

FALLING IN LOVE WITH PRAYER

FOUR WEEK GUIDED PRAYER PRACTICE

DENNIS C STEVENSON JR



A GUIDED PRAYER PRACTICE

Before we talk about what's next, I want to take a moment and reflect on how far you've already come.

When you started this book, you felt frustrated about prayer. You probably felt guilty that you weren't praying enough, or well enough. You felt stuck, trapped in a bad habit that produced no joy. But now you've learned six different techniques for prayer. Each one targets a specific challenge you want to overcome.

When your prayer feels distant from God, you can borrow words from scripture and use Prayeraphrase to create a deep connection. If you think you're treating God like a vending machine, spend some time worshipping Him in prayer. If you struggle to share honestly with God, especially admitting you've sinned, you can use a prayer of confession to focus on what's true about you. When your prayers keep returning to the shallow things around the edge of your life, focusing on prayer requests that you know God wants to grant will lead you directly to the heart of what God wants for you. If your prayers feel flat and passionless, use thanksgiving to rejuvenate your time with God. And if you're struggling with your prayer feeling random and all over the place, using the ACTS framework will bring clarity and focus back to your prayers.

Now that you have all these new tools, it's time to put them to use. As I said in the beginning, prayer isn't just about what you know. It's about practicing what you've learned. So I've developed a four-week prayer plan that will help you build confidence with these techniques.

By the end of the four weeks, you'll have real-life experience with all methods of prayer. You'll

know which ones work best for you and what doesn't connect. This is the essential aspect of practice.

But even more than practice, by the end of this time, your prayer life will feel different. More alive. More connected. More yours.

God bless you on this journey of prayer and connection.

Dennis

WEEK ONE PRAYER GUIDE

The purpose of your first week of prayer is to experiment with the different forms of prayer. By the end of this week, you should start to feel differently about prayer. It will be more exciting and you'll begin to develop a sense of expectation for what you will experience when you go to God.

Think of this week as a sampler. Try on each of the different prayer types for size. See how they feel with no pressure to do them perfectly.

Day 1: Worship

Start the first day by spending your prayer time worshipping God. It's only appropriate as you begin this prayer journey that you start by giving glory to God. Ultimately, it will be His power that transforms your life.

Read Isaiah 40:21-26 to get inspired to worship.

Day 2: Prayeraphrase

Let the word of God direct your prayers today. Start with Psalm 1 - the first 3 verses describe the man or woman who experiences God's blessing. That's a fantastic starting point for this prayer journey. Depending on how far you want to go, you can focus on one verse up to all three.

Day 3: Confession

Tell God what is true about you. If you need to ask forgiveness for sins, do so. But even if you don't have any notable sins to confess, tell God the truth about you. You're limited and you need Him.

Read 1 John 1:9 as you think about sins you want to confess.

Day 4: Requests

You don't have to pray about requests every day. But today, focus on the requests that you have for God. You can ask on behalf of yourself or others. You can pray for the common everyday needs. But don't forget to pray for those deeper needs that align you deeply with God. Read Galatians 5:22-23 and ask God for the fruit of the Spirit that seems most distant from you today.

Read Matthew 7:7-8 for confidence that God hears and will answer.

Day 5: Thanksgiving

Share your gratitude with God. Tell Him what you are thankful for. You might think of answered prayers, God's providence, or even focus on the benefits you have received through the gospel. Lean in to Thanksgiving.

Read Psalm 106:1 to help you get into a spirit of gratitude.

Day 6: ACTS Prayer

For the last 4 days, you've leaned in to each of the different aspects of the ACTS prayer. Today you'll focus on putting them all together. Since you're doing multiple, you don't have to go as deep as what you did in the previous days. The goal here is to have a balanced, well-rounded prayer.

Read Luke 11:1-4 to re-ground yourself in the disciples' prayer.

Day 7: Prayeraphrase.

Return to God's word. Look at Psalm 1:1-3 again. If you only did part of the passage on Day 2, expand out and look at the rest of the verses. If you've already prayed all three verses, go back and repeat the prayer. It's a different day, you'll find that you have a different prayer.

There you go! The first week is done. How has this week of prayer differed from the week before? Jot down a few thoughts so you can fully appreciate the difference this week has made.

WEEK TWO PRAYER GUIDE

As you enter Week 2 of your prayer transformation journey, take advantage of the experiences from Week 1. If you learned something last week, do it again this week, making it more yours.

Again, this isn't about "praying perfectly", but going one step deeper into how each of these types works best for you.

Day 8: Worship

Reflect on God for a moment. Think of one of His attributes that you find most amazing. Spend the bulk of your prayer time praising God for that attribute and how it declares His glory.

Read Exodus 15:11 to re-orient yourself on God's majesty.

Day 9: Prayeraphrase

Often this technique allows you to focus on your own emotional state. Read through Psalm 23 and pick a couple of verses that resonate with how you feel today. Use them to paraphrase your prayer back to God and tell Him how you feel and what you need.

Day 10: Confession

For this prayer, focus in on one area where you need God's power this week. Share the truth about your life that leads to your dependence on God. Ask Him to be sufficient for you in the days to come.

Read Psalm 121:1-2 to remind you of your need for God.

Day 11: Thanksgiving

Before you pray today, write five specific things for which you are thankful. Pray through each one, expressing your gratitude to God for these gifts in your life.

Read Isaiah 12:4-5 to get you started with thanksgiving.

Day 12: Requests

Pray for the things that weigh most heavily on your heart this week. Share with God why you're concerned about them and ask Him to work His perfect way with each one.

Read Hebrews 4:16 to build your confidence before you start to pray.

Day 13: ACTS Framework

Blend all four of the prayer movements into an ACTS prayer. This time, aim for a slightly longer and more developed prayer than you prayed the week before.

Read Psalm 138:1-2 to find inspiration for praying.

Day 14: Free Day

Choose the prayer method that connected the most deeply this week. It's your choice to double-down on what felt the best.

Read James 1:5 as a reminder of the power of talking to God or choose a passage that fits the prayer method you selected.

AS YOU WRAP up the week, think back over the different ways you've prayed. What surprised you the most this week? Jot down your answer so you can reflect on it as you go into Week Three.

WEEK THREE PRAYER GUIDE

As you enter Week Three of your prayer journey, focus on connecting your prayer to the events and issues that are happening right now. This is your opportunity to make prayer a spiritual practice that provides strength and encouragement for the life you live.

Day 15: Worship

Look around you and find evidence of God's glory in something you have experienced in the last 24 hours. Worship God for something He's displayed recently.

Read 2 Timothy 2:13 to remind you of God's faithfulness.

Day 16: Thanksgiving

Double down on God's goodness by thanking Him for something difficult that He turned into good in your life. Recognize that gratitude isn't only for the calm moments, but for all moments touched by God.

Read 1 Thessalonians 5:18 to remember that God is good all the time.

Day 17: Confession

Talk to God about a specific relationship where you need His power. Confess what your

natural abilities or tendencies lean toward. Ask for His power to change your heart and redeem the situation into something beautiful.

Read 2 Corinthians 12:9-10 to remind yourself of what the power of God can do in your life.

Day 18: ACTS Framework

Pray through a single situation in your life, applying all four prayer movements to the same scenario.

Read Philippians 1:3-5 to see how the Apostle Paul used prayer.

Day 19: Prayeraphrase

Read Psalm 63 and use this as a cry out to God for His strength in a situation in your life where you need him and your own efforts have fallen short.

Day 20: Requests

Bring your three biggest needs to God. Be specific about what the need is and what you want Him to do. Ask Him for grace to give Him glory if His answer is “no” or “not now.”

Read Ephesians 3:12 as encouragement to ask boldly.

Day 21: Reflection

Think back on this week of prayer. Tell God what you have liked and what has worked well for you. Ask Him to give you the spiritual discipline to continue to engage Him in meaningful prayer and give you the grace to communicate deeply with Him.

Read 1 Timothy 1:17 for inspiration as you pray.

AS YOU WRAP up your third week, think about how the experience of prayer is changing. Where are you more comfortable or less comfortable?

WEEK FOUR PRAYER GUIDE

You've almost finished the four-week prayer journey. As you come into this last week, it's time to make the prayer process yours. This week you're in control and will decide for yourself how you want to use these prayers to make a meaningful week of prayer.

Day 22: Your Choice

Choose the prayer method that felt most natural to you this month. This may be your “go-to” method when you feel most challenged in prayer. Think about what technique you've enjoyed the most in the previous weeks and lean in on it.

Read 1 Thessalonians 5:18 to prepare your heart for prayer, or choose a passage that fits the prayer method you selected.

Day 23: Your Choice

Choose the prayer type that felt the most challenging. Sometimes great blessings come from real difficulties. Don't give up on this prayer method; give it one more try to see if God doesn't bless you for your perseverance. Over time, you might find that this method yields surprising fruit of connection and intimacy with God.

Read Psalm 34:18 as encouragement that God is with you as you pray or choose a passage that fits the prayer method you selected.

Day 24: Prayeraphrase

This time, use a verse from the Bible that speaks to you; pick any verse from anywhere in the Bible. Use it to shape the way you talk to God.

Read Psalm 40:1-3 as a starter. If you have another passage, read it as well.

Day 25: ACTS Framework

This time, don't use any notes. Pray the ACTS framework from memory. If you get stuck, don't worry. Just move to the next thing you know. Focus on what's going on in your life this week through all four prayer movements.

Read 1 Timothy 2:1 for Paul's perspective on prayer.

Day 26: Pray for someone else

Use any of the prayer techniques to pray for someone else. You can be creative or very direct. It's up to you. Explore the possibilities with the prayer method that seems most suited to the situation.

Read Romans 12:12 for confidence as you pray.

Day 27: Combination

Pick any two prayer types and use them together to pray today. It doesn't matter if they seem to fit together or not. The goal is to be creative in the way you pray and blend the unique benefits of two types.

Read Colossians 3:15-17 to settle your heart before you pray.

Day 28: Worship

Finish where you started. Let worshipping God shape your prayers. What have you learned about Him over the last 4 weeks? How can you reflect His glory back to Him?

Read Revelation 7:12 as inspiration for your prayer today.

WHAT DID you like the most about this week of prayer? This week I put most of the control in your hands. Jot down what worked best and what you liked.

ALSO BY DENNIS C STEVENSON JR

Understanding God's Word Series

Getting to Know God's Word
Getting to know God's Word WORKBOOK
Study the Bible - Six Easy Steps
Study the Bible - Six Easy Steps WORKBOOK
Study the Bible - Old Testament
Study the Bible - Ruth Study Guide WORKBOOK

Everyday Devotions Series

I Will Sing of My Redeemer
Joy to the World!
Miracles: Faith in Action
Devotion: Men in the Bible

Other Books

Give Us A King!
As Often As You Do It
Jesus Above All
Men In the Bible: Small Group Study Guide



Print and ebooks available on
<https://www.dennis-stevenson.com/my-books/>
and wherever you buy books online

