

Dear Reader,

Since the beginning of our church in 2001, we have set our hearts to be a people of prayer. Our rally cry has simply been, “Pray First.” In every situation, whether good or bad, we try to 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 our last resort.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to. I’m convinced most people don’t enjoy prayer because they have never been taught how to pray. That’s where this simple prayer journal can help. Using several prayer models out of the Bible and having some guides to make prayer more personal, this booklet is designed to help 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.

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

- Before the day begins —
- Before you go to bed —
- Before you go to work or school —
- Before you send that text —
- Before you react —
- Before bad things happen —
- Before you eat, drive, or travel —
- In every situation — PRAY FIRST!

Prayer changes everything!

HOW TO USE THIS BOOK

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

This book is designed to give you several prayer models. You don't have to master all of them at once; you can select a different prayer model each day in any order you want, and even spend a few days on the same model as you become more comfortable.

To get started, choose which model you want to use today in prayer. As you pray, focus on the process the model reveals, giving yourself time to pray intentionally. If your mind wanders, use the model to restore your focus.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with different biblical models of prayer and for your prayer life to become more natural, effective, and enjoyable. To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The most important step is committing to regularly entering God's presence through prayer.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

CREATING A LIFESTYLE OF PRAYER

*Very early in the morning, while it was still dark,
Jesus got up, left the house and went off to a
solitary place, where He prayed.*

MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. 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

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it “The Lord’s Prayer.” This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.