



# A DAY OF PERSONAL PRAYER

This is the third day in our week of prayer. We hope you have enjoyed praying in small groups and also the 24-hours of prayer. Our hope is that this week, we will all grow in our practice of prayer. The purpose of today is to take some time for personal devotion and reflection. You might find it helpful to make some notes in a journal that you can look back on later, but just taking the time to meditate and reflect is a helpful discipline in itself, too.

*Psalm 143:5-6 (NIV)*

*I remember the days of long ago; I meditate on all your works and consider what your hands have done. I spread out my hands to you; I thirst for you like a parched land.*

## PRAYER GUIDE

### Start with reflection

Consider the different scriptures that have been quoted this week or that you have read as part of your personal devotion. Here are some questions to prompt your reflection:

1. Which scripture stands out to you?
2. What specific phrase or verse in that scripture has captured your attention?
3. What is God wanting to teach you about himself, about yourself, and about prayer through this scripture?

### Bring your prayers and requests

Consider the topics and themes you have prayed about this week. Some of these may have been prompted by guides like this, but others may be prayers that you carry in your heart. Sometimes, God stirs our hearts so that we seek him persistently for an answer. Here are some questions to help you identify prayers you can keep on praying:

1. What topics or themes have moved your heart this week in prayer?
2. Is there anything you are growing in faith for as you pray (e.g. someone's salvation, a breakthrough you need in a specific area of life, etc.)

### Learning and growing

The aim of this week is to grow in our practice of prayer. There are many different ways that we learn and grow. Here are some questions to help you consolidate what God may be teaching you this week:

1. What have you learned by listening to other people pray this week?
2. What topics have you prayed on this week that wouldn't normally appear in your prayer life?
3. What things would you like to change or grow in as you continue to pray in the future?

### Closing

Sometimes, prayer flows easily, and time seems to disappear. Other times, it seems like prayer is hard work, and time seems to stand still. Whatever your experience of prayer in this hour, may God use this time for his glory. May you grow in the practice of prayer, and may you be encouraged as you pray together with other believers.