

# Prayer Guide

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## Dear friend,

Before we even began our church, we prayed. In fact, Gardn Church was birthed out of my own personal prayer time as I set my heart on him in prayer, and he spoke to me about moving from Brisbane to pioneer a church on the Tweed. As the initial team gathered to launch our church, we set our hearts to be a people of prayer. 4 or 5 of us would climb Fingal Light House and pray over the region. Before we ever started any public meetings, we would gather under my house, play some table tennis, and, more importantly, we would pray. Over the years prayer has been the foundation of every breakthrough and miracle that we have seen and are going to see.

I would like to remind us of 2 powerful convictions of prayer.

Firstly, **“Pray First”**. In every situation, whether good or bad, we can pray before we act. Many times, people act first and then want God to bail them out of that situation, but prayer should be our first response, not only our last resort.

Once you learn how to pray, prayer can become a part of everyday life.

And then...

Before the day begins.

Before you scroll.

Before you go to bed.

Before you go to work or school.

Before you send that text or email.

Before you eat, drive or travel.

When bad things happen.

Before bad things happen.

In every situation... PRAY FIRST!

Secondly, **“pray until something happens”**.

Don't stop, lay hold of God, and his promises. Pray until something shifts or you get a breakthrough or something changes or happens. Your prayers are moving mountains.

We have gathered some resource to guide you to pray more personally, this booklet is designed to bring joy into your time with God.

When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life.

For more extensive teaching on prayer, worship, the bible, and other spiritual practices, go to: <https://courses.followingjesusbook.com/courses/gardnchurch>

Prayer changes everything!

Pastor Jono



# "BEING WITH GOD"

Prayer is a part of a bigger privilege and opportunity of "being with God".

This is also called "practising spiritual disciplines" or "devotional time". These can include: Bible reading, worship, praying in the Holy Spirit, Christian meditation, bible verse memorisation and so on.

These are all invaluable and necessary practices for a believer in developing a life-giving connection to Christ. This booklet is focused on prayer.

We don't have to follow a specific formula to talk with God, but practicing different ways (or patterns ) to pray can help us find deeper purpose and connection to Him through our prayer time.

## **HAVE A CERTAIN TIME**

Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

## **HAVE A CERTAIN PLACE**

Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

## **HAVE A CERTAIN PLAN**

A simple pattern to assist in praying is to use the acrostic **P.R.A.Y.**

### **Praise:**

Begin your time of prayer by verbalising praise to God.

### **Repent:**

Allow your heart to become uncluttered, returning our hearts to him, repenting of going your own way and aligning again with his way.

### **Ask:**

You can now move your prayer towards bringing requests and petitions before him. As you ask your heavenly Father.

### **Yield:**

This is where you lay your whole life down before God, where you release everything into God's hands.

This pattern can take anywhere from 5 – 20 minutes.

To grow in "being with God", you can build your time with Jesus from 15 minutes (I would suggest as a minimum) to 1 hour or more. Below Ps Victoria has given an example of how to develop "being with God".



# Being with God – (18 minutes)

## 1. Stillness & Surrender (3 mins)

- Find a quiet place. Light a candle if you like.
- Begin by breathing deeply and inviting the Holy Spirit in.
- Simply be still. Let your heart settle.
- Pray something like: *"Here I am, Lord. Speak, I'm listening. I surrender this time to You."*

Optional:

- Play soft worship or instrumental music.

## 2. Worship & Adoration (3 mins)

- Sing or listen to a worship song.
- Praise God for who He is — not just what He does.
- Meditate on His names: Provider, Healer, Shepherd, Refuge, etc.

## 3. The Word (3 mins)

- Read a passage of Scripture slowly. Let it speak to you.
- Ask: *"What is God revealing about Himself? About me?"*

## 4. Reflection & Journaling (3 mins)

- Write down what stood out to you in worship or the Word.
- Ask God: *"What are You saying to me today?"*
- Record your thoughts, prayers, or questions.

Prompt ideas:

- What am I grateful for today?
- Where do I need God's strength or wisdom?

## 5. Prayer & Intercession (3 mins)

- Pray for your needs, and for others (family, church, the world).
- Lift up areas of concern, confusion, or hope.
- Declare God's promises over your life.

Structure idea:

- Upward (God's glory)
- Inward (your heart & needs)
- Outward (others & the world)

## 6. Rest & Listening (3 mins)

- Simply sit in God's presence.
- No agenda — just be.
- Ask: *"Lord, is there anything else You want to say or show me?"*
- End with a simple prayer of gratitude and surrender.

Optional Enhancements:

- Go for a prayer walk instead of sitting still.
- Use communion to mark the time.
- Incorporate creative expressions (drawing, playing music, etc.)



# "Being with God" (One-Hour)

## 1. Stillness & Surrender (10 mins)

- Find a quiet place. Light a candle if you like.
- Begin by breathing deeply and inviting the Holy Spirit in.
- Simply be still. Let your heart settle.
- Pray something like: *"Here I am, Lord. Speak, I'm listening. I surrender this time to You."*

Optional:

- Play soft worship or instrumental music.

## 2. Worship & Adoration (10 mins)

- Sing or listen to a few worship songs.
- Praise God for who He is — not just what He does.
- Meditate on His names: Provider, Healer, Shepherd, Refuge, etc.

## 3. The Word (10 mins)

- Read a passage of Scripture slowly. Let it speak to you.
- Ask: *"What is God revealing about Himself? About me?"*

## 4. Reflection & Journaling (10 mins)

- Write down what stood out to you in worship or the Word.
- Ask God: *"What are You saying to me today?"*
- Record your thoughts, prayers, or questions.

Prompt ideas:

- What am I grateful for today?
- Where do I need God's strength or wisdom?

## 5. Prayer & Intercession (10 mins)

- Pray for your needs, and for others (family, church, the world).
- Lift up areas of concern, confusion, or hope.
- Declare God's promises over your life.

Structure idea:

- Upward (God's glory)
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## 6. Rest & Listening (10 mins)

- Simply sit in God's presence.
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- Ask: *"Lord, is there anything else You want to say or show me?"*
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Optional Enhancements:

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