

A Prayerful Life

Definition: Daily communication with & dependence on our Heavenly Father.

Relevant Scripture:

2 Chronicles 7:14

Romans 12:12

Matthew 6:9-13

Suggested study:

Prayer by Richard Foster (2003) [Moving inward, upward & outward.]

On-going Practice/Spiritual Disciplines:

1. Practice 'giving heartfelt thanks to God' for every meal.
2. Consistently pray with family members at a particular time of day.
3. Create a special place/location where you regularly meet with God.
4. Use a journal or prayer list to record your prayers, topics and concerns.
5. Begin with adoration, confession, thanksgiving and finally requests.

Suggested experiences:

- Occasionally, set aside a good amount of time for fasting and prayer.
- Participate in a 24-7 prayer experience.
- Watch the movie *War Room* with a group friends.
- Connect with a prayer partner, to 'bear your soul before God.'
- Create experiences to listen for God's voice.
- Experience praying the Psalms.

Additional resources:

- **Prayer** by Tim Keller (2016)
- **Growing in Prayer Devotional, 100 day Journey** (2019) by Mike Bickel
- **How to Pray, A Simple Guide for Normal People** (2019) by Peter Greig [Pause, Rejoice, Ask, Yield]