

## Week 3--October 4

### How do I pray when I don't know what to say?

#### Focus

When prayer is hard, followers of Jesus can faithfully “fall back on” one or more of four ways to pray:

**Adoration:** Appreciating God for who God is apart from what God has done

**Confession:** Naming our sins to God and embracing grace in Christ

**Thanksgiving:** Sharing gratitude to God for blessings

**Supplication:** Interceding for ourselves and others in accordance with God’s will

#### Scripture Reading--Matthew 6:9-13

Pray then in this way:

Our Father in heaven,

    hallowed be your name.

Your kingdom come.

    Your will be done,

        on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,

        as we also have forgiven our debtors.

And do not bring us to the time of trial,

        but rescue us from the evil one.

#### Questions for the Journey

- When are you most likely to talk to Jesus? What keeps you from prayer?
- Which of the four types of prayer is easiest for you? Hardest?
- What major decision in your life could use prayer right now?

#### Drawing Closer

- If you are ready to move on from last week’s quiet time practice, then set aside at least five minutes per day and practice using the ACTS prayer model this week. Schedule this time on your calendar.
- Slowly, and intentionally say the Lord’s Prayer. Focus on each phrase and think about how it relates to your life.
- Consider starting a prayer journal. Write down prayer requests in a notebook or app, and mark answered prayers. Review your journal often and see where God is at work in your life.
- If you always pray in the same position, try something new! Try kneeling or lying on the floor. If you usually clasp your hands, try opening them palms up or even raising your hands in the air. If you tend to pray silently, try praying out loud.
- REMEMBER: The method isn’t as important as the conversation. Try to be as honest as possible and tell God what is on your heart--no matter what kind of prayer format you use!

We used portions of *Discipleship Essentials* by Greg Ogden in this resource. For an even deeper exploration of your journey as a follower of Jesus, check out Chapter 5.