

Prayer

A Study with MetWomen

©MetWomen 2026

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With thanks and appreciation
for the help of the MetWomen
teaching team.

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Welcome

Welcome to this MetWomen study on prayer! We're so glad you've joined us.

God made human persons with an innate desire to communicate with Him. When the first man and woman rebelled against God and broke the communicative relationship they shared with Him, the separation caused by sin made conversation with God (and everything else) much more difficult. Still, throughout the ages and across cultures, people have sought for ways to find God, to speak to Him, and to hear from Him.

Thankfully, God did not leave the relationship broken and communication forever blocked. The Bible is the God-given story of His repeated kindness in reaching out towards people and communicating with them, culminating in the coming of Jesus, God in the flesh. Jesus, also called the Word, spoke the truth of God, died to pay for the sin of mankind, and showed us the way back into communicative relationship with Him.

One of the big questions that Jesus' followers, the disciples, asked Him was, "Lord, teach us to pray" (Luke 11:1). As a group of women, we want to ask the same thing of God and this fall, we plan to turn to the Bible to see what His word says about hearing from and speaking to Him. In this study, we will look at different prayers throughout the Bible and try to understand what God is showing us about prayer: what prayer looks like in practice, what kinds of things we can pray, and how we can grow in relationship with God through prayer.

The Westminster Catechism says that the chief end, or ultimate purpose, of a person is to glorify God and enjoy Him forever. This purpose is deeply connected with prayer, as we learn to enjoy God by listening to His voice in His word and the work of the Spirit in our hearts. We glorify Him by bringing to Him all our thoughts, fears, pains, and joys and acknowledging that He is the only one who is worthy of our deepest trust and highest praise.

This is a big subject and a personal one for each of our hearts. We hope that as we study together, we will all be encouraged to "seek His face"—to know God better and, in knowing Him relationally, find our greatest purpose and peace.

With love, the MetWomen teaching team

Schedule

Date	Week	Passage
Wed, Sep 9	Week 1 — What is Prayer?	–
Wed, Sep 16	Week 2 — How Do We Pray?	Numbers 6:22–27
Wed, Sep 23	Week 3 — Adoration	Psalms 145
Wed, Sep 30	Week 4 — Thanksgiving	Psalms 138
Wed, Oct 7	Week 5 — Panel	–
Wed, Oct 14	Week 6 — Lament	Psalms 42
Wed, Oct 21	Week 7 — Confession	Psalms 32
<i>Wed, Oct 28</i>	<i>Celebrate Missions Week</i>	–
Wed, Nov 4	Week 8 — Petition	Psalms 140
Wed, Nov 11	Week 9 — The Lord's Prayer	Matthew 6:7–13
Wed, Nov 18	Week 10 — Praise & Prayer	–
Wed, Nov 25	Week 11 — The Prayer of Nehemiah	Nehemiah 1:1–11
Wed, Dec 2	Week 12 — Paul's Prayer for the People of God	Colossians 1:3–14
Wed, Dec 9	Week 13 — Simeon's Prayer	Luke 2:22–35

How to Use This Guide

This study guide has been designed to be a multi-layered resource to accompany the teaching weeks, which are the core of the study. Feel free to use it as works best for you! There are several different elements, explained below.

AT HOME

Bible Passage

In the week leading up to each teaching session, we invite you to become familiar with the Bible passage that will be taught during our time together on Wednesday. The passage for each week is provided on the first page of each week.

Bible Study & Prayer Journaling

This is a space for you to answer the study questions and write down observations, reflections, and notes on the passage. We would also encourage you to take the time to write out prayers in response to the verses you just read, using the words of Scripture to direct and inform your prayers. Journaling is a wonderful way to slow down, pray thoughtfully, and tangibly record your time of communication with God.

Excerpts from Books About Prayer

We've included excerpts from different sources about different aspects of prayer to provide food for thought and to deepen our understanding and motivation in prayer.

Examples of Prayers from the Community of Faith

These are different prayers each week from across the history and body of the church. Some of these prayers are simple, while others are more complex. These prayers are not meant to discourage you or demand eloquence, but to help you grow in prayer by imitating and borrowing the prayers of saints across generations. Whether you simply read these to yourself or choose to pray them to God, we hope that they are encouraging and helpful.

Examples of Praying the Bible

Some weeks, we have included some examples of how to pray through different passages of the Bible. These are not polished, professional or published prayers, but given as examples of how to take the words of Scripture and pray them back to God, asking him to apply them to our lives and our hearts.

ON WEDNESDAYS

Teaching Notes	These are pages for you to record anything you'd like to remember from our teaching sessions.
Suggested Resources	We've listed some books, articles, and podcasts which we've found helpful in learning about prayer. Many of the excerpts we've included in the guide are drawn from the books listed here, so if one resonates with you, you can seek out the book for more.
Hymns	We plan to sing a few hymns together throughout the study, and hopefully they will become a familiar encouragement to our hearts. You can read more about this in the hymns section.
Small Group Prayer Requests	At the back of the study guide (beginning on page 104), you will find a section for recording weekly small group prayer requests. Each week has a page for the requests shared in the group and a section at the bottom to record answers to these prayers over the course of the study. We've placed this section at the back of the guide rather than spread out through each week in order to help us see the story of God's work in our lives as we share requests, pray for each other, and give Him thanks and praise as He answers and cares for us.

Study Questions for Bible Meditation and Prayer

(adapted from Prayer by Timothy Keller)

You may or may not have time to work through every one of these every week, though you are more than welcome to do so. One option is to return to the same passage several times and answer a different question or two each time.

STUDY

1. Read the passage three or four times.
2. Make a list of everything it says about God (Father, Son, and Holy Spirit).
3. List any examples to be followed, commands to be obeyed (or things to be avoided), and promises to claim.
4. List anything it tells you about yourself.

MEDITATE

Refer to what you noted in the study questions above

1. What does this text show me about God for which I should praise or thank him?
2. What does the text show me about my sin that I should confess and repent of? What false attitudes, behaviours, emotions, or idols come alive in me whenever I forget this truth?

3. What does the text show me about a need I have? What do I need to do or become in light of this? How shall I petition God for it?
4. How is Jesus Christ or the grace I have in Him crucial to helping me overcome the sin I have confessed or to answering the need I have?
5. How would this change my life if I took it seriously—if this truth were fully alive and effective in my inward being?
 - a. Why might God be showing this to me now?
 - b. What is going on in my life that He would be bringing this to my attention today?

PRAY

1. Pray by speaking or writing the results of your meditations above, telling God what comes to your mind because of His word.
2. Return to the passage and read a line or verse at a time and then pray that section in your own words to God (see an example by Donald Whitney on pages 12–13).
3. Pray any of the verses for others who come to your mind (family, friends, neighbours, coworkers, etc.).

Week 1

What Is Prayer?

"[Prayer is] a personal, communicative response to the knowledge of God." — Tim Keller, *Prayer*

"When Jesus tells us that 'apart from me you can do nothing' (John 15:5), he is inviting us into his life of a living dependence on his heavenly Father. When Jesus tells us to believe, he isn't asking us to work up some spiritual energy. He is telling us to realize that, like him, we don't have the resources to do life. When you know that you (like Jesus) can't do life on your own, then prayer makes complete sense."

— Paul Miller, *A Praying Life*

Teaching Notes

Teaching Notes

Week 2

How Do We Pray?

*Rejoice always, pray without ceasing, give thanks in all circumstances;
for this is the will of God in Christ Jesus for you.*

1 Thessalonians 5:16-18

Numbers 6:22-27

²² The Lord spoke to Moses, saying, ²³ “Speak to Aaron and his sons, saying, Thus you shall bless the people of Israel: you shall say to them,

²⁴ The Lord bless you and keep you;

²⁵ the Lord make his face to shine upon you and be gracious to you;

²⁶ the Lord lift up his countenance upon you and give you peace.

²⁷ “So shall they put my name upon the people of Israel, and I will bless them.”

Bible Study & Prayer Journaling

Refer to the process of questions on page 6 and work through as many as you like. Also, feel free to include any other thoughts or requests you might like. Prayer journaling can take many forms — it can be written as fully formed sentences or just point form or both, whatever comes naturally to you.

Begin by referring back to last week’s journal page and reminding yourself of what you were praying for. Have you seen God work in those prayers this week? How? How might you continue to pray?

Bible Study & Prayer Journaling

Excerpt from *Praying the Bible* by Donald S. Whitney

Now we're going to see what praying through a psalm looks like. Let's use the twenty-third psalm as an example.

And let's say that, as is probably true in real life, you read your Bible first. Perhaps you read in Matthew, or in Hebrews, and then you turn to prayer. You decide to pray through a psalm, and you choose Psalm 23. You read the first verse— “The LORD is my shepherd”— and you pray something like this:

Lord, I thank you that you are my shepherd. You're a good shepherd. You have shepherded me all my life. And, great Shepherd, please shepherd my family today: guard them from the ways of the world; guide them into the ways of God. Lead them not into temptation; deliver them from evil. O great Shepherd, I pray for my children; cause them to be your sheep. May they love you as their shepherd, as I do. And, Lord, please shepherd me in the decision that's before me about my future. Do I make that move, that change, or not? I also pray for our under-shepherds at the church. Please shepherd them as they shepherd us.

And you continue praying anything else that comes to mind as you consider the words, “The Lord is my shepherd.” Then when nothing else comes to mind, you go to the next line: “I shall not want.” And perhaps you pray:

Lord, I thank you that I've never really been in want. I haven't missed too many meals. All that I am and all that I have has come from you. But I know it pleases you that I bring my desires to you, so would you provide the finances that we need for those bills, for school, for that car?

Maybe you know someone who is in want, and you pray for God's provision for him or her. Or you remember some of our persecuted brothers and sisters around the world, and you pray for their concerns.

After you've finished, you look at the next verse: “He makes me lie down in green pastures” (v. 2a). And, frankly, when you read the words “lie down,” maybe what comes to mind is simply, “Lord, I would be grateful if you would make it possible for me to lie down and take a nap today.”

Possibly the term “green pastures” makes you think of the feeding of God's flock in the green pastures of his Word, and it prompts you to pray for a Bible teaching ministry you lead, or for a teacher or pastor who feeds you with the Word of God. When was the last time you did that? Maybe you have never done that, but praying through this psalm caused you to do so.

Next you read, “leads me beside still waters” (v. 2b). And maybe you begin to plead

Yes, Lord, do lead me in that decision I have to make about my future. I want to do what you want, O Lord, but I don't know what that is. Please lead me into your will in this matter. And lead me beside still waters in this. Please quiet the anxious waters in my soul about this situation. Let me experience your peace. May the turbulence in my heart be stilled by trust in you and your sovereignty over all things and over all people.

Following that, you read these words from verse 3, “He restores my soul.” That prompts you to pray along the lines of:

My Shepherd, I come to you so spiritually dry today.
Please restore my soul; restore to me the joy of your salvation. And I pray you will restore the soul of that person from work/school/down the street with whom I'm hoping to share the gospel. Please restore his soul from darkness to light, from death to life

You can continue praying in this way until either (1) you run out of time, or (2) you run out of psalm. And if you run out of psalm before you run out of time, you simply turn the page and go to another psalm. By so doing, you never run out of anything to say, and, best of all, you never again say the same old things about the same old things.

So basically what you are doing is taking words that originated in the heart and mind of God and circulating them through your heart and mind back to God. By this means his words become the wings of your prayers.

Examples of Prayer from the Community of Faith

These prayers are meant to encourage and stimulate your prayers by sharing beauty from the hearts of fellow believers. They are not meant to discourage you, because eloquence is not the goal of prayer.

“Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen.”

— “Collect for Grace”, *The Book of Common Prayer* (1662)

Teaching Notes

Teaching Notes

Week 3

Adoration

"Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created."

Revelation 4:11

Psalm 145

A Song of Praise. Of David.

I will extol you, my God and King,
and bless your name forever and ever.

² Every day I will bless you
and praise your name forever and ever.

³ Great is the Lord, and greatly to be praised,
and his greatness is unsearchable.

⁴ One generation shall commend your works to another, and
shall declare your mighty acts.

⁵ On the glorious splendor of your majesty,
and on your wondrous works, I will meditate.

⁶ They shall speak of the might of your awesome deeds, and I
will declare your greatness.

⁷ They shall pour forth the fame of your abundant goodness
and shall sing aloud of your righteousness.

⁸ The Lord is gracious and merciful, slow to anger and
abounding in steadfast love.

⁹ The Lord is good to all,
and his mercy is over all that he has made.

¹⁰ All your works shall give thanks to you, O Lord,
and all your saints shall bless you

¹¹ They shall speak of the glory of your kingdom
and tell of your power,

¹² to make known to the children of man your mighty
deeds, and the glorious splendor of your kingdom.

¹³ Your kingdom is an everlasting kingdom,
and your dominion endures throughout all generations.

[The Lord is faithful in all his words
and kind in all his works.]

¹⁴ The Lord upholds all who are falling
and raises up all who are bowed down.

¹⁵ The eyes of all look to you,
and you give them their food in due season.

¹⁶ You open your hand;
you satisfy the desire of every living thing.

¹⁷ The Lord is righteous in all his ways
and kind in all his works.

¹⁸ The Lord is near to all who call on him,
to all who call on him in truth.

¹⁹ He fulfills the desire of those who fear him;
he also hears their cry and saves them.

²⁰ The Lord preserves all who love him,
but all the wicked he will destroy.

²¹ My mouth will speak the praise of the Lord, and let all
flesh bless his holy name forever and ever.

Other Psalms of adoration for further reflection:
Psalm 19 · 66 · 111

Bible Study & Prayer Journaling

Refer to the process of questions on page 6 and work through as many as you like. Also, feel free to include any other thoughts or requests you might like. Prayer journaling can take many forms — it can be written as fully formed sentences or just point form or both, whatever comes naturally to you.

Excerpt from *Prayer* by Timothy Keller

In Jesus' instruction on prayer, the Lord's Prayer, praise comes first. In what ways is praise primary? Praise motivates the other kinds of prayer. The more we attend to God's perfect holiness and justice, the more readily we will see our own flaws and confess them. Seeing God's greatness also leads to supplication. The more we sense his majesty and the more we realize our dependence on him, the more readily we will go to him for every need. We could say that awe-filled adoration of God corrects the other forms of prayer.

Years ago I was preaching on the Lord's Prayer and commented—rather offhandedly—that since adoration comes before “daily bread,” we need to spend time thanking and praising God for who he is before we go to our prayer list of needs. One woman in my congregation took this to heart and a couple of weeks later related what a difference the advice had made. “Before,” she said, “I would run right to my prayer list and the more I went through all the problems and needs, the more anxious and burdened I would get. Now I've started spending time thinking about how good and wise he is, and how many prayers he's answered of mine in the past. And when I get to my own needs—now I find I can put them in his hands and I feel the burden coming off me rather than on me.” I never forgot her testimony, because she had taken a principle I barely understood myself and appropriated it in her own life.

Praise and adoration are the necessary preconditions for the proper formulation and motivation of all the other kinds of prayer. This doesn't mean we can never go immediately to petition or confession, but it means that, in our overall prayer life, praise and adoration must have a prime place.

Example of Prayer from the Community of Faith

You are Christ, my Holy Father, my Tender God, my Great King,
my Good Shepherd, my Only Master, my Best Helper,
my Most Beautiful and my Beloved,
my Living Bread, my Priest Forever, my Leader to my Country,
my True Light, my Holy Sweetness, my Straight Way,
my Excellent Wisdom, my Pure Simplicity, my Peaceful Harmony,
my Entire Protection, my Good Portion, my Everlasting Salvation.

Christ Jesus, Sweet Lord, why have I ever loved, why in my whole life have I ever desired anything except You, Jesus my God? Where was I when I was not in spirit with You? Now, from this time forth, do you, all my desires, grow hot, and flow out upon the Lord Jesus: run... you have been tardy until now; hasten where you are going; seek Whom you are seeking. O, Jesus may he who loves You not be an anathema; may he who loves You not be filled with bitterness.

O, Sweet Jesus, may every good feeling that is fitted for Your praise, love You, delight in You, adore You! God of my heart, and my Portion, Christ Jesus, may my heart faint away in spirit, and may You be my Life within me! May the live coal of Your Love grow hot within my spirit and break forth into a perfect fire; may it burn incessantly on the altar of my heart; may it glow in my innermost being; may it blaze in hidden recesses of my soul; and in the days of my consummation may I be found consummated with You! **Amen.**

— Augustine of Hippo

Example of Praying the Bible

Praying Psalm 145

Father, I want to extol You, to praise Your Name enthusiastically, to be full to delight at Your wonderful reality. Help me to turn to You every day, every morning, to bless You and praise Your Name. You are so great, Lord, greater than I will ever understand, full of goodness I will never comprehend and majesty that will always overwhelm me. I can't even praise You without Your help!

Help me to pass on the wonder of Your works to the next generation. Help me to tell them about the amazing story of Your creation and salvation that You've given us in Your word. Help me to notice the ways that you display Your glory in my life and to tell my children/students/friends about the deeds You do to care for me. Let it pour out of me because I am so full and overflowing with constantly noticing the ways You provide for and protect me.

God, you are so gracious and merciful to me. You are slow to anger with my sin and You respond to my unfaithfulness with steadfast love. Not only that, You are good to all and Your mercy extends over all that You have made. Everything about You is everlasting and unchanging and I am so thankful that I can be confident that Your character will always be consistent and reliable, that I can always come to You sure that You are trustworthy.

I am amazed at how You open Your hand with generosity to me, that You provide me with food when I need it, that You meet all my needs, and that You are even provide for my heart's desires. I am amazed at Your kindness and that You are always near to me when I call on You, that You are always ready to save me. Help me to love you and keep me from wickedness that rejects You and Your way for me.

Help me, God, to respond to Your majesty and beauty by speaking Your praise and help me to look forward to great hope to my eternal home in Heaven where I will bless Your holy name forever and ever.

Amen.

Teaching Notes

Teaching Notes

Week 4

Thanksgiving

"Continue steadfastly in prayer, being watchful in it with thanksgiving."
Colossians 4:2

Psalm 138

Of David.

¹ I give you thanks, O Lord, with my whole heart;
before the gods I sing your praise;

² I bow down toward your holy temple
and give thanks to your name for your steadfast love
and your faithfulness,
for you have exalted above all things your name and
your word.

³ On the day I called, you answered me;
my strength of soul you increased.

⁴ All the kings of the earth shall give you thanks, O Lord,
for they have heard the words of your mouth,

⁵ and they shall sing of the ways of the Lord,
for great is the glory of the Lord.

⁶ For though the Lord is high, he regards the lowly,
but the haughty he knows from afar.

- ⁷ Though I walk in the midst of trouble,
you preserve my life;
you stretch out your hand against the wrath of my enemies,
and your right hand delivers me.
- ⁸ The Lord will fulfill his purpose for me;
your steadfast love, O Lord, endures forever.
Do not forsake the work of your hands.

Other Psalms of thanksgiving

Psalm 34 · 86 · 92 · 95 · 100 · 136

Bible Study & Prayer Journaling

Refer to the process of questions on page 6 and work through as many as you like. Also, feel free to include any other thoughts or requests you might like. Prayer journaling can take many forms — it can be written as fully formed sentences or just point form or both, whatever comes naturally to you.

Excerpt from *Prayer* by Timothy Keller

Thanking God

- For the ways he gives and sustains our physical life. For making us in his image, capable of knowing, loving, serving, enjoying him and other relationships; for preserving our lives thus far—bringing us through injuries and sicknesses so that we are alive today; for the supports and comforts that make our lives enjoyable, pleasant, and bearable; for the successes we have received, goals attained, and for the blessings we weren't wise enough or capable of achieving but which he sent anyway.
- For the ways he gives and sustains our spiritual life. For the plan of salvation itself, and how the Father, Son, and Holy Spirit planned it from the depths of eternity; for Christ emptying himself of his glory for us; for his teaching and character that reveal to us the beauty of holiness; for Jesus' death on our behalf, paying for our sins, fulfilling all the requirements, bringing us into a new covenant relationship with God through grace; for the Holy Spirit, for his power and presence in our lives enabling us to understand God's truth, know his love and glory, be conformed to Christ's character, and serve others with his gifts; for the Word of God, the Scripture—for its wisdom and truth, and its power; for the church, its congregations and leaders, who have shaped and formed us, who have helped us grow in faith, hope, and love; for the Christian friends who have given us so much; for the assurance of our salvation, that we can rest in the hope of future resurrection and living with him forever; for being able to know that, no matter what, everything will be all right.
- For the particular mercies bestowed on us. Ways God has been patient with us; ways he has helped us change and break bad habits and patterns of thought, heart attitude, and practice; ways he has protected us from the fuller consequences of our own blindness and foolishness; ways he has revealed himself to us, giving us communion with him; ways he has answered our prayers; ways he has walked with us through pain and suffering.

Examples of Prayer from the Community of Faith

O my God,
Thou fairest, greatest, first of all objects,
my heart admires, adores, loves Thee,
for my little vessel is as full as it can be,
and I would pour out all that fullness before Thee in ceaseless flow.

When I think upon and converse with Thee
ten thousand delightful thoughts spring up,
ten thousand sources of pleasure are unseal,
ten thousand refreshing joys spread over my heart,
crowding into every moment of happiness.

I bless thee for the soul thou hast created,
for adorning it, sanctifying it, though it is fixed in barren soil;
for the body thou hast given me,
for preserving its strength and vigour,
for providing sense to enjoy delights,
for the ease and freedom of my limbs,
for hands, eyes, ears that do thy bidding;
for thy royal bounty providing my daily support,
for a full table and overflowing cup,
for appetite, taste, sweetness,
for social joys of relatives and friends,
for ability to serve others,
for a heart that feels sorrow and necessities,
for a mind to care for my fellow-men,
for opportunities of spreading happiness around,
for loved ones in the joys of heaven,
for my own expectation of seeing thee clearly.

I love thee above the powers of language to express,
for what thou are to thy creatures.

Increase my love, O my God, through time and eternity.

— “Praise and Thanksgiving”, *The Valley of Vision*

Examples of Prayer from the Community of Faith (continued)

Morning meal

Our Father, every day you give
The food by which our bodies live.
For this we thank you from our heart
And pray that as we this day start,
You might allow our eyes to see
Your endless generosity.
And grant that when we thus are filled,
We may do only what you've willed.

Midday meal

We're grateful, Father, for this hour
To rest and draw upon your power
Which you have shown in sun and rain
And measured out to every grain.
Let all this food which you have made
And graciously before us laid
Restore our strength for this next hour
That we may have your fullest power.

Evening meal

How faithful, Father, is your care;
Again as always food is there.
Again you have set us before
A meal we pray will mean much more
Than single persons filled with food;
Let there be, Lord, a loving mood.
And as you make our bodies new,
Come now and feed our oneness too.

— John Piper, *DesiringGod.org*

Teaching Notes

Teaching Notes

Week 5

Panel

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Romans 8:26-27

About This Week

This week's teaching time will be a panel discussion with a group of women who have sought to be women of prayer. We think it will be helpful to hear about their different experiences, what they have learned, and what they suggest to other women who are pursuing a life of prayer. There will be an opportunity beforehand to submit questions if you would like to do so.

There is no Bible passage assigned this week, but we have included a few more resources to help you grow in prayer. We would encourage you to read through them and spend time reflecting, praying and jotting down your thoughts in the spaces provided.

Excerpt from *Habits of Grace* by David Mathis

As we've seen, prayer is at the very heart of the Christian life. Not only is it obedience to God's command, but it is a vital means of our receiving his ongoing grace for our spiritual survival and thriving. And the joy of prayer—communing with God—is essential to what it means to be Christian. Without prayer, there is no true relationship with him, and no deep delight in who he is, but only glimpses from afar.

As Jesus teaches, private prayer (or “closet prayer”) has an important role to play in the life of the believer. We develop our various patterns and practices for secret prayer in the rhythms of our unique lives. We find our place and time to “go into your room and shut the door and pray to your Father who is in secret” (Matt. 6:6). Amen to private prayer. It is crucial. But there is more.

Prayer begins in secret, but God doesn't mean for it to stay in the closet. Prayer is for all of life, and especially for our life together in community. When we follow the lead of the Scriptures, we not only practice prayer in private, but take its spirit of dependence and trust into the rest of the day, and into times of focused prayer together with fellow believers.

Likely you know the verses that lead us to whisper prayers long after we've left the closet. “Pray without ceasing” (1 Thess. 5:17); “be constant in prayer” (Rom. 12:12); “continue steadfastly in prayer” (Col. 4:2); “pray at all times” (Eph. 6:18).

Jesus said that we “ought always to pray and not lose heart” (Luke 18:1). These texts charge us not to stay all day in the closet, but to carry a posture of prayer in the soul as we give ourselves fully to our daily tasks and engagements—and that in a moment, we be ready to go consciously godward in the car, waiting in line, as we walk, before a meal, in the midst of a difficult conversation, and in anything else.

“Everywhere God is, prayer is,” Tim Keller writes. “Since God is everywhere and infinitely great, prayer must be all-pervasive in our lives.”

The high point of all-pervasive prayer, outside the closet door, is praying together with other Christians. Arranging for accompaniment in prayer takes more energy than a whispered prayer while on the move. It takes planning and initiative and the syncing of schedules in a way that private prayer does not. But it is worth every ounce of effort.

And so we have at least two fronts to a healthy life of prayer. We pray personally, in secret and on the move, and we pray corporately, resisting the privatizing of our prayers, not just by asking others to pray for us but especially by having others pray with us.

Examples of Prayer from the Community of Faith

Lord Jesus, I have received you and I do receive you afresh right now this morning. I welcome you to take full control of my life. If I am estranging you in any way, pushing you away at all, show me and help me to kill that sin. I want to walk in you, in your power, in your way, in your fellowship. I dedicate myself to this right now again, just like I have so many times in the past. And I turn from all others, anything else that would compete with you as my closest friend and helper. You have given rootedness and foundation to my life. Thank you.

— John Piper, *DesiringGod.org*

Example of Praying the Bible

Praying Psalm 139 for Our Children and Others

Father, thank you that you have searched and known _____ . There is nothing about her that is a mystery to you and nothing that surprises You. When I am uncertain about what is going on in her heart, You always know it, You know every thought, every step, every time she stands up or sits down. When she speaks, You hear every word. When she is outside of my view, she is not outside of Yours. Help me not to be anxious about her but to trust her to Your care.

God, please hem her in behind and before — surround her with Your protection and provision. Please lay Your hand upon her and guide her steps. Please touch each part of her heart and mind with Your truth, grace, and love. It's far too wonderful for me to imagine how You can do this, but You love her so much more than I do. Please help her to know this and to be conscious of Your presence. Help her to know that whatever she does and wherever she goes, she cannot flee from Your presence, that even in the darkest places Your hand will hold her and lead her.

Father, thank You for forming this child. Thank You for making her with perfect attention and skill. Thank You that You know every part of her body, since You wove it together. I ask that You will make her body to grow with strength and health. Where she is sick or injured, where the effects of sin have wounded her, Lord, please heal her and give us wisdom to know how to care for her. When she has been hurt, please help her to turn to You as her Great Physician.

Father, thank You that You have formed every day of _____'s life. Please search her and know her heart and reveal to her anything that needs confession and repentance. Please provide opportunities for her to see her deep need of You and to turn towards You. Please, Father, make her Yours and lead her in the way everlasting.

Amen.

Panel Notes

Panel Notes

Week 6

Lament

O Lord, rebuke me not in your anger, nor discipline me in your wrath. Be gracious to me, O Lord, for I am languishing; heal me, O Lord, for my bones are troubled.

Psalm 6:1-2

Psalm 42

To the choirmaster. A Maskil of the Sons of Korah.

¹ As a deer pants for flowing streams,
so pants my soul for you, O God.

² My soul thirsts for God,
for the living God.

When shall I come and appear before God?

³ My tears have been my food
day and night,
while they say to me all the day long,
“Where is your God?”

⁴ These things I remember,
as I pour out my soul:
how I would go with the throng
and lead them in procession to the house of God
with glad shouts and songs of praise,
a multitude keeping festival.

⁵ Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation ⁶ and my God.

My soul is cast down within me;
therefore I remember you
from the land of Jordan and of Hermon,
from Mount Mizar.

⁷ Deep calls to deep
at the roar of your waterfalls;
all your breakers and your waves
have gone over me.

⁸ By day the Lord commands his steadfast love,
and at night his song is with me,
a prayer to the God of my life.

⁹ I say to God, my rock:
“Why have you forgotten me?
Why do I go mourning
because of the oppression of the enemy?”

¹⁰ As with a deadly wound in my bones,
my adversaries taunt me,
while they say to me all the day long,
“Where is your God?”

¹¹ Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation and my God.

Other Psalms of lament

Psalms 6 · 12 · 13 · 22 · 88 · 44

Bible Study & Prayer Journaling

Refer to the process of questions on page 6 and work through as many as you like. Also, feel free to include any other thoughts or requests you might like. Prayer journaling can take many forms — it can be written as fully formed sentences or just point form or both, whatever comes naturally to you.

Excerpt from *A Praying Life* by Paul Miller

Given that Lamentations, one-third of the Psalms, and large sections of Job, Isaiah, Jeremiah, and the Minor Prophets are laments, why do laments feel so strange? Even more startling, the ancient Israelites didn't just pray laments, they sang them. Songs of lament were front and center in their hymnbook. So why don't we hear them prayed from the pulpit? Why are they so rare?

The answer goes back two thousand years. After the destruction of the temple in AD 70, when Judaism separated from Christianity, the church lost its ability to lament. We lost some of our Jewish DNA and took on some Greek ways of thinking. Here's how it happened.

Ancient people would not have been snookered by Disney's message to “Have faith in yourself” Both the Greeks and the Jews knew the world was a dangerous, chaotic place. Neither were naive about how treacherous and fragile life was. But the similarities end there. The Greeks accepted the chaos. The Jews brought the chaos to God in their lamenting.

Why such a radically different response? The Greeks, like all pagans, assumed that chaos and evil were part of the original order of creation. You can't change it—so you cope. You accept your lot in life, getting through as quietly as possible—trying not to make waves. The only escape was the life of the mind, the disembodied life. The ideal life for the Greeks was that of the philosopher—calm and well-ordered, with long discussions with like-minded, intelligent friends.

The Greeks called this ideal “Stoicism”. A Stoic would never make a whip to clear out a temple or wail over Jerusalem's coming destruction. Corruption and war were simply accepted. The early church rejected Stoicism, but the church breathed its air for centuries, affecting how we still think and feel today. A Stoic would consider a lament inappropriate: too emotional, too aggressive.

The Israelites lamented because they longed for a better world, the way the world is supposed to be. They believed in a covenant-keeping God, one who keeps his word. That's what makes laments so passionate, so in-your-face.

Excerpt from *A Praying Life* by Paul Miller (continued)

When you lament, you live simultaneously in the past, present, and future. A lament connects God's past promise with my present chaos, hoping for a better future. So on the cross Jesus cries out, "My God, my God, why have you forsaken me?" (Matthew 27:46). He connects the utter chaos of his life with the love of his Father. That connection is nuclear. Jesus' lament of God-forsakenness is answered with the Resurrection. His Father acts on his prayer and raises him from the dead, creating a new, deathless body for Jesus, a foretaste of the coming new creation that will utterly transform all of us who believe in him.

Examples of Prayer from the Community of Faith

Lord, we give You thanks for all that You in Your mercy have given to us to be and to do and to have. Deliver us, Lord, from all greed to be and to do and to have anything not in accord with Your holy purposes. Teach us to rest quietly in Your promise to supply, recognizing that if we don't have it we don't need it. Teach us to desire Your will — nothing more, nothing less, and nothing else. For Jesus' sake. Amen.

— Elisabeth Elliot, *Keep a Quiet Heart*

Lord, either everything works for our good, or nothing makes sense. Give _____ a deep and undergirding confidence that you can and will cause everything to work together for good because _____ belongs to you. Use this suffering we would not describe as good for _____ 's good. Use it to shape him/her into the image of your Son, Jesus.

— Nancy Guthrie, *I'm Praying For You*

Teaching Notes

Teaching Notes

Week 7

Confession

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

Psalm 32

A Maskil of David.

¹ Blessed is the one whose transgression is forgiven,
whose sin is covered.

² Blessed is the man against whom the Lord counts no iniquity,
and in whose spirit there is no deceit.

³ For when I kept silent, my bones wasted away
through my groaning all day long.

⁴ For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer. *Selah*

⁵ I acknowledged my sin to you,
and I did not cover my iniquity;

I said, "I will confess my transgressions to the Lord,"
and you forgave the iniquity of my sin. *Selah*

⁶ Therefore let everyone who is godly
offer prayer to you at a time when you may be found;
surely in the rush of great waters,
they shall not reach him.

⁷ You are a hiding place for me;
you preserve me from trouble;
you surround me with shouts of deliverance. *Selah*

⁸ I will instruct you and teach you in the way you should go;

I will counsel you with my eye upon you.

⁹ Be not like a horse or a mule, without understanding,

which must be curbed with bit and bridle,

or it will not stay near you.

¹⁰ Many are the sorrows of the wicked,

but steadfast love surrounds the one who trusts in the Lord.

¹¹ Be glad in the Lord, and rejoice, O righteous,

and shout for joy, all you upright in heart!

Other Psalms of confession and repentance:

Psalms 51 · 130 · 38

Bible Study & Prayer Journaling

Refer to the process of questions on page 6 and work through as many as you like. Also, feel free to include any other thoughts or requests you might like. Prayer journaling can take many forms — it can be written as fully formed sentences or just point form or both, whatever comes naturally to you.

Excerpt from *The Treasury of David* by Charles Spurgeon

Blessed. Like the sermon on the mount on the mount, this Psalm begins with beatitudes. This is the second Psalm of benediction. The first Psalm describes the result of holy blessedness, the thirty-second details the cause of it. The first pictures the tree in full growth, this depicts it in its first planting and watering. He who in the first Psalm is a reader of God's book, is here a suppliant at God's throne accepted and heard.

Blessed is he whose transgression is forgiven. He is now blessed and ever shall be. Be he ever so poor, or sick, or sorrowful, he is blessed in very deed. Pardoning mercy is of all things in the world most to be prized, for it is the only and sure way to happiness. To hear from God's own Spirit the words, “absolvo te” is joy unspeakable. Blessedness is not in this case ascribed to the man who has been a diligent law keeper, for then it would never come to us, but rather to a lawbreaker, who by grace most rich and free has been forgiven. Self righteous Pharisees have no portion in this blessedness. Over the returning prodigal, the word of welcome is here pronounced, and the music and dancing begin. A full, instantaneous, irreversible pardon of transgression turns the poor sinner's hell into heaven, and makes the heir of wrath a partaker in blessing. The word rendered forgiven is in the original taken off or taken away, as a burden is lifted or a barrier removed. What a lift is here! It cost our Saviour a sweat of blood to bear our load, yea, it cost him his life to bear it quite away. Samson carried the gates of Gaza, but what was that to the weight which Jesus bore on our behalf?

Whose sin is covered. Covered by God, as the ark was covered by the mercyseat, as Noah was covered from the flood, as the Egyptians were covered by the depths of the sea. What a cover must that be which hides away for ever from the sight of the all seeing God all the filthiness of the flesh and of the spirit! He who has once seen sin in its horrible deformity, will appreciate the happiness of seeing it no more for ever. Christ's atonement is the propitiation, the covering, the making an end of sin; where this is seen and trusted in, the soul knows itself to be now accepted in the Beloved, and therefore enjoys a conscious blessedness which is the antepast of heaven. It is clear from the text that a man may know that he is pardoned: where would be the blessedness of an unknown forgiveness? Clearly it is a matter of knowledge, for it is the ground of comfort.

Examples of Prayer from the Community of Faith

Almighty and most merciful Father, We have erred and strayed from thy ways like lost sheep. We have followed too much the devices and desires of our own hearts. We have offended against thy holy laws. We have left undone those things which we ought to have done; And we have done those things which we ought not to have done; And there is no health in us.

But thou, O Lord, have mercy upon us, miserable offenders. Spare thou those, O God, who confess their faults. Restore thou those who are penitent, According to thy promises declared unto mankind In Christ Jesus our Lord. And grant, O most merciful Father, for his sake, That we may hereafter live a godly, righteous, and sober life, To the glory of thy holy name.

Amen.

— *The Book of Common Prayer* (1662)

God, I confess that sometimes I feel jealous of the things my friends have that I don't have. Please forgive me and help me to be content with what you provide for me.

God. I confess that I have not always obeyed my parents. Please forgive me and give me a heart that wants to please you by obeying them.

— Nancy Guthrie, *What Every Child Should Know about Prayer*

Example of Praying the Bible

Praying Psalm 32

God, I have done wrong and I have suffered for it. I've tried to hide and ignore _____ and it is wasting me away and causing me to groan, it is drying up my strength. I know my relationship with You is damaged.

Father, I acknowledge my sin to You. I uncover the truth about the wrong I have done. It has caused great pain to me and to others, but I know it has caused the most pain to You.

Thank You, God that You always forgive the iniquity of my sins when I confess to You! Thank You for the freedom that gives me. Thank You that even though I am sinful and broken, when I offer prayer to You, You hear me. Thank You that You are a hiding place for me, that you surround me with shouts of deliverance — deliverance from my own sinfulness and from the enemy of my soul.

Lord, please instruct me and teach me in the way that I should go. Please keep your eyes on me and counsel me, keep me from this sin that keeps threatening to entangle me. Thank You that you surround me with your steadfast love and that it brings me joy and gladness despite my fallenness. Help me to be upright in heart because my hope is in You.

Amen.

Teaching Notes

Teaching Notes

Week 8

Petition

The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:5b-7

Psalm 140

To the choirmaster. A Psalm of David.

¹ Deliver me, O Lord, from evil men;

preserve me from violent men,

² who plan evil things in their heart

and stir up wars continually.

³ They make their tongue sharp as a serpent's,

and under their lips is the venom of asps.

Selah

⁴ Guard me, O Lord, from the hands of the wicked;

preserve me from violent men,

who have planned to trip up my feet.

⁵ The arrogant have hidden a trap for me,

and with cords they have spread a net;

beside the way they have set snares for me.

Selah

⁶ I say to the Lord, You are my God;

give ear to the voice of my pleas for mercy, O Lord!

⁷ O Lord, my Lord, the strength of my salvation,

you have covered my head in the day of battle.

⁸ Grant not, O Lord, the desires of the wicked;

do not further their evil plot, or they will be exalted!

Selah

- ⁹ As for the head of those who surround me,
let the mischief of their lips overwhelm them!
- ¹⁰ Let burning coals fall upon them!
Let them be cast into fire,
into miry pits, no more to rise!
- ¹¹ Let not the slanderer be established in the land;
let evil hunt down the violent man speedily!
- ¹² I know that the Lord will maintain the cause of the
afflicted,
and will execute justice for the needy.
- ¹³ Surely the righteous shall give thanks to your name;
the upright shall dwell in your presence.

Other Psalms of petition/imprecation:

Psalms 5 · 10 · 59 · 70 · 79

See also Revelation 6:9–11

Bible Study & Prayer Journaling

Refer to the process of questions on page 6 and work through as many as you like. Also, feel free to include any other thoughts or requests you might like. Prayer journaling can take many forms — it can be written as fully formed sentences or just point form or both, whatever comes naturally to you.

Excerpt from *Keep a Quiet Heart* by Elisabeth Elliot

Sometimes I've said, "O Lord, you wouldn't do this to me, would you? How could you, Lord?" I can recall such times later on and realize that my perspective was skewed. One Scripture passage which helps me rectify it is Isaiah 45:9-11 (NEB): "Will the pot contend with the potter, or the earthenware with the hand that shapes it? Will the clay ask the potter what he is making?... Thus says the Lord, would you dare question me concerning my children, or instruct me in my handiwork? I alone, I made the earth and created man upon it." He knows exactly what He is doing. I am clay. The word humble comes from the root word humus, earth, clay. Let me remember that when I question God's dealings. I don't understand Him, but then I'm not asked to understand, only to trust. Bitterness dissolves when I remember the kind of love with which He has loved me—He gave Himself for me. He gave Himself for me. He gave Himself for me. Whatever He is doing now, therefore, is not cause for bitterness. It has to be designed for good, because He loved me and gave Himself for me.

Is it a sin to ask God why? It is always best to go first for our answers to Jesus Himself. He cried out on the cross, "My God, my God, why have You forsaken me?" It was a human cry, a cry of desperation, springing from His heart's agony at the prospect of being put into the hands of wicked men and actually becoming sin for you and me. We can never suffer anything like that, yet we do at times feel forsaken and cry, Why, Lord?

The psalmist asked why. Job, a blameless man, suffering horrible torments on an ash heap, asked why. It does not seem to me to be sinful to ask the question. What is sinful is resentment against God and His dealings with us. When we begin to doubt His love and imagine that He is cheating us of something we have a right to, we are guilty as Adam and Eve were guilty. They took the snake at his word rather than God. The same snake comes to us repeatedly with the same suggestions: Does God love you? Does He really want the best for you? Is His word trustworthy? Isn't He cheating you? Forget His promises. You'd be better off if you do it your way.

Excerpt from *Keep a Quiet Heart* by Elisabeth Elliot (continued)

I have often asked why. Many things have happened which I didn't plan on and which human rationality could not explain. In the darkness of my perplexity and sorrow I have heard Him say quietly, Trust Me. He knew that my question was not the challenge of unbelief or resentment. I have never doubted that He loves me, but I have sometimes felt like St. Teresa of Avila who, when she was dumped out of a carriage into a ditch, said, "If this is the way You treat your friends, no wonder You have so few!" Job was not, it seems to me, a very patient man. But he never gave up his conviction that he was in God's hands. God was big enough to take whatever Job dished out (see Job 16 for a sample). Do not be afraid to tell Him exactly how you feel (He's already read your thoughts anyway). Don't tell the whole world. God can take it—others can't. Then listen for His answer. Six scriptural answers to the question WHY come from: 1 Peter 4:12-13; Romans 5:3-4, 2 Corinthians 12:9; John 14:31; Romans 8:17, Colossians 1:24. There is mystery, but it is not all mystery. Here are clear reasons.

Examples of Prayer from the Community of Faith

O GOD,

May I never be a blot or a blank in life,
cause the way of truth to be evil spoken of,
or make my liberty an occasion to the flesh.

May I by love serve others,
and please my neighbour for his good to edification.

May I attend to what is ornamental as well as essential in religion,
pursuing things that are lovely and of good report.

May I render my profession of the gospel
not only impressive, but amiable and inviting.

May I hold forth the way of Jesus
with my temper as well as my tongue,
with my life as well as my lips.

May I say to all I meet,
I am journeying towards the Lord's given place,
come with me for your good.

May I be prepared for all the allotments
of this short, changing, uncertain life,
with a useful residence in it,
a comfortable journey through it,
a safe passage out of it.

May I be in character and conduct like
the dew of heaven,
the salt of the earth,
the light of the world,
the fullness of the fountain.

May I never be ashamed of Jesus or his words,
never be deterred from fulfilling a known duty through fear,
never be discouraged from attempting it through weakness.

May I see all things in a divine light so that they may
inform my judgment and sanctify my heart.

And by all the disciplines of thy providence,
and all the ordinances of religion,
may I be increasingly prepared for life's remaining duties,
the solemnities of a dying hour,
and the joys and services
that lie beyond the grave.

— “Requests”, *The Valley of Vision*

Examples of Prayer from the Community of Faith (continued)

God, please provide my family with everything we need today.

God, please help me to forgive the friend who hurt my feelings.

God, please help my friend who doesn't know you to put his trust in you.

God, please heal my friend who is sick.

— Nancy Guthrie, *What Every Child Should Know about Prayer*

Father, Son, and Holy Spirit, thank you for this day.

Bless us as we work, study, and play.

Be present with us and in all we do,

may we bring glory and honour to you.

— Justin Earley, *Habits of the Household*

Lord, sometimes it seems that you work so slowly. Give _____ the patience to wait for you to accomplish all you intend. Even when _____ can't see that you are working, give him/her the faith to believe that you are, in fact, working in the waiting. Even when it seems as if it's taking too long, give _____ the faith to trust you to accomplish all you intend to accomplish right on time.

— Nancy Guthrie, *I'm Praying for You*

Teaching Notes

Teaching Notes

Week 9

The Lord's Prayer

When Jesus had spoken these words, he lifted up his eyes to heaven, and said, "Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him authority over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent."

John 17:1-3

Matthew 6:7-13

⁷ And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him. ⁹ Pray then like this:

"Our Father in heaven,
hallowed be your name.

¹⁰ Your kingdom come,
your will be done,
on earth as it is in heaven.

¹¹ Give us this day our daily bread,
¹² and forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from evil.

(some manuscripts add For yours is the kingdom and the power and the glory, forever. Amen)

Bible Study & Prayer Journaling

Refer to the process of questions on page 6 and work through as many as you like. Also, feel free to include any other thoughts or requests you might like. Prayer journaling can take many forms — it can be written as fully formed sentences or just point form or both, whatever comes naturally to you.

Excerpt from *Do You Pray?* by J. C. Ryle

We should not be satisfied with praying vague, general prayers. We should explain our specific requests to the Lord on his throne of grace. A vague confession that we are sinners should not satisfy us. We should tell God about the particular sins where our conscience tells us we are most guilty. A general prayer for holiness should not satisfy us either. We should specify the qualities and graces we feel most need for. An unfocused prayer telling the Lord we are in trouble should not be enough for us. We should describe our troubles to him and tell him all about the difficulties we are facing. That is what Jacob did when he was frightened—he tells God exactly what he fears his brother Esau might do. That is what Eliezer did when he was looking for a wife for his master's son—he lays before God precisely what he wants. This is what Paul did when he was suffering from a 'thorn in the flesh'—he begged the Lord to take it away. This is true faith and confidence.

We should remember that nothing is too small or insignificant to talk to God about. What would you think of the patient who told the doctor they were ill, but never explained exactly what was wrong? What would you think of a wife who told her husband she was unhappy, but would not say why? What would you think of a child who told his father he was in trouble, but gave no details? Please remember this wonderful truth: Christ is the perfect father to all his people, he is the most eminent doctor for our hearts, he is the true bridegroom of the soul. Let us show that we understand and appreciate this by being unreserved in the way we communicate with him. Let us have no secrets from him. Let us share our hearts with him.

Examples of Prayer from the Community of Faith

Loving Lord and heavenly Father,

I offer up today all that I am, all that I have, all that I do, and all that I suffer, to be Yours today and Yours forever.

Give me grace, Lord, to do all that I know of Your holy will.

Purify my heart, sanctify my thinking, correct my desires.

Teach me, in all of today's work and trouble and joy, to respond with honest praise, simple trust, and instant obedience, that my life may be in truth a living sacrifice, by the power of Your Holy Spirit and in the name of Your Son Jesus Christ, my Master and my all.

Amen.

— Elisabeth Elliot

Teaching Notes

Teaching Notes

Week 10

Praise & Prayer

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:16-17

About This Week

One of the challenges of prayer is that it can be much easier to read and hear about it than to actually do it! Our hope in this study is to encourage us all in the practice of personal prayer through the pages of this study guide and in prayer as a group through the small group prayer times. We also wanted to set aside a time for us to pray together in our larger groups and so we set aside this week to do just that. We will spend the morning together praying in different ways and singing praise to God. Don't worry, you won't be required to do anything you aren't ready for and you are welcome to come and just quietly listen! As we grow together in the practice of prayer, we welcome each one to start right where she is — there is space for each of us to grow as God gives the strength and wisdom we need.

There is no Bible passage assigned this week, but we have included a few more resources to help you grow in prayer. We would encourage you to read through them and spend time reflecting, praying and jotting down your thoughts in the spaces provided.

Excerpt from *Prayer* by Timothy Keller,
quoting *The Four Loves* by C.S. Lewis

An equally important insight is a reminder that the Lord's Prayer was given to us in plural form. We ask God to give us what we need, meaning that, as much as possible, “the prayers of Christians ought to be public... to the advancement of the believer's fellowship.” American theologian Michael S. Horton has pointed out that Calvin believed “public ministry shapes private devotion, not vice versa.” Calvin took great care to define public prayers and the liturgy because he wanted private prayers to be strongly shaped by the corporate worship of the Christian church.

Prayer is therefore not a strictly private thing. As much as we can, we should pray with others both formally in gathered worship and informally. Why? If the substance of prayer is to continue a conversation with God, and if the purpose of it is to know God better, then this can happen best in community.

C. S. Lewis argues that it takes a community of people to get to know an individual person. Reflecting on his own friendships, he observed that some aspects of one of his friend's personality were brought out only through interaction with a second friend. That meant if he lost the second friend, he lost the part of his first friend that was otherwise invisible. “By myself I am not large enough to call the whole man into activity; I want other lights than my own to show all his facets.” If it takes a community to know an ordinary human being, how much more necessary would it be to get to know Jesus alongside others? By praying with friends, you will be able to hear and see facets of Jesus that you have not yet perceived.

That is why, Lewis thinks, that the angels in Isaiah 6 are crying, “Holy, Holy, Holy” to one another. Each angel is communicating to all the rest the part of the glory it sees. Knowing the Lord is communal and cumulative, we must pray and praise together. That way “the more we share the Heavenly Bread between us, the more we shall all have.”

Examples of Prayer from the Community of Faith

O LORD, we beseech thee to maintain thy church in truth and patience, that her pastors may be faithful, her watchmen vigilant, her flock loyal, her camp united, her war spiritual, her weapons heavenly, her lamp burning and shining; and as thy Son Jesus Christ hath given so great a price for us, let us not count it a hard thing to give up all for him, and to spend and be spent for the souls he hath redeemed, who liveth and reigneth with thee and the Holy Ghost, now and for evermore. Amen.

ALMIGHTY God, who by thy Son Jesus Christ didst give commandment to the apostles, that they should go into all the world and preach the gospel to every creature: Grant to us, whom thou hast called into thy church, a ready will to obey thy word, and fill us with a hearty desire to make thy way known upon earth, thy saving health among all nations. Look with compassion upon the peoples that have not known thee, and upon the multitudes that are scattered abroad as sheep having no shepherd, and gather them into thy fold, through the same Jesus Christ our Lord. Amen.

— *The Book of Common Prayer* (1662)

Example of Praying the Bible

Praying Psalm 1

God, help me to be a woman who does not walk in the counsel of the wicked world around me, who doesn't spend her time being shaped by the thinking of sinful people, who doesn't sit down and stay with those who scoff at Your truth.

Help me to delight in Your law, to be deeply immersed in every word that You have given us. Please help me to go over and over Your truth in my mind, to speak it to myself, and to return to it all through the day and even when I wake at night.

Father, please plant me firmly like a tree that is deeply rooted. Help me bear fruit that brings glory to You. Help me not to wither when hard times and dry seasons come, but please make what I do to prosper for the glory of Your Name, so all around can see that it is Your power that brings health and growth.

Thank You that You know my way. Please keep me from the destructive ways of wickedness which are the ways of death. Please help me to define being blessed as knowing You and being known by You. Please shape my mind in righteousness.

Amen.

Notes

Notes

Week 11

The Prayer of Nehemiah

The prayer of a righteous person has great power as it is working.
James 5:16b

Nehemiah 1

¹ The words of Nehemiah the son of Hacaliah.

Now it happened in the month of Chislev, in the twentieth year, as I was in Susa the citadel, ² that Hanani, one of my brothers, came with certain men from Judah. And I asked them concerning the Jews who escaped, who had survived the exile, and concerning Jerusalem. ³ And they said to me, “The remnant there in the province who had survived the exile is in great trouble and shame. The wall of Jerusalem is broken down, and its gates are destroyed by fire.”

⁴ As soon as I heard these words I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven. ⁵ And I said, “O Lord God of heaven, the great and awesome God who keeps covenant and steadfast love with those who love him and keep his commandments, ⁶ let your ear be attentive and your eyes open, to hear the prayer of your servant that I now pray before you day and night for the people of Israel your servants, confessing the sins of the people of Israel, which we have sinned against you. Even I and my father's house have sinned. ⁷ We have acted very corruptly against you and have not kept the commandments, the statutes, and the rules that you commanded your servant Moses. ⁸ Remember the word that you commanded your servant Moses, saying, ‘If you are unfaithful, I will scatter you among the peoples, ⁹ but if you return to me and keep my commandments and do them, though your outcasts are in the uttermost parts of heaven, from

there I will gather them and bring them to the place that I have chosen, to make my name dwell there.’¹⁰ They are your servants and your people, whom you have redeemed by your great power and by your strong hand.¹¹ O Lord, let your ear be attentive to the prayer of your servant, and to the prayer of your servants who delight to fear your name, and give success to your servant today, and grant him mercy in the sight of this man.” Now I was cupbearer to the king.

Bible Study & Prayer Journaling

Refer to the process of questions on page 6 and work through as many as you like. Also, feel free to include any other thoughts or requests you might like. Prayer journaling can take many forms — it can be written as fully formed sentences or just point form or both, whatever comes naturally to you.

Excerpt from *Do You Pray?* by J. C. Ryle

The only way to be truly happy is to keep casting all our anxieties on God. If we try to carry our own burdens, it just makes us sad. If only we would tell God about our troubles and difficulties, he would help us bear them. If we are determined to carry them ourselves, one day we will find that even the lightest trouble feels like a huge burden.

We have a friend who is longing to help us if we will talk to him about our troubles. He is the perfect friend. A friend who showed his concern for the poor, the sick and the heavy-hearted when he lived on earth. A friend who knows our hearts because he lived as one of us for thirty-three years. A friend who can weep with those who weep because he was a 'man of sorrows,' a man of suffering and was 'acquainted with grief! A friend who can help us, because there is no pain he cannot cure, no difficulty he cannot deal with. That friend is Jesus Christ. And the way to be happy is to open our hearts to him, always, every day. Like the poor Christian who was unfairly threatened and brutally treated and simply said, 'I must tell the Lord.'

Jesus can satisfy those who trust him and call on him, he can make them truly happy, whatever their circumstances are. He can give peace of heart to the prisoner, contentment to the poor, comfort to those in the middle of the saddest bereavement, peace and joy even in the face of death. There is such fullness in Christ if we will put our trust in him, a fullness that will be poured out on everyone who will ask for it in prayer.

Happiness does not depend on our outward circumstances, but on the state of our hearts. Prayer can lighten our burdens; however heavy they are. It can call to our side the one who will help us to bear them. Prayer can open a door for us when the way ahead seems blocked. It can bring to our side our Lord who says, 'This is the way, walk in it.' Prayer can let in a ray of hope when all our prospects seem dark. It can bring down that one who says,

'I will never leave you nor forsake you.' Prayer can bring us relief when those we love are taken away and the world feels empty. It can bring down the one who can fill the gap in our hearts with himself, and say to the waves within us, 'Peace! Be still!' We do not want to be like Hagar in the wilderness who could not see the well of living waters even though they were so close beside her. Prayer is the secret of being a happy Christian and I know I cannot ask you a more useful question than this: Do you pray?

Examples of Prayer from the Community of Faith

O GOD, THE AUTHOR OF ALL GOOD,
I come to thee for the grace another day will require
for its duties and events.
I step out into a wicked world,
I carry about with me an evil heart,
I know that without thee I can do nothing,
that everything with which I shall be concerned,
however harmless in itself,
may prove an occasion of sin or folly,
unless I am kept by thy power.
Hold thou me up and I shall be safe.
Preserve my understanding from subtilty of error,
my affections from love of idols,
my character from stain of vice,
my profession from every form of evil.
May I engage in nothing in which I cannot implore thy blessing,
and in which I cannot invite thy inspection.
Prosper me in all lawful undertakings,
or prepare me for disappointments;
Give me neither poverty nor riches;
Feed me with food convenient for me,
lest I be full and deny thee
and say, Who is the Lord?
or be poor, and steal, and take thy name in vain.
May every creature be made good to me
by prayer and thy will;
Teach me how to use the world, and not abuse it,
to improve my talents,
to redeem my time,
to walk in wisdom toward those without,
and in kindness to those within,
to do good to all men,
and especially to my fellow Christians.
And to thee be the glory.

— “Morning Needs”, *The Valley of Vision*

Teaching Notes

Teaching Notes

Week 12

Paul's Prayer for the People of God

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Ephesians 3:20-21

Colossians 1:3-14

³We always thank God, the Father of our Lord Jesus Christ, when we pray for you, ⁴since we heard of your faith in Christ Jesus and of the love that you have for all the saints, ⁵because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel, ⁶which has come to you, as indeed in the whole world it is bearing fruit and increasing—as it also does among you, since the day you heard it and understood the grace of God in truth, ⁷just as you learned it from Epaphras our beloved fellow servant. He is a faithful minister of Christ on your behalf ⁸and has made known to us your love in the Spirit.

⁹And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, ¹⁰so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; ¹¹being strengthened with all power, according to his glorious might, for all endurance and patience with joy; ¹²giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. ¹³He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, ¹⁴in whom we have redemption, the forgiveness of sins.

Bible Study & Prayer Journaling

Refer to the process of questions on page 6 and work through as many as you like. Also, feel free to include any other thoughts or requests you might like. Prayer journaling can take many forms — it can be written as fully formed sentences or just point form or both, whatever comes naturally to you.

Excerpt from Prayer by Timothy Keller

It is remarkable that in all of his writings Paul's prayers for his friends contain no appeals for changes in their circumstances. It is certain that they lived in the midst of many dangers and hardships. They faced persecution, death from disease, oppression by powerful forces, and separation from loved ones. Their existence was far less secure than ours is today. Yet in these prayers you see not one petition for a better emperor, for protection from marauding armies, or even for bread for the next meal. Paul does not pray for the goods we would usually have near the top of our lists of requests.

Does that mean it would have been wrong to pray for such things? Not at all. As Paul knew, Jesus himself invites us to ask for our “daily bread” and that God would “deliver us from evil.” In 1 Timothy 2, Paul directs his readers to pray for peace, for good government, and for the needs of the world. In his own prayers, then, Paul is not giving us a universal model for prayer in the same way Jesus did. Rather, in them he reveals what he asked most frequently for his friends—what he believed was the most important thing God could give them.

What is that? It is—to know him better. Paul explains this with color and detail. It means having the “eyes of their hearts .. enlightened” (Ephesians 1:18). Biblically, the heart is the control center of the entire self. It is the repository of one's core commitments, deepest loves, and most foundational hopes that control our feeling, thinking, and behavior. To have the “eyes of the heart enlightened” with a particular truth means to have it penetrate and grip us so deeply that it changes the whole person. In other words, we may know that God is holy, but when our hearts' eyes are enlightened to that truth, then we not only understand it cognitively, but emotionally we find God's holiness wondrous and beautiful, and volitionally we avoid attitudes and behavior that would displease or dishonor him. In Ephesians 3:18, Paul says he wants the Spirit to give them “power.... to grasp” all the past, present, and future benefits they received when they believed in Christ. Of course, all Christians know about these benefits in their minds, but the prayer is for something beyond that—it is to have a more vivid sense of the reality of God's presence and of shared life with him.

Paul sees this fuller knowledge of God as a more critical thing to receive than a change of circumstances. Without this powerful sense of God's reality, good circumstances can lead to overconfidence and spiritual indifference. Who needs God, our hearts would conclude, when matters seem to be so in hand? Then again, without this enlightened

Excerpt from Prayer by Timothy Keller (continued)

heart, bad circumstances can lead to discouragement and despair, because the love of God would be an abstraction rather than the infinitely consoling presence it should be. Therefore, knowing God better is what we must have above all if we are to face life in any circumstances.

Examples of Prayer from the Community of Faith

Be thou my vision, O Lord of my heart;
Naught be all else to me save that thou art.
Thou my best thought by day and by night;
Waking or sleeping, thy presence my light.

Be thou my wisdom, and thou my true Word;
I ever with thee and thou with me, Lord.
Thou my great Father, I thy true son;
Thou in me dwelling and I with thee one.

Be thou my breastplate, my sword for the fight;
Be thou my dignity, thou my delight.
Thou my soul's shelter, thou my high tow'r;
Raise thou me Heav'nward, O Pow'r of my pow'r.

Riches I heed not, nor man's empty praise;
Thou mine inheritance, now and always.
Thou and thou only, first in my heart,
High King of Heaven, my treasure thou art.

(8th Century Irish Hymn, translated into English)

Example of Praying the Bible

Praying Colossians 1

Father God, I thank you so much for (individual/family/church community/etc). Thank you for the way you have been working in them, for the faith that you have brought into their hearts and the hope that you have given them through Your Son, Jesus. Thank you for bringing the good news of the gospel to us, thank you that Your grace is growing inside of them and producing fruit in their lives — evidence of Your work in them such as (specific examples of faith and love you see in their lives). Help us to love each other well. Father, I pray for those in this community who do not know You personally and I ask You to please reveal Your truth and hope to them, that they would come to have faith in You and to understand Your grace in truth.

God, thank you for the faithful people You have placed in my life who minister the truth of Jesus to me and who encourage my love for You. Please encourage and strengthen them, give them the wisdom they need, and help me to express my love and care for them in a way that helps them in their work for You.

God, please fill these people I love with the knowledge of Your will, in all wisdom and spiritual understanding. It’s a dark world, Lord, and so much is confusing and unclear. Please give them what they need in order to walk through their days in a manner worthy of Jesus Christ, fully pleasing to Him, bearing fruit in every good work. I know that is something that comes from You and not from us. Please make us hungry for Your word and as we read it, please work in us to increase our knowledge of God. Thank You that You are the one with endless might and power and I ask You to strengthen this community with Your power, that they would have the endurance and patience to meet their trials and suffering with joy. Thank You that all of this is possible because You have already qualified us to be a part of the inheritance of Your children because we have been saved by the blood of Jesus.

Thank You, Father, for Your mercy in delivering us from the domain of darkness and transferring us to the kingdom of Your beloved Son. Thank You for redemption, for the forgiveness of sins, that we don’t have to live in guilt or shame but instead live in freedom and joy. You are so generous to us, Father, and I ask for the strength we need to live for You and to set our hearts on the hope that is laid up for us in heaven. **Amen.**

Teaching Notes

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Week 13

Simeon's Prayer

"Blessed be the Lord God of Israel, for he has visited and redeemed his people and has raised up a horn of salvation for us in the house of his servant David, as he spoke by the mouth of his holy prophets from of old,"

Luke 1:68-70

Luke 2:22-35

²² And when the time came for their purification according to the Law of Moses, they brought him up to Jerusalem to present him to the Lord ²³ (as it is written in the Law of the Lord, "Every male who first opens the womb shall be called holy to the Lord") ²⁴ and to offer a sacrifice according to what is said in the Law of the Lord, "a pair of turtledoves, or two young pigeons." ²⁵ Now there was a man in Jerusalem, whose name was Simeon, and this man was righteous and devout, waiting for the consolation of Israel, and the Holy Spirit was upon him. ²⁶ And it had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Christ. ²⁷ And he came in the Spirit into the temple, and when the parents brought in the child Jesus, to do for him according to the custom of the Law, ²⁸ he took him up in his arms and blessed God and said,

²⁹ "Lord, now you are letting your servant depart in peace,
according to your word;

³⁰ for my eyes have seen your salvation

³¹ that you have prepared in the presence of all peoples,

³² a light for revelation to the Gentiles,
and for glory to your people Israel."

³³And his father and his mother marveled at what was said about him. ³⁴

And Simeon blessed them and said to Mary his mother, “Behold, this child is appointed for the fall and rising of many in Israel, and for a sign that is opposed ³⁵(and a sword will pierce through your own soul also), so that thoughts from many hearts may be revealed.”

Bible Study & Prayer Journaling

Refer to the process of questions on page 6 and work through as many as you like. Also, feel free to include any other thoughts or requests you might like. Prayer journaling can take many forms — it can be written as fully formed sentences or just point form or both, whatever comes naturally to you.

Excerpt from *With Christ in the School of Prayer* by Andrew Murray

“Lord, teach us to pray.” Yes, us, Lord. We have read in Your Word about the power Your believing people of long ago had when they prayed, and what mighty wonders were done in answer to their prayers. This took place under the Old Covenant, in the time of preparation. Now, in these days of fulfillment, how much more will You give Your people a sure sign of Your presence? We have heard the promises given to Your apostles of the power of prayer in Your Name, and have seen how gloriously they experienced their truth. We know for certain they can become true to us, too. We hear continually, even in these days, what glorious tokens of Your power You still give to those who trust You completely. Lord! Teach us to pray with power, too! The promises are for us; the powers and gifts of the heavenly world are for us. O teach us to pray so that we may receive abundantly! To us, too, You have entrusted Your work. On our prayer, too, the coming of Your Kingdom depends. In our prayer, too, You can glorify Your Name. “Lord, teach us to pray.” We offer ourselves as learners. We want only You to teach us.

Examples of Prayer from the Community of Faith

Blessed Lord, who hast caused all holy Scriptures to be written for our learning:

Grant that we may in such wise hear them, read, mark, learn, and inwardly digest them,

that by patience and comfort of thy holy word, we may embrace and ever hold fast the blessed hope of everlasting life, which thou hast given us in our Saviour Jesus Christ.

Amen.

— *The Book of Common Prayer* (1662)

Example of Praying the Bible

Praying Simeon's Prayer

God, thank You that You promised throughout history to bring a Saviour and that so many of Your people waited with great hope and anticipation. Thank You for the testimony of those who hoped in Your name even when they hadn't yet seen the incredible fact of the incarnation. Thank you for that heritage of faith in the family of God.

Lord, please let the truth of the coming of Jesus fill me with peace. Help me to understand the incredible power of Your salvation through His life, death, and resurrection, which You offer to all. Thank You that Jesus came into the world to be the Light of the world and that light reveals everything we need to now and offers eternal hope. Please help me never to stop rejoicing in this good news and to share it with those around me.

Amen.

Teaching Notes

Teaching Notes

Suggested Resources

Books:

- *A Praying Life* — Paul E. Miller
- *Praying the Bible* — Donald S. Whitney
- *Prayer: Experiencing Awe and Intimacy with God* — Timothy Keller
- *Habits of Grace: Enjoying Jesus Through the Spiritual Disciplines* — David Mathis
- *Do You Pray?: A Question for Everybody* — J. C. Ryle
- *Take Words With You: Scripture Promises & Prayers* — Tim Kerr
- *The Valley of Vision: A Collection of Puritan Prayers & Devotions* — Arthur G. Bennett
- *The Psalms: A Christ-Centered Commentary, Vol. 1-4* — Christopher Ash

Other Resources:

- *The Deep Dish* Podcast Episodes
 - “Conversations with God,” *The Deep Dish* podcast (The Gospel Coalition). <https://www.thegospelcoalition.org/podcasts/deep-dish/conversations-god/>
 - “Kickstart Your Prayer Life,” *The Deep Dish* podcast (The Gospel Coalition). <https://www.thegospelcoalition.org/podcasts/deep-dish/kickstart-your-prayer-life/>
- Gospel Coalition articles and talks on prayer
 - <https://www.thegospelcoalition.org/topics/prayer/>

Hymns

It might be a surprise to find a section of hymns in a guide about prayer, but here's why we think they are connected. Hymns are a particular type of song which are actually intended for the purpose of prayer and worship directed to God. Throughout Christian history, believers have written and sung hymns as poetic expressions of faith, both individually and communally. As we sing the words of hymns, we are participating in prayerful adoration of and petition to God, and at the same time, the thoughts and ideas expressed in the hymns help to shape our thinking and encourage our hearts in faith.

Often words from hymns can stick with us and shape even our personal prayers, as they expand the kinds of things we might think to pray. In fact, it can be incredibly helpful to intentionally make them stick by choosing to memorize hymns that can then be regular sources of encouragement and mediation throughout the day and night.

We've chosen four hymns to sing together this fall in hopes that the repetition will help the words to sink into our minds and that we will enjoy encouraging one another with these songs as they become familiar to us.

*Listen to our study's
selection of hymns
on Spotify*



Praise to the Lord, the Almighty

Joachim Neander (1680)



1 Praise to the Lord, the Almighty, the King of creation!
O my soul, praise Him, for He is thy health and salvation!
All ye who hear, now to His temple draw near,
Join me in glad adoration.

2 Praise to the Lord, who o'er all things so wondrously reigneth,
Shelters thee under His wings, yea, so gently sustaineth!
Hast thou not seen how thy desires e'er have been
Granted in what He ordaineth?

3 Praise to the Lord, who doth prosper thy work and defend thee!
Surely His goodness and mercy here daily attend thee;
Ponder anew what the Almighty can do
If with His love He befriend thee.

4 Praise to the Lord, O let all that is in me adore Him!
All that hath life and breath, come now with praises before Him!
Let the amen sound from His people again;
Gladly forever adore Him.

What a Friend We Have in Jesus

Joseph Medlicott Scriven (1855)



1 What a friend we have in Jesus,
all our sins and griefs to bear!
What a privilege to carry
everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
all because we do not carry
everything to God in prayer!

2 Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged;
take it to the Lord in prayer!
Can we find a friend so faithful
who will all our sorrows share?
Jesus knows our every weakness;
take it to the Lord in prayer!

3 Are we weak and heavy laden,
cumbered with a load of care?
Precious Savior, still our refuge—
take it to the Lord in prayer!
Do your friends despise, forsake you?
Take it to the Lord in prayer!
In his arms he'll take and shield you;
you will find a solace there.

I Sing the Mighty Power of God

Isaac Watts (1715)



1 I sing the mighty power of God
that made the mountains rise,
that spread the flowing seas abroad
and built the lofty skies.
I sing the wisdom that ordained
the sun to rule the day;
the moon shines full at his command,
and all the stars obey.

2 I sing the goodness of the Lord
who filled the earth with food;
who formed the creatures with his word
and then pronounced them good.
Lord, how your wonders are displayed,
where'er we turn our eyes,
if we survey the ground we tread
or gaze upon the skies.

3 There's not a plant or flower below
but makes your glories known,
and clouds arise and tempests blow
by order from your throne;
while all that borrows life from you
is ever in your care,
and everywhere that we can be,
you, God, are present there.

Come, Thou Fount of Every Blessing

Robert Robinson (1758)



1 Come, thou Fount of every blessing;
tune my heart to sing thy grace;
streams of mercy, never ceasing,
call for songs of loudest praise.
Teach me some melodious sonnet,
sung by flaming tongues above;
praise the mount! I'm fixed upon it,
mount of God's unchanging love!

2 Here I raise my Ebenezer;
hither by thy help I'm come;
and I hope, by thy good pleasure,
safely to arrive at home.
Jesus sought me when a stranger,
wandering from the fold of God;
he, to rescue me from danger,
interposed his precious blood.

3 O to grace how great a debtor
daily I'm constrained to be!
Let that grace now, like a fetter,
bind my wandering heart to thee.
Prone to wander, Lord, I feel it,
prone to leave the God I love;
here's my heart; O take and seal it;
seal it for thy courts above.

Prayer Requests



Remembering God's Faithfulness

Praise, updates, and ways God has been working



Prayer Requests



Remembering God's Faithfulness

Praise, updates, and ways God has been working



Prayer Requests



Remembering God's Faithfulness

Praise, updates, and ways God has been working

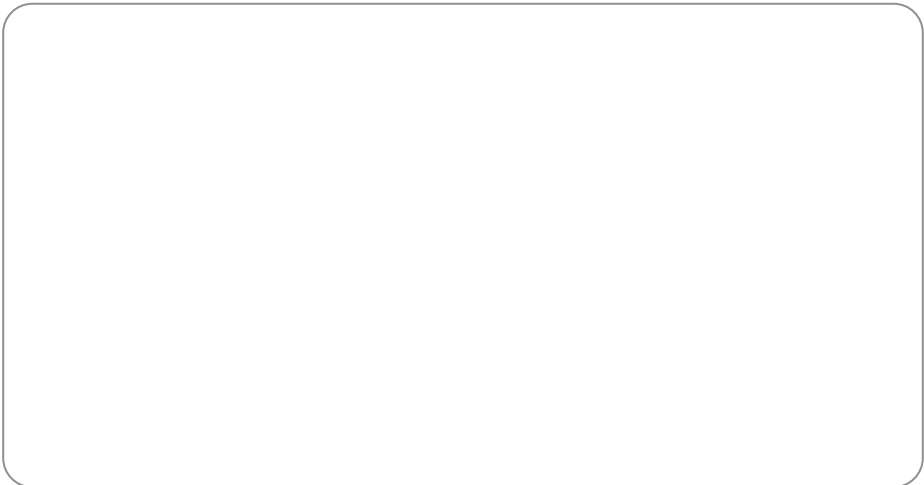


Prayer Requests



Remembering God's Faithfulness

Praise, updates, and ways God has been working



Prayer Requests

Remembering God’s Faithfulness

Praise, updates, and ways God has been working

Prayer Requests



Remembering God's Faithfulness

Praise, updates, and ways God has been working



Prayer Requests



Remembering God's Faithfulness

Praise, updates, and ways God has been working



WEEK 8

*I say to the Lord, You are my God;
give ear to the voice of my pleas for mercy, O Lord!
Psalm 140:6*

Prayer Requests

Remembering God’s Faithfulness

Praise, updates, and ways God has been working

Prayer Requests

Remembering God’s Faithfulness

Praise, updates, and ways God has been working

Prayer Requests



Remembering God's Faithfulness

Praise, updates, and ways God has been working



Prayer Requests

Remembering God’s Faithfulness

Praise, updates, and ways God has been working

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Remembering God’s Faithfulness

Praise, updates, and ways God has been working

*“for my eyes have seen your salvation that you have prepared
in the presence of all peoples, a light for revelation to the Gentiles,
and for glory to your people Israel.” — Luke 2:30-32*

Prayer Requests

Remembering God’s Faithfulness

Praise, updates, and ways God has been working

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

NOTES

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