

# Grown Up Prayers – Week 2: Talking with God

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Victory Christian Church | Prayer Resource Guide

## How to Use This Guide

Many of us are used to prayer as a one-way conversation—we talk, God listens. But Scripture shows us something deeper: God wants to speak, too.

Learning to listen in prayer is less about technique and more about posture. It's about slowing down, becoming aware of God's presence, and creating space to hear His voice. Just like Samuel said, "Speak, Lord, for your servant is listening," we can bring that same posture into our prayer time.

This week, each day begins with the Lord's Prayer, followed by a simple **Listening Prayer Practice**. These practices will guide you through breath prayers, Scripture meditation (Lectio Divina), and listening prompts to help you receive—not just speak.

You don't need to hear an audible voice. Just be open, attentive, and patient. God is present—and He delights to speak to His children.

**BONUS TIP:** You can pair these prayer times with the daily scripture reading that goes along with this series on our website:

<https://victorychristianchurch.churchcenter.com/episodes/503173>

So go ahead and find a quiet place, eliminate distractions, and give your full attention to God during this time!

## Day 1: Ask + Listen

### The Lord's Prayer (Guided Reflection)

Our Father in heaven,

*\*Pause: What does it mean that God is your Father?\**

Hallowed be Your name.

*\*What name or attribute of God do you want to honor today?\**

Your kingdom come, Your will be done, on earth as it is in heaven.

*\*Pray for God's reign in your life, your family, your work.\**

Give us today our daily bread.

*\*Bring your needs and dependence before Him.\**

Forgive us our debts, as we forgive our debtors.

*\*Where do you need forgiveness or need to extend it?\**

Lead us not into temptation, but deliver us from evil.

*\*Pray for strength and deliverance today.\**

### Listening Practice: Ask + Listen

Ask: "God, is there anything You want to say to me today?"

Sit in silence for 3–5 minutes. Be still and pay attention to anything that comes to mind—a word, a phrase, an image, a memory, or a Scripture.

Write it down, and reflect: Does it align with God's Word and character?

## Day 2: Breath Prayer

### The Lord's Prayer (Guided Reflection)

Our Father in heaven,

*\*Pause: What does it mean that God is your Father?\**

Hallowed be Your name.

*\*What name or attribute of God do you want to honor today?\**

Your kingdom come, Your will be done, on earth as it is in heaven.

*\*Pray for God's reign in your life, your family, your work.\**

Give us today our daily bread.

*\*Bring your needs and dependence before Him.\**

Forgive us our debts, as we forgive our debtors.

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### Breath Prayer

Choose a short phrase to repeat slowly as you breathe:

- Inhale: "Be still..."
- Exhale: "...and know that I am God."

Or:

- Inhale: "Jesus, I trust You."
- Exhale: "You are with me."

Continue for 2–5 minutes. Let your breath guide your pace. When your mind wanders, gently return to the prayer.

## Day 3: Lectio Divina

### The Lord's Prayer (Guided Reflection)

Our Father in heaven,

*\*Pause: What does it mean that God is your Father?\**

Hallowed be Your name.

*\*What name or attribute of God do you want to honor today?\**

Your kingdom come, Your will be done, on earth as it is in heaven.

*\*Pray for God's reign in your life, your family, your work.\**

Give us today our daily bread.

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### Lectio Divina

Scripture suggestion: John 15:4–5 or Psalm 23

1. **Read** – Read the passage slowly and out loud.
2. **Reflect** – What word or phrase stands out?
3. **Respond** – Talk to God about what you noticed.
4. **Rest** – Sit in silence, letting God's Word sink in.

Close by thanking God for His presence.

## Day 4: Ask & Listen (Relationships)

### The Lord's Prayer (Guided Reflection)

Our Father in heaven,

*\*Pause: What does it mean that God is your Father?\**

Hallowed be Your name.

*\*What name or attribute of God do you want to honor today?\**

Your kingdom come, Your will be done, on earth as it is in heaven.

*\*Pray for God's reign in your life, your family, your work.\**

Give us today our daily bread.

*\*Bring your needs and dependence before Him.\**

Forgive us our debts, as we forgive our debtors.

*\*Where do you need forgiveness or need to extend it?\**

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*\*Pray for strength and deliverance today.\**

### Listening Practice: Ask + Listen (Relationships)

Ask: "God, is there someone I need to reach out to today?"

Sit quietly and notice who comes to mind. Ask: "Is there encouragement, forgiveness, or prayer You want me to offer?"

Listen, write, and respond in obedience.

## Day 5: Breath Prayer + Scripture

### The Lord's Prayer (Guided Reflection)

Our Father in heaven,

*\*Pause: What does it mean that God is your Father?\**

Hallowed be Your name.

*\*What name or attribute of God do you want to honor today?\**

Your kingdom come, Your will be done, on earth as it is in heaven.

*\*Pray for God's reign in your life, your family, your work.\**

Give us today our daily bread.

*\*Bring your needs and dependence before Him.\**

Forgive us our debts, as we forgive our debtors.

*\*Where do you need forgiveness or need to extend it?\**

Lead us not into temptation, but deliver us from evil.

*\*Pray for strength and deliverance today.\**

### Listening Practice: Breath Prayer + Scripture Reflection

Begin with breath prayer:

- Inhale: "Speak, Lord..."
- Exhale: "...Your servant is listening."

Then meditate on a verse like Isaiah 30:15:

"In quietness and trust is your strength."

Let the verse shape your prayer. End with 2–3 minutes of silence.

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*"Speak, Lord, for your servant is listening." – 1 Samuel 3:10*