

PRAYER

WEEK 3:
GUIDED PRAYER
PRACTICE



Use these directions to guide your students in a practice of putting all the methods of prayer we've explored this series together.

SAY THIS:

As we close out our pray series, we are going to take an opportunity to practice all the types of prayer we've explored over the last few weeks together. We're going to start our prayer time in a moment of **pausing and abiding**; next we will **worship** God in prayer, finally we will **ask** God what we need from him in prayer. Your life group leader will close your time together by praying after we've finished each practice.

Before we start, **turn to one person next to you and ask for one thing that you can pray for on their behalf.**

45 seconds

Alright, when you're ready go ahead and find a spot in the room you can sit quietly and comfortably. Maybe try to get both feet planted on the floor, sit up straight, close your eyes, and cross your arms in your lap. Now take a few deep breaths.

Now, turn your attention to Jesus. Sit in his presence and focus your thoughts on him for the next moment.

45 seconds

Now, spend the next minute **worshipping and adoring** God in prayer. Tell God what you love about him.

60 seconds

Next, **ask God** for what you need and what the person next to you needs.

60 seconds

Close in prayer.

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