

**PRAYER DEVELOPMENT IDEAS
FOR PERSONAL PRAYER
Prayer and Intercession
Resource Ministries
By Jim and Jean Stephens**

I. **PRAYER STYLES** (Recommended book: Personality and Prayer by Ruth Fowke)

'Pray as you can, don't try to pray as you can't'

Prayer is developing a real and living relationship with God. In order to do that, it is important to find and use a way of praying that fits our unique personality. Our attempts at communication with God can be just ritual and not very real if we are trying to do an imposed prayer style.

A. Focused Praying

1. Likes set times, places, and probably lists.
2. Danger of getting too set in the ritual or too dependent on the lists. The form or practice can get out of hand and become more important than the communion with God.

B. Meditating (Musing) Praying

1. Likes to think and wander in their times of prayer. Each new thought leads them on to some other area of need and prayer.
2. Tends to get bored easily and needs to discipline themselves to not go too far afield each time they pray.

C. Mind (Intellectual) Praying

1. The need to 'know' things, to have issues settled, to have truth made clear is most important to those that pray this style.
2. There may be a real need with these people to add some emotional elements to their prayer times from time to time.

D. Heart (Feeling) Praying

1. These prayers will be very much people-centered. There is a need for these people to feel something emotionally as they pray.
2. Need to learn that prayer does not depend on feelings. Do not confuse the gift with the Giver. We are called to be faithful in prayer, not successful or productive.

II. SOME SUGGESTED METHODS

- A. Have a set place and even time. This can be a chair, a room that you use on a consistent basis. At this place you can keep on hand the things you might use for your prayer time: Bible, prayer journal, prayer list, a pen, a high lighter.
- B. Walking and praying. If you find this helpful, perhaps you could take a card or small notebook with you that lists some of the things that you want and need to pray about. It is probably best if you have a quiet neighborhood, a park, or other relatively peaceful place to walk while praying. You might also want to walk through a neighborhood and pray for people and homes and businesses as you walk by them.
- C. Using prepared prayer lists from various organizations or your church can be helpful for some. It will be important to keep current if you use this method.
- D. Writing letters to God. Some may find that writing out their prayers is a good way for them to put their thoughts and needs before God.
- E. Singing: as preparation for your time or prayer or even to sing your prayers to God.
- F. Experiment with different ideas as you hear or read of them or as they come to you. Keep your prayer time fresh and alive.

III. PRAYER JOURNAL

The dawn of a new day means the dawn of a new life. Whatever our yesterdays have been, today and tomorrow may be different. Helen Steiner Rice

A journal has been defined as an account of daily transactions, a register of a personal or nautical course, a day's travel from one place to another. Your prayer journal will be all these things and more. It will be whatever you want it to be. Your prayer journal will be unique. It will be the only one like it anywhere: dedicated to you, written by you --- your words, your thoughts, your observations, your actions, your challenges, your obstacles, your responses, your attitudes, your stresses, your successes, your joys, your sorrows, your soul-searching situations, your journey on life's highway. As you capture the pivotal moments of your life, take notice of the changes within yourself and reflect upon your growth as an individual.

For your specific journey, there is no designated departure date, no specific destination, no road maps, no itinerary, and no schedule to meet. When, where, or how frequently you write in your prayer journal is up to you. Let it not be considered a daily chore, but rather an enjoyable opportunity to

describe happenings too happy to forget, important impressions, significant scenes, exciting experiences, calming occasions, spiritual situations that enhance your personal quest for who you are.

Your prayer journal will be a source of affirmation, consolation, encouragement and self-discovery. It will provide a legacy for the future, if you so desire, or it can remain an unpublished creative work, appreciated and read only by you.

IV. **PERSONAL PRAYER TIMES WITH OTHERS**

- A. Praying with others in your street or community for the unsaved, for control over crime, for protection, special situations that arise, etc.
- B. Lunch time prayer groups at work to pray for each other, for unsaved work mates and / or employers, for the business to prosper, etc.