoing conversation of asking, listening and responding to God. Gradually I learned that I could reject the feelings of guilt for not praying two hours at the start of each day and enjoy prayer with relational freedom. The reality is that I rarely start a day with hours of conversation with my husband, although I do talk to him regularly.

I love what Smith Wigglesworth, hero of faith said, “I don’t often spend more than half an hour in prayer, but I never go more than half an hour without praying”. So prayer can happen in short bursts all day long as you face the practical situations of life or in longer, more focused time.

Creating intentional time with God where you can seek Him to build your relationship away from the distractions and busyness of life is well worth the effort. Prayer is intimate and just like in any relationship, you will naturally want to spend time with the one you love and allow this to strengthen and deepen your relationship together. My prayer is that this guide will help you to create intentional time with God and to pray continually throughout your day.



WHO DO WE PRAY TO?

PRAYER IS TO GOD ALONE

All prayer should be directed to our God. We must also remember that prayer is to God alone. Some religions encourage prayer to a variety of gods, dead relatives, saints, and spirits. But God is clear that we are to pray only to Him (Isaiah 42:8).

01

WHY SHOULD WE PRAY?

PRAYER IS OUR PRIVILEGE

Prayer is your relational privilege, it is not a chore or task. Think of prayer as 'worry in reverse'. Instead of worrying about your children or your job, or about the future, you can choose to pray. If you can worry, you can pray. And the opposite of worry is joy! That is why prayer is a privilege and a joy to us. Prayer will help you to be less anxious and reduce stress. Recent Baylor Religion Survey reported individuals who said prayer offers emotional comfort, thus resulting in fewer symptoms of anxiety disorders. Prayer will help you find hope even in the midst of difficult circumstances. Praying is "I get to pray" not "I have to pray". If we understand that prayer is personal, powerful and our privilege, we will make prayer our SEEK FIRST response instead of our last resort.

02



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IS PRAYER EFFECTIVE?

PRAYER IS POWERFUL

The Bible teaches that a prayer full life, will be a powerful life. A praying church will be a power house. Jesus said, "My house will be called a house of prayer, a house of prayer for all nations". (Mark 11:17) Prayer is more powerful than you could ever imagine because it connects you to God Almighty, your Heavenly Father. You can pray for yourself in times of sickness and need, you can also pray for others when they are sick, for those you love who don't know Jesus or for increase of opportunity and provision.

03

Throughout the Bible prayer enabled ordinary people to do extraordinary things. You may feel very ordinary, but prayer is extraordinary. Jeremiah 3:3 contains this incredible promise of God: "Call to me," says God, "and I will answer you and tell you great and unsearchable things you do not know." That was not just a promise for the prophets and kings of the Bible, it is God's promise for us today.

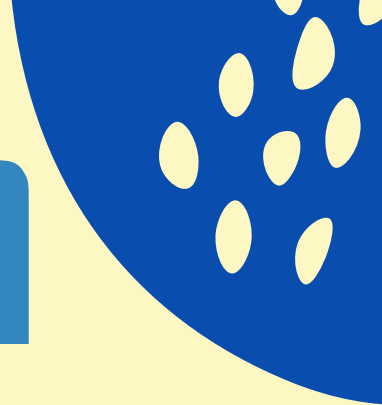
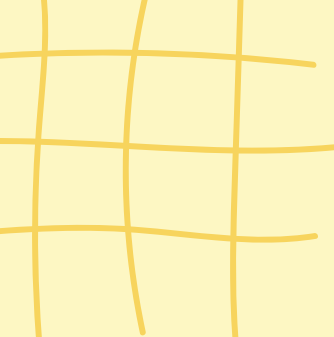
As you begin your journey of Consecration Week, remember this promise of God. You can pray for your family, friends, leaders, yourself, your health, your community, the nations and so much more. Putting into action the activity of prayer will help to connect you to your Heavenly Father. He loves you and can't wait to hear from you. So let's get started.

05




**MAKE PRAYER
YOUR FIRST
RESPONSE
INSTEAD
OF YOUR
LAST RESORT**





FOCUS ON PRAYER



Jesus said, “Here’s what I want you to do: Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense His grace.”
Matthew 6:6 (MSG)

Shifting our focus from the demands and distractions around us to God will be helped by taking the advice of Jesus and putting it into practice in these three ways:

First, choose your time to pray.

You can pray at any time day or night. There is no special time to pray but it does help to be consistent and make prayer a daily habit. Jesus often woke up very early in the morning to pray, but He also prayed in the night. (Mark 1:35 & 14:32)

Secondly, choose your place.

Is there a place in your house where you can concentrate and focus on Jesus without being distracted? Or is there a place that you like to walk outside? Many people spend time with the Lord in their cars as that's the only place they can concentrate.

Thirdly, choose your way to pray.

This prayer outline will help you discover different ways to pray. You can vary your prayer to include worship, Bible reading, and reflection. It doesn't have to be the same every day, but it helps when we have a plan to pray often.

Now Pray

God, thank You that You are with me each and every minute of the day. Thank You that You created me, love me, and are listening to everything I say. Help me to discover that prayer works. Help me to understand how to develop a lifestyle of prayer. In 'Jesus' name. Amen

PRAYER TOOLS

PRAYER WHEEL

The following is a prayer wheel. This provides structure for your prayer time but do not be limited by it. For example, set your timer for 1 minute and during that time, you're going to focus on one task until the timer ends. When the timer ends, simply reset the timer and begin with the next task, going clockwise. Once you've finished all that tasks, you will have prayed for a total of 12 minutes. Increase your timer as you wish and watch your prayer time increase.

Prayer should begin and conclude at the level of praise



PRAYING THE SCRIPTURES

There are different ways to use your Bible in your prayer time. You can personalize Scripture by putting your own name into a verse. For example, "Patrice, my peace I leave with you ... Patrice, do not let your heart be troubled." (John 14:27) Try writing out a prayer from the Bible, and adapting it into your own words. The book of Psalms is filled with good scriptures to get you started. Or write the words of Scripture into a poem, just using the key words.

PRAYER ACROSTICS

They are simply some of the best Bible study tools to remember, access, and apply biblical truth. Below are some acrostics to help with prayer patterns; they are gentle guides that make prayer time more focused and productive. Feel free to download and print these prayer acrostics to use during your prayer time.

PRAYER TOOLS

ACTS Prayer Guide

A - ADORATION

Begin by praising God for who He is.

C - CONFESSION

Spend time confessing your sins.

T - THANKSGIVING

Take time to thank God for His blessings.

S - SUPPLICATION

Ask God to supply your needs.

PRAY Prayer Guide

P - PRAISE

Tell God how great and powerful He is.

R - REPENT

Spend time repenting of what you have done wrong.

A - ASK

Present your needs and requests to God.

Y - YIELD

Surrender to God's will for your life.

PRAYER JOURNALS

Journaling confessions, questions, requests, and reflections has been an instrumental part of strengthening Christians' prayer lives. When you take the time to write your prayers, it not only helps you focus but allows you to keep a record of God's faithfulness in answering your prayers. A simple lined notebook can be an effective prayer tool for journaling.

Here are the top 8 benefits of using prayer journals:

1. More focused prayer time
2. A bigger passion for prayer
3. Less anxiety and more faith
4. Being able to look back and see how God has answered prayers
5. Feeling dialed into prayer and not distracted and just checking off a box
6. Deeper relationship because you are intentionally praying for others when you make a prayer list in your journal
7. Actually praying for the things you tell people you will pray for

AIM WHEN YOU PRAY

“Although weapons of attack are formed, no weapon that was created to destroy me, my home, or those I know shall ever be successful against me.” Isaiah 54:17

“For our weapons, we use to fight are not earthly but are mighty through God, we attack every stronghold through spiritual battle and prayer...” 2 Corinthians 10:4

Prayer is not only two-way communication with God, but it is also the ability to shift your atmosphere or change your situation through the power of prayer! Think of Prayer then as fiery, powerful arrows! They're dangerous but not alone and not without purpose. Arrows need a target to hit.

In this day, it's very easy to find a target for prayer. If you need help, Google or check out the latest news. By faith believe that what you pray for will happen! Ready, Aim, and Fire! Here are some coaching points and some general targets every Christian should pray for.

GENERAL PRAYER TARGETS



Target the Enemy's plans and rebuke them.



For our world and national leaders that God would guide them.



For our schools, kids' divine protection.



For families, local and foreign, who are less fortunate.



For Christians in other countries who are persecuted & need help.



For your church leaders' health, resources, and spiritual help.



For the city, the communities, and for revival.



For the outpouring of God's Spirit, love upon everyone.

So, get ready, prayer warriors! It's time to aim high and hit those targets with your prayers.