

## A GUIDE TO PRAYER ACTIVITIES

<b>Be Still</b>	<b>Be Thankful</b>	<b>Be Worshipful</b>	<b>Confess Sin</b>	<b>Clothe Self</b>	<b>Cast Care</b>
<p><b>Focus</b> Use a 3-minute timer to be quiet. Lay on the floor and present yourself to God.</p>	<p><b>Read Scripture</b> of Thanksgiving. Your guide has dozens of Psalms that are thanks-oriented. Read aloud. Say it in your own words.</p>	<p><b>Sing a love song to God.</b> Worship is about loving God with all your heart. Minister to the Lord in song, yes, do it aloud.</p>	<p><b>Read the Scriptures</b> of confessions to prime the pump. Meditate on the confessions of great men of God. Agree with them.</p>	<p><b>Read Ephesians 6:10-18</b> concerning the armor of God. Begin the process of identifying each piece and put it on by faith.</p>	<p><b>Read Scripture</b> concerning God's care for you. Matthew 6 is an excellent starting place. Read aloud.</p>
<p><b>Relax</b> Slowly and consciously relax your body. Begin with your head and neck and move downward. Say, "Lord, I give you my ____" (mention your body part)</p>	<p><b>Your Body</b> Carefully examine your body. It is a gift of God according to Ps 139. Look in the mirror. Give thanks for your face, eyes, nose, etc. Examine your hands, arms, legs, toes, etc. Give thanks for all your parts.</p>	<p><b>Use a worship CD</b> or cassette to prime the pump of praise and worship. Use music that lifts you into the presence of God. Join in the songs - don't just listen. Sing aloud.</p>	<p><b>Use music</b> to begin to confess your sinfulness to the Lord. There are many good songs, hymns, and spiritual songs, that include confession and repentance. Use your guide to help you find them.</p>	<p><b>Use the "Who I Am" list.</b> Remind yourself what God says about you once you are forgiven. Look up the Scripture for each of those positions God gives us before His throne. Rejoice and reckon it so.</p>	<p><b>Sing a song</b> to the Lord about your cares and his concern for you. "I Cast All My Care Upon You" is an excellent start. "What A Friend We Have In Jesus" is another.</p>
<p><b>Mind-Speak</b> Slowly say in your heart. "Lord, here I am," "Lord have mercy" or "I am yours, still my mind"</p>	<p><b>Open your eyes</b> to see creation that you often are too busy to observe. Thank God for everything in his wonderful creation.</p>	<p><b>Read Psalms</b> of praise and worship that exalt the Lord for who he is. Read them out loud.</p>	<p><b>Do a Spiritual Inventory</b> of your life. Pick just one section and work it through in writing then give it to God.</p>	<p><b>Pray through the ten</b> forgiveness promises God has given to each of us. Reckon it to be so and thank God for forgiveness.</p>	<p><b>Use the workbook</b> to work through your own heart-felt needs. Begin with your own personal needs, then your family.</p>
<p><b>Sweep</b> Sweep your mental clutter. As things come to mind that demand your attention deliberately put them away, or write them down on a pad to deal with later.</p>	<p><b>List 100 things</b> you are thankful for in your life. Use the guide to remind yourself to give thanks for everything, the good, the bad, and the ugly. Remind yourself and God that all things are by Him, for Him, and through Him.</p>	<p><b>Tell the Lord</b> of his excellent greatness in your own words. Use the Names of God. Stop on names that are significant to you and meditate on that name, then praise Him for being that to you.</p>	<p><b>Do "My Besetting Sins"</b> inventory. This helps us identify our recurring sins that need to be addressed specifically to the Lord. These may be strongholds that need to be broken.</p>	<p><b>Review the promises</b> of God list. Take ten of those promises as your own and in prayer believe God for His promises to you and our family. Memorize one or two of those promises.</p>	<p><b>Work through "Care"</b> issues and carefully examine your heart for frustrations, worries, fears, anxieties, etc. Focus on your family, finances, future cares.</p>
<p><b>Sing Softly</b> In your mind and heart sing a slow song about getting still such as Be Thou My Vision, Be Still My Soul, etc.</p>	<p><b>Use your senses</b> Smell things, taste things, feel things, hear things, as your say "Lord you are good." Flower, dirt, dust, flies, ants, trees, etc.</p>	<p><b>Write a love letter</b> to God. Tell him how much he means to you. Tell him why you love him. Tell him how important he is to your life.</p>	<p><b>Write in your journal</b> a thorough confession to the Lord. List you sins, thoughts, attitudes, words, and actions. Be specific.</p>	<p><b>Deal with accusing</b> thoughts that make you feel like these things are not true. Talk back to the devil. Tell him what God says.</p>	<p><b>Write in your Journal</b> List some of your goals and hopes for the future. Plan a vacation. Work on finances. Dream God's dreams for you.</p>
<p><b>Walk Slowly</b> Once you have reached a quieter state of mind begin a slow walk. Deliberately slow your walk as you move down a path. Take 15 minutes until by the end you are barely moving.</p>	<p><b>Thank God</b> for people Remember people who have had an important influence and who have helped shape your life. -- parents, your friends, your relatives, your teachers, your pastors, even your enemies.</p>	<p><b>Take a hymn book</b> and slowly go through the songs. Pick ones that lift up the Lord's character and attributes. Sing a few acappella songs to the Lord. Worship him with your own musical instrument, your voice.</p>	<p><b>Focus on your primary sin</b> and talk to God about that issue. We all have them. It may not even be sin but it might be a major temptation or thought pattern that is displeasing to God. Tell him about it. Ask for his cleansing.</p>	<p><b>Declare out loud</b> what God declares to be true about your authority in Christ. Act on your authority. Bind the enemy. Resist him. Claim victory over all the power of the enemy.</p>	<p><b>Go for a walk</b> with worship CD music playing. As you walk enter into the songs with rejoicing that the Lord cares for you and will never leave you nor forsake you. Rejoice He cares for you!</p>
<p><b>Listen</b> Listen to a tape or CD of nature, waterfalls, bird songs, wind, waves, etc. If you are in nature just listen for everything you often ignore.</p>	<p><b>Sing to the Lord</b> Choose hymns or songs that focus on the goodness of the Lord, his creation, his blessings, and his faithfulness. Sing them aloud to God.</p>	<p><b>Use your whole body</b> to worship the Lord. Lift your hands in worship, smile, kneel, lay down, dance before the Lord. Review all the physical positions of prayer and use them in worship.</p>	<p><b>Review the commands</b> of God in your workbook. Remind yourself that the Lord's commands are good. We fail to meet the law's demands. Tell God how you have "missed the mark."</p>	<p><b>Take back the territory</b> the enemy has stolen from you. By faith build a hedge about your own heart and life and that of your family. Declare God's victory.</p>	<p><b>Read a devotional</b> – a book, a chapter, a daily meditation that deals with God's provision and care for you. Meditate on that.</p>
<p><b>Study-Examine</b> Pick something in nature to focus on and carefully examine with a slow, thoughtful, careful examination. A spider web, ants, clouds, bark of a tree. Try not to analyze but just observe.</p>	<p><b>Go for a short walk</b> focused on thanking God for everything that you see and experience on that walk. Remember you are walking with God as Adam did in the cool of the day. Enjoy his presence.</p>	<p><b>Play music to God.</b> David played his harp, not just for the Lord or for his own enjoyment. He ministered to the Lord. If you play an instrument offer a sacrifice of praise to God on the guitar, piano, harmonica, whistle.</p>	<p><b>Receive His forgiveness.</b> We are not called to just bemoan our sins and feel bad. Confession is so that it might be cleansed. Hebrews says, "Let it be healed." So apply the 10 things God says he does with our sin.</p>	<p><b>Use Scripture in Isaiah</b> to comfort your own heart. Our helps guide has a list of the Isaiah comfort passages that are very helpful in seeing and hearing what God has to say about what he intends to do for you. Wear it.</p>	<p><b>Pray!</b> Lay down each of your heavy burdens to the Lord. Lay it before him. Write it out then place that sheet of paper on the floor before you and tell the Lord your cares and concerns. He cares.</p>