



Eagle Church

Prayer Guide

The idea of spending an extended amount of time in prayer can be a little bit daunting if it is not something that we are used to doing. But don't be afraid! This outline has been created as a guide for your time of prayer. Whether you are new to the practice, or a veteran intercessor - let this guide become a resource as you continue to walk out the journey of what it means to follow Jesus.

> Settle In

- Find a quiet space, and take a few moments to let yourself become fully present to the Lord.
 - Let go of any agenda or any unspoken expectation you have for this time.
 - Just be with the Lord! Remember - He loves you unreservedly and unconditionally. Rest in that knowledge. Let yourself believe it.
 - Softly playing a worship song can help bring your heart into focus.

> Be Still

- Before you begin speaking, sit in silence for a few moments.
 - Picture being in the presence of the Lord. Let any distracting thought that comes into your mind pass on through and release it to the Lord. Every time your mind wanders is an opportunity to come back to Jesus.

> Listen

- Is the Lord prompting any thought or action in your mind?
 - Our silence is an excellent opportunity for the Lord to speak. As you spend time in silence, do you notice Him prompting anything in you? A need to repent? An interaction that needs to be processed with Him, and then released to Him? Grief that needs to be observed in His presence?
 - Let the Lord bring things to mind - and allow yourself the freedom to walk through this time with Him.

> Meditate on Scripture

- Choose a Psalm and read through it slowly - pausing after verses, or paragraphs to sit in silence with the Lord, or to allow Him to prompt you how to pray. The beauty of praying with the Psalms is that it gives us the language and the imagery to use - go with it!
- Here are a few Psalms that can help you get started - but remember, you are not limited to these alone! If you have a favorite Psalm or passage of Scripture - use it!
- Psalm 1; Psalm 41; Psalm 65; Psalm 73; Psalm 84; Psalm 93; Psalm 103

Take Time to Respond

- What is the Lord leading you to do?
 - Based upon your time in silence and meditation of Scripture, what do you feel like the Lord is leading you to do?
 - Respond with gratitude?
 - Respond with repentance?
 - Respond with honest requests?
 - Continue to sit in silence, fully present with the Lord?
 - Let the Holy Spirit lead you and guide this time.

Keep it Going

- Even when your allotted time of prayer is complete, do not let that be the end of your prayer life! The Lord is with you wherever you go. Keep talking to Him while listening for His guidance and direction.