



# Great Prayers of the Bible

## WHAT IS PRAYER:

In his book titled *Spiritual Formation*, Henri Nouwen writes,

*“Prayer is the experience of knowing that God is the source of everything we claim as our own. To pray is to say with Jesus, ‘Not my will, but yours. Not my words, but yours. Not my worth, but yours. Not my glory, but yours. Not in my name, but in yours’... To pray is to descend with the mind into the heart, and there to stand before the face of the Lord, ever-present, all-seeing, within you.”*

## HOW TO PRAY:

There are no *right* or *wrong* ways to pray. But there are steps that may help you grow in the discipline of prayer. Some possible suggestions include:

- **Be real. Be authentic. Be you.** Some fall into the trap of thinking they need to be somebody different than who they are for their prayers to be effective. But this just isn't so. God already knows everything about you. He knows what you're thinking. What you're feeling. Your greatest doubts. And your greatest fears. Being open and real with God is a helpful step that may vitalize your prayer life.
- **Begin with a full 1-2 minutes of silence.** Beginning time with God with 1-2 minutes of silence helps to declutter the mind and ensure the time is more purposeful. With so much noise in our lives, many struggle to sit in complete silence. But it may be a step that can help as you enter into the presence of God each day.
- **Create a prayer space.** Many find that having a specific location that serves as a go-to place for praying each day is helpful. This may be a separate room in your home, a quiet corner to retreat to each morning, or even your car. Additionally, some find that lighting a candle or having a small trinket (such as a cross) to hold onto helps to remain focused on the purpose of this time with God.
- **Write down your prayers.** For those who struggle to slow down and *be* in the presence of God, pausing to write down your prayers may prove helpful. Instead of quickly offering a simple prayer, taking the opportunity to write it out will help you to reflect more about what you really want to share with God.
- **Thank God for all the good things in life.** It's easy to ask God for something you may want or need, but it's important to regularly worship Him for what He's already done. One way to incorporate thankfulness into your prayers is to follow an outline such as:
  - Thank God for the miracle of your life, marriage, family, career, etc.
  - Thank God for any way in which He has impacted your life, marriage, family, career, etc.
  - Commit the future of your life, marriage, family, career, etc. to Him.
  - Ask Him for help in overcoming any barriers that getting in the way of you growing in your relationship with Him and others.

**STUDY GREAT PRAYERS OF THE BIBLE:** There are many more great prayers than what's listed here, but these are the ones South Ridge Church will be covering during the early Summer of 2021.

Week 1: The Lord's Prayer (Matthew 6:5-15)

Week 2: Jacob's Prayer (Genesis 32)

Week 3: Moses's Prayer (Exodus 32)

Week 4: David's Prayer (Psalm 51)

Week 5: Hezekiah's Prayer (2 Kings 19:14-19, 20:1-7)

Week 6: Nehemiah's Prayer (Nehemiah 1)

Week 7: Jesus' Prayer (John 17)

Week 8: The Believer's Prayer (Acts 4:23-31)