

Prayer-

Use the “ACTS” method of prayer.

Adore-Take a moment to just tell God who He is and why you love Him.

Confess-Spend a moment being open about where you have fallen short.

Thank-Express thanks to God for His forgiveness and every blessing you enjoy.

Supplication-Bring your needs and the needs of others before God. Ask **BOLDLY** for what you want and need.

Start with worship!

If you have ten minutes to pray, spend 5-6 minutes worshipping and the rest of your time praying about whatever you would like.

Notification Prayer-

Every time you get a notification of any kind on your phone, say a prayer. This could be a mantra prayer like *“I am not my own, but I belong to you God!”* or as simple as *“I love you LORD!”*

This is not about being ritualistic, but rather using everyday things as “bumpers” to direct your thoughts toward prayer.

Considering going through the following video Bible study on Right Now Media:

40 Days of Prayer - <https://www.rightnowmedia.org/Content/Series/193150>

Create your Right Now media account for FREE here (<https://bridgechurch.net/rightnow/>).

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2023-

How would you describe your prayer life?

Conversational? Formal? Inconsistent?

During the “When We Pray” sermon series (September 2023), what is your plan for improving your prayer life? Answer these questions to form a plan:

When will you give God your undivided attention?

Where will you pray?

How will you pray?

How Long will you pray?

Archive of content:

The success of prayer is based completely on God's faithfulness, not ours. All we do is "show up" and either speak or listen.

What makes you feel like you "did well" in prayer?

-The idea here is that if the success of prayer is based on more than God's faithfulness, then it's a signal for us to return to a "God centered" mindset in our prayer.

When we wake up in the morning our minds are easily flooded with things from anywhere but the present moment. We think about what or "how" we did the day before. What we were proud of or ashamed of. Or we think about what is coming up that day. What do we have to do that we are excited for or what we are dreading. Prayer is a great way to clear some of this mental debris and to enjoy God's presence in the moment. It's a way to offer our authentic and present selves to God.

What piece of "mental debris" is most relatable to you? Things from the past, good things from the day to come or bad things from the day to come?

How do you think that prayer can help you be present with God?

Prayer is meant to be continual and habitual.

Other than dedicated devotional time, when do you find yourself praying the most?

What types of prayers do you have in these times?

How do you hear from God?

What is the time of day that works best to pray?

What are your feelings about sharing prayer requests with others? Do you find this helpful?

What happens between you and a person who prays for you?

Have you ever prayed through scripture? This can mean inserting your name into the scripture or simply reading the scripture out loud in prayer. How has this worked for you?

Who in your life prays the most? This could be from the past or present, but whose prayer life do you admire the most and why?

How can you emulate this persons habits?
