

# The Prayer Cycle

## Instructions

Jesus often taught His followers about the purpose, the practice, and the promises of prayer.

Jesus said —"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened." (Matthew 7:7-8)

Jesus taught His followers that prayer isn't for public praise, a selfish wish list, or a rambling speech we repeat over and over again. Jesus showed us prayer has power because it's a direct and ongoing conversation with our Father in heaven who loves us.

Like any good conversation, a good prayer means both sides get to listen and speak. But speaking to the God who created the universe can seem intimidating. And actually hearing something back, well, for most people that can be downright scary.

The good news is that getting better at prayer, having better and deeper conversations with a God who loves us—is not only possible, it's exactly what God wants. But when prayer feels like learning a new language—how do you get better? The answer is simple—you practice.

The Prayer Cycle is a simple tool for practicing prayer that you can use by yourself and share with any follower. In just twelve simple steps, five minutes each, the Prayer Cycle guides us through twelve ways the Bible teaches us to pray. At the end, you'll have prayed for an hour.

The Bible tells us—pray without ceasing. Not many of us can say we do that. But after this hour of prayer —you'll be a step closer.



## **PRAISE**

Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family.

## **WAIT**

Spend time waiting on the Lord. Be silent and let Him pull together reflections for you.

## **CONFESS**

Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord so that you might be cleansed .

## **READ THE WORD**

Spend time reading in the Psalms, in the prophets, and passages on prayer located in the New Testament.

## **ASK**

Make requests on behalf of yourself.

## **INTERCESSION**

Make requests on behalf of others.

## **PRAY THE WORD**

Pray specific passages. Scriptural prayers as well as a number of Psalms lend themselves well to this purpose.

## **THANK**

Give thanks to the Lord for the things in your life, on behalf of your family, and on behalf of your church.

## **SING**

Sing songs of praise or worship or another hymn or spiritual song.

## **MEDITATE**

Ask the Lord to speak to you . Have a pen and paper ready to record impressions He gives you.

## **LISTEN**

Spend time merging the things you have read, things you have prayed, and things you have sung and see how the Lord brings them all together to speak to you .

## **PRAISE**

Praise the Lord for the time you have had to spend with Him and the impressions He has given you . Praise Him for His glorious attributes.