

A Method for Prayer

Some Practical Directions for Cultivating Communion with God



The *Scriptural* teaching of prayer/ communion with God

The reality of the experience of a sense of *failure, guilt, or lack of perseverance*

Who this is and is *not* for

Overcoming bias against and fear of *forms, habits, and discipline*

The interweaving of *form and freedom*

A *personal* testimony

This is *one possible* approach

The RBCN Prayer Guide



Prayer Guide

O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch. (Psalms 5:3)

And he told them a parable to the effect that they ought always to pray and not lose heart. (Luke 18:1)

...praying at all times in the Spirit, with all prayer and supplication. (Ephesians 6:18)

But you, beloved, building yourselves up in your most holy faith and praying in the Holy Spirit, keep yourselves in the love of God, waiting for the mercy of our Lord Jesus Christ that leads to eternal life. (Jude 20-21)

(in even portions)

- Adoration**
- For who God is
 - Attributes of God
 - The three persons of the Trinity

- Confession**
- Of original sin
 - For actual sins
 - Known and Unknown

- Thanksgiving**
- Spiritual blessings
 - Physical blessings
 - What God has done, is doing, will do

Supplication

Recalling Scriptural truths as mental guides

Could also use songs/hymns as prompts, to sing, or meditate

A crucial component is direction with flexibility, being sensitive to the Spirit's leading of your spirit

ACTS

The screenshot shows the ACTS mobile app interface. On the left is a list of meditation/prayer options with their durations: 5, 15, 30, 46, 60, and 120 minutes. The main screen displays a timer selection interface with five options: 5 Min, 15 Min, 30 Min, 46 Min, and 60 Min. Each option has a radio button and a corresponding timer icon. Below the timer options, there is a prompt: "Choose a time period, set the timer, then go for it (I use a gong sound as a less jarring prompt)".

Daily Prompts

LORD'S DAY

Personal - Spiritual Growth - Ps 3, 20:15-20; 2Pe3:18
Greater love and commitment to the Lord - Mt 22:37
Sensitivity to and hatred for my sin - Ps 137:10
My Activities for today

Others - My Local Church - Ps 122:6-9
Reasons to be most of integrity and uprightness, biblical wisdom for leadership
Discerners - Critical discernment, identity, and vision
Raising up of future leadership
Members - Unity and peace, love of the brethren, greater understanding of the Gospel, evangelism, discipleship
Church family/individual of the day

Blessing on today's meeting of the church,
Presence of the Spirit of God and God-centered worship
The glory of Christ in the mystery of the Word
Salvation of the lost
Blessing on the relationship of God's people
Ministry through word and Sacrament/Audio

MONDAY

Personal - Need for Wisdom - Ps 47: 21-9; Jam 5:6-8; 3:17
Wisdom for how to solve life
Developing an eternal perspective - 2Co 4:18; Col 3:2
Renewal of my mind - Rom 12:1, 2
My Activities for today

Others - Family
Immediate and extended family
Salvation of family members - Heb 12:3
Church family/individual of the day

TUESDAY

Personal - Spiritual Understanding - Ps 112:4
Understanding and insight into the Word - 1Pe 1:10-11; 1Co 2:14
Who I am - 2Co 4:17; Gal 2:20; 1Jo 3:1
Where I came from - Gal 1:13; Eph 2:1-13; Tit 3:3
Who I am here - Ph 1:15; 1Co 10:31
Where I am going - Ph 1:20
Leading of the Lord & insight into God's will - Gal 3:1
Thank Off
My Activities for today

Others - Believers

Personal finance
Personalized church and their families - Heb 13:3
Those under physical affliction
Those under spiritual trial
Church family/individual of the day

WEDNESDAY

Personal - Relationships with Others - Mt 12: 1-12; Mt 23: 1-14
Greater love and compassion for others - 1Co 13: 1, 14
Christlike patience, mercy, kindness
Love of one, the brethren, the lost, orphans, neighbors
Those in need - Act 11:29; Jam 1:27
Those who help/assist
My Activities for today

Others - Evangelism
Salvation of those outside of Christ; personal contacts
Church family/individual of the day
Community Group Meetings

THURSDAY

Personal - Faithfulness as a Steward - 1Co 2: 14; 19: 13; 16: 10
With my time - Eph 5: 15; Col 4: 5; Job 7: 6
With my talents - Mt 25: 14-30
With my possessions - Mt 25: 1-13; 2Co 8: 6
My Activities for today

Others - Justice
True reveal through the law
Local/State/National Government - 1Tim 2: 10; Rom 13: 1-7
Justice system - righteous judges, lawyers, laws
Believers - Churches
Preservers - the righteous / rescue workers / doctors / nurses
Producers - police, military
Common grace and restraint of wickedness
Protection of human dignity, and of abortion
Destruction of pornography industry and trafficking
Protection and dignity of institution of gender and marriage
Cultural sexual confusion and rebellion
Church family/individual of the day

FRIDAY

Personal - The Lord's Blessings and Enablement in My Roles
In my family
In my congregation
Evangelists - Ps 119: 105; Mt 10: 17; 1: 6
Family, friends, neighbors, work associates, clubs
Spiritual mentoring opportunities
Discovery, development, and use of spiritual gifts in the church - 1Co 12: 7, 14: 12
My Activities for today

Others - Missions - Ps 67
Fulfillment of the great commission - Mt 28: 19
Raising up of workers in the harvest - Mt 9: 35
Missions - For East, Europe, Zambia, Cambodia, Turkey
Church family/individual of the day

SATURDAY

Personal - Spiritual victory - Ps 14: 13; Rom 8: 37; Eph 1: 3-6
Over the world - Rom 12: 2; Jam 4: 4; 1: 6; 2: 15-17
Over the flesh - Rom 7: 5; Gal 5: 17
Over the devil - 1Pe 5: 8; Jam 7: 7; Eph 6: 12
Growth in image of Christ - Eph 4: 13, 14; 1: 6; 2: 15
Personal discipline - 1Tim 4: 7; 1: 6; 2: 15
Health & strength (Eating, sleeping, exercising) - 3: 8; 1: 6; 2: 15
Thank Off
My Activities for today

Others - World Affairs
Peace and hunger, Fatherless and widows
Christian Compassion Ministry, Philippines
Oppressed and persecuted
Those in authority; peace among the nations
Current events and concerns
Church family/individual of the day

