

Connecting with God and Others

Goals:

To learn about some practical ways to incorporate prayer into your life. Prayer is an activity as important as breathing, but it needs to be learned well and practiced often.

Day One:

What things did you learn about prayer that you didn't know before.

Day Two:

Can you now see why confession to God is good for the soul? After reading Psalm 38: 9-11, 13, 15, 18, 21-22 are you surprised at the gutsy-ness of this language? Confessing his feelings and sinful attitudes helped David to let go of them and rely on God more.

Day Three:

What attitudes should shape your prayers? Accept no, later or silence as answers. Tell God what you really want but don't make demands on Him. Don't let prayer be a substitute for action. Persist and persevere in prayer. Read Hebrews 4:16 & 1* John 5:14-15 & John 15:7

Do you feel that prayer really does get answered? Or is it just a nice exercise that calms us?

Day Four:

After reading Hebrews 10: 19-23, what is the only condition for us going to God in prayer?

Day Five:

Practice ACTS...

A is for adoration...telling God how good He is, how much you love Him, ascribing worth to Him...see Psalm 89:1-8

C is for confession...telling God you realize how imperfect a person you really are...Psalm 32: 1-11

T is for thanksgiving...telling God how much you appreciate what He has done for you...Psalm 27: 5-6 & Psalm 71: 5-6 & Psalm 145: 1-21

S is for supplication...bringing your requests to God...Psalm 71: 1-4 & Psalm 69: 1-3 & Psalm 61: 1-2 & Psalm 55: 1-5, 16-19

Remember, you don't have to do all four of these steps every time you pray. They are to be used only as a pattern for your prayer time. Prayer is based on a relationship, not a formula.

Day Six:

Having an effective quiet time each day is one of the most important things you can do to promote your spiritual growth. It's extremely important to learn how to do this. All mature Christian people have quiet time with Jesus on a regular basis.