



## Practical Helps for Prayer ([www.gcb.church](http://www.gcb.church))

### For Personal Prayer (A.C.T.S.)

- A – Adoration of God (His attributes, who He is)
- C – Confession of sin
- T – Thanksgiving
- S – Supplication (requests)

### Praying for your church – ideas

Days of week, letter that starts each day could be a prompt to pray for types of people, for example:

- M - Monday – Men of church
- T – Tuesday – Teens and children
- W – Wednesday – Women of church
- Th – Thursday – Thanks for ministries and pray for any Threats to unity
- F – Friday – Fellowship among the body

### **Specific people:**

- Use church photo directory to pray for a certain number of people or a page a day
- Consider reaching out to individuals to let them know you prayed for them or to ask for requests

### **Spiritual requests** (examples from *Compelling Community* by Mark Dever and Jamie Dunlop):

- Pray for our daily lives this week at work and at home, to do good, honor God and the gospel
- Pray that we would see relationships in the local church as part of what it means to be a Christian
- Pray we understand our need to be transparent, admit our faults, and ask tough questions if needed
- Pray we grasp the importance of us encouraging each other with scripture
- Pray we see part of being a Christian means being a provider, rather than a consumer - that we would see church isn't about meeting our own needs, but we're to meet the needs of others for God's glory
- Pray that we would see it as unusual when the local church is on the periphery of our life rather than the focal point of much of our life
- Pray that we would see hospitality as an important part of our service to the body

### Praying with a fellow church member – ideas

- In times of fellowship, before you depart, ask how you can pray for them
- Pray for them in person then and there where appropriate
- Make prayer a bigger part of groups or gatherings that you already do
- If you can't connect in person, call and pray with them over the phone

Growing in G.R.A.C.E. (Colossians 4:6, 1:6, 1 Peter 3:18 "grow in grace...")

– ideas for a believer you interact with regularly (pray about and/or talk about these areas)

- G - God's Word and Prayer, stir one another
- R – Relationships (family, friends)
- A – Accountability (any area you or the other person need and have asked prayer for?)
- C – Church, serving, etc.
- E – Evangelism, 1 or 2 people you want to share more with