

Listen

Have some paper or a journal and a pen nearby. Still your heart and mind in the quiet and solitude. Much of prayer is about pausing, slowing down, and being aware of God's presence with us. As you slow down and still yourself, listen. Ask God questions that are on your heart. Ask God what is on His heart that He wants to teach you or lead you. Listen. Write anything down that comes to mind. Follow through on it. If you're new to this, start the practice of silent listening for 5 minutes. Gradually move to 10, and then let it increase naturally.

Read Scripture

The Bible is one of the primary ways through which God speaks. We learn God's character, we see God's overarching story of redemption and re-creation, and we see how God interacts with the individual and people groups, as well as how people from all walks of life have related to God. Take time to read it and not conquer. Remember, the main purpose is not to get through the Bible, but to get the Bible through you. Oh, and do what it says! (James 1:22-25)

Memorize/Meditate

One of the best ways to allow Scripture to change us is by making it a part of our thoughts. Take a passage and read it over several times. Pray through it, asking God to speak to you through it, asking him to make it a part of you. If it's a narrative passage, envision it, interact with it, put yourself into the scene. Use Lectio Divina to meditate on Scripture. Memorize an entire section. Work on it little by little, but repeat it to yourself often. Pray it back to God.

PRAYER BASICS

Intercede

Bring your own prayer lists. Call out to God for the lives of your friends and loved ones who aren't following Jesus. Open the prayer request box and pull out and pray over as many requests as you'd like. Ask God who He wants you to pray for and even listen for specifics.

Write

Bring a journal and write your prayers, thoughts, feelings, and reflections. Write poetry or prose or request. Always write down what you feel God may be saying to you. You may want to keep a running list of requests and answers. The answer column may stay blank for a long time, but it will begin to fill in. After several months, even if the answer column looks scarce, read through the request column and see how God has changed how you ask for things. (James 4:1-3).

Graffiti

The graffiti wall is a place to join us together as we pray. It's a place to write visions, or artwork, or poems, or phrases that God has put in your heart from Scripture. It's a place to write praises or answers to prayer. It's a place to join your heart and prayers with everyone else who has spent time in this room. Read what others have written and respond as led.

Ask

The heart of prayer is a relationship with our Heavenly Father. We are his children and He commands us to ask. We don't have because we don't ask, or we ask with wrong motives (James 4:2-3). Where you feel wrong motives within your heart, confess that God. And where you know that you need God, ask. Ask for breakthrough. Ask for intervention. Ask for healing. Ask for provision. He is a good Father and He loves to good gifts to His children.