

## Prayer Examples

### Examples from various women at GBC on how they practice their prayer life:

I have changed things up over the years with prayer lists for certain days for certain people but I've fallen into these habits: Daily—time before I read and time after I read. Before reading: is to ask for God's help on my heart to give me understanding and soft-heartedness, to see Him in His Word. After reading: respond to what I've read, pray for specific prayer requests. I journal those requests so that I can see answers to prayer and record them later. Throughout the day: I pray when I'm in the car driving alone, when I run (I used to pray for the PNG missionaries when I run and now I'm mostly praying for my kids when I run) when I'm home working alone (when I'm not listening to something) and with the kids and my husband in the evening before bed. I try to pray with the kids about things that come up that are kind of big (like difficult relationships, decisions, unbelieving friends, etc.). I pray for our small group women the morning after we have small group (Friday morning) because I have their specific requests from the night before written down in my journal. I wish I could say I pray weekly for each elder and family, but I tend to pray for them as a group before elder meetings (2 times/month) or Saturday nights as we think about Sunday mornings. Oh, also my husband and I pray together at night just the two of us before we fall asleep most nights. We started that when we got married.

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I have a prayer booklet that gives small prompts in many areas of life, one for each day of the month. It lists things to pray in categories such as: characteristics of God, people to pray for, evangelism, how to pray for our elders. And I also have 31 daily things to pray for (my husband). It helps keep me focused and I pray more in depth when I use it.

On the birth day of the month when each of my children were born I spend more time praying in depth for them—about their friendships, future spouses, decision making, etc. (Ex: one child's birthday is on the 10th so on the 10th of every month I do that).

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I pray in the morning when I wake up. I pray as I read God's Word. I randomly pray throughout the day as requests come to mind. I pray sometimes when I'm driving and it's quiet in the car and on the streets. I pray when I or others are in need or rejoicing. I pray at meals and before we go to bed. I pray after a conversation that leads us to come to God in prayer. I don't pray enough! I don't always pray when I need to. I pray that I would pray more.

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It would be nice to be able to say that I approach my prayer life, after 30+ years of salvation, much like I approach other things I've been doing for 30+ years...with some degree of confidence and skill, with some expertise. But the longer I know Christ, the less adequacy I feel, and the greater need I see just to be near my God.

And it is amazing that this God, upon whom my very existence depends, wants me to pray, and wants my praises and thanks and worship...that He wants me...oh, what a display of HIS grace and mercy!

And I am so humbled that, as sinful and needy as I am, and as holy and perfect as He is, that prayer is still hard. It can be hard to get started. It can be hard to stay focused. It can be hard to persevere. It can be hard to be amazed all over again at the wonder of who He is and what He has done to make me His own...not because of Him, but because of me and my sin and weakness.

And so I pray.

I pray when I feel like it, and I pray when I don't.

I pray when my heart is moved and also when it isn't.

I pray throughout the day, and I want to do this so much more than I do.  
 And I set aside time daily to pray.  
 Sometimes my prayers are filled with songs of praise, sometimes with tears, and sometimes with neither. Sometimes I use books, guides, and plans.  
 Sometimes I don't.  
 But the most significant common thread in my prayers is God's Word.  
 I pray before I read. I pray about what I read.  
 I memorize verses that will help me pray about my battle with sin, and intercede for others, worship my God, remember heaven, and focus my joy back on my Savior where it belongs.  
 I use books that help me use Scripture to pray.

Whenever what I'm doing starts to feel rote, I change it.

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I try to pray for others as they come to mind throughout the day. It seems the burdens that they share with me will pop into my mind while I am doing mindless tasks like washing dishes or folding laundry. I try to just pray for them then.

I also become burdened by parenting challenges or trials that my husband may have after hard conversations and I try to use the weight and helplessness I feel in that moment to drive me to dependence on the Lord through prayer.

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On a daily basis (Lord willing), my husband and I begin our time of prayer by reading "The Valley of Vision". This helps us so much to focus on the gospel, God's glory and our sin. It is SO rich and I would recommend it to EVERYONE! It is an awesome tool to inform your prayer time... Once in a while we also incorporate the Gospel Primer.

We are also going through a few other things before we pray:

- (1) We just finished going through the Psalms and are now reading the book of Proverbs section by section --- we use these Scriptures to pray back to God.
- (2) We also go through a Daily Devotional --- We just finished Paul Tripp's, "New Morning Mercies" and are now going through, "Always in God's Hands: Day by Day in the Company of Jonathan Edwards by Owen Strachan.

And then we pray somewhat according to this list...

Praise

Confession

Thanksgiving

Intercession and Petition for our needs and our family and extended family

Missions

GBC (Elders, Small Groups, etc...)

Salvation for unsaved loved ones and friends

Sometimes we go on walks and pray through these things and then finish when we get home.

For myself, I also have a prayer file that I have used over the years not only to remember to pray for specific needs, but also to see the many answered prayers that God has so graciously answered. It is labeled much like the list above only I have personal names on the tabs of some of them. I just bought a new box and will put that together soon.

I receive many text requests for prayer throughout the day. I usually always stop whatever I am doing and pray right then. Many times, I will ask my husband to pray with me also. I also check my text messages before we pray to make sure we don't forget any of the prayer requests. I have also memorized some of Paul's prayers and love to use them!