

TOP 30 WAYS TO PRAY

Here are some suggestions and ideas for ways to pray!

1. ACTS: Spend time praying over each of these areas: Adoration (of God), Confession (of sins), Thanksgiving (for His work), Supplication (how can you ask God to help you or others)
2. Pick a Psalm and pray through it, reflecting how you might be feeling and thinking in a similar way or situation (150 Psalms, ~30 days/month, 5 psalms to choose from per day)
3. Pray over the names of God. Reflect on who He is and adore Him (from *God Is* by Ken Hemphill): Alpha (beginning), Omega (end), Our Advocate, the Almighty, the Author & Finisher, the Beloved Son, the Bread of Life, the Bright Morning Star, Captain of our Salvation, the Chief Shepherd, the Cornerstone, Our Creator, Our Counselor, Our Deliverer, the Door, the Faithful Witness, Everlasting Father, the First Begotten, the Good Shepherd, the Great High Priest, the Holy Child, the Head of the Church, the Great I AM, Immanuel, Jesus, the Just One, the Life, the Lamb of God, the Light of the World, the Lion of Judah, the Lord of All, the Lord of Glory, Our Master, the Man of Sorrows, Our Mediator, the Messiah, the Mighty God, Our Redeemer, the Prince of Peace, Our Rock, the Resurrection & the Life, Our Savior, the Rose of Sharon, the Son of God, the Son of Man, the True Light, the True Vine, the Truth, Wonderful, the Word of God, & the Way
4. Pray the Lord's Prayer (Matthew 6:5-15)
5. Remain in silence – reflect on who the Lord is and how the Lord is working upon your life
6. Pray for Missionaries – International, across North America, & Military chaplains
 - Use *Pray for the World* by Patrick Johnstone as a guide!
7. Pray over the 10 commandments and ask for forgiveness of those you have broken (Exodus 20)
8. Journal out (write) down a prayer
9. Write your sins on a dry erase board or a paper. Pray for forgiveness and then destroy the writing.
10. Pray out loud.
11. Pray for five of your friends by name.
12. Pray for students and senior adults in your church by name.
13. Pray for a non-believer by name. Pray for a struggling Christian by name.
14. Pray for the leaders of our church: Staff. Lay leadership. Sunday School teachers. Volunteers.
15. Pray for five members of your family by name.
16. Pray for opportunities to witness and for love, boldness, wisdom, and courage to do so.
17. Pray for increased growth in your own spiritual walk with Christ: Bible Reading, Prayer, Worship, Stewardship, Service, etc.
18. Thank God because we are: the salt of the earth, the light of the world, witnesses of the Gospel, branches in God's vine, friends of Jesus, called by Christ, Saints of God, justified before God, walking in newness of life, in the Spirit, Sons of God, more than conquerors, one body, strong for the weak, filled with God's goodness, not Spiritually lacking, in Christ Jesus, God's field and building, God's temple, the Members of Christ, known by God, the Aroma of Christ, given over to death, protected from Fear of Death, a new creation, ambassadors for Christ, strong when we are weak, crucified with Christ, heirs with Christ, sons and not slaves, not under the law,

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sealed with the Holy Spirit, created to do good, fellow citizens with the Saints, Christ's household, not quitters, protected by God's power, God's people, blessed when we are cursed, called God's children, from God (from *We Are* by Ken Hemphill)

19. Pray for strength and ways of escape with certain struggles and temptations you are dealing with. Pray for Satan to remain far from you.
20. Prayer walk: Walk around and pray for the areas and people you see.
21. Pray for specific needs/concerns of others.
22. Pray for your future spouse, children, or grandchildren (if the Lord wills).
23. Randomly open your Bible and pray over the Scripture you read. Reflect how you may have experienced or are experiencing similar things.
24. Pray freely as you feel led use a devotional book to guide you (try *Everyday Prayers: 365 Days to a Gospel-Centered Faith* by Scotty Smith).
25. Pray an ancient prayer of a Puritan (try a book called: *The Valley of Vision: A Collection of Puritan Prayers & Devotions* by Arthur Bennett)
26. Pray through a church prayer sheet. Pray in a group over each others needs/requests & as you feel led.
27. Pray sitting (2 Sam 7:18), standing (Mark 11:25), kneeling (Chronicles 6:13; Daniel 6:10; Luke 22:41; Acts 7:60, 9:40, 20:36, 21:5; Ephesians 3:14), with your face to the ground (Matthew 26:39; Mark 14:35), and with hands lifted up (1 Timothy 2:8).
28. Pray as you watch the news. As you are sitting in class. As you are driving a car (eyes open). Let your surroundings guide and instruct your prayer.
29. Pray when you receive news by email, text message, phone calls, or Facebook.
30. Read Luke 18:1-8. Pray for a situation that you've "lost heart" over?

Check out these other helpful Trustworthy Word handouts on prayer:

- **“What Does the Bible Say About Prayer?”** - www.trustworthyword.com/what-does-the-bible-say-about-prayer
- **“100 Best Prayer Quotes”** - www.trustworthyword.com/100-best-prayer-quotes
- **“Prayer in the Psalms and Proverbs”** - www.trustworthyword.com/prayer-in-psalms-and-proverbs
- **“Bible Verses on Prayer”** - www.trustworthyword.com/bible-verses-on-prayer