

DEEPLY CARE | PURSUE REDEMPTION | BE ON MISSION

PRAYER

Practical tips to grow in Prayer.

- **Prayer Life:** Develop a consistent prayer routine, praying not just for the needs in your life, but also for guidance, gratitude, and intercession.
- **Pray using ACTS**
 - Adoration, Confession, Thanksgiving, and Supplication
- **Journal:** The physical act of writing out what is keeping you from having peace and then committing it to the Lord can help you mentally release your cares and worries to your God.
- **Pray Scripture:** Praying God's word back to him, assures we are asking for His will to be done.
- **Listen:** Listen for God's voice. Don't do all the talking, allow yourself to be still and wait on God.



Resources

Online:

- **Disciplines & Practices**
<https://churchanywhere.us/disciple/>

Books:

- Spiritual Disciplines Handbook by Adele Ahlberg Calhoun
- Emotionally Healthy Spirituality: by Peter Scazzero
- The Ruthless Elimination of Hurry by John Mark Comer
- Irresistible: Reclaiming the New that Jesus Unleashed for the World by Andy Stanley
- Release The Power of Prayer by George Mueller



SPIRITUAL SELF-EXAMINATION

Questions to ask:

- **Frequency:** Determine how often you engage in prayer, both individually and communally.
- **Depth:** Assess the depth of your prayer life.
- **Answers to Prayer:** Can you point to specific instances where prayer has had a tangible impact in your life or others' lives?
- **Growth:** Explore whether your prayer life has evolved or deepened over the years.

HOW TO LIVE IT OUT - PRAYER



HAVE QUESTIONS?

CONTACT MEGAN@CHURCHANYWHERE.US OR MATTHEW@CHURCHANYWHERE.US