

"IF YOU REMAIN IN ME
AND MY WORDS
REMAIN IN YOU,
ASK WHATEVER YOU WISH,
AND IT WILL BE GIVEN YOU"
JOHN 15:7



PRAYER
RESOURCE

YORK STREET
CHURCH OF CHRIST

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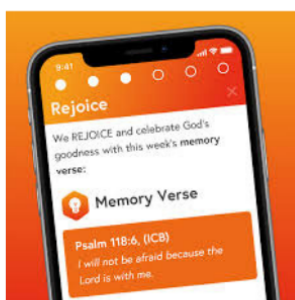
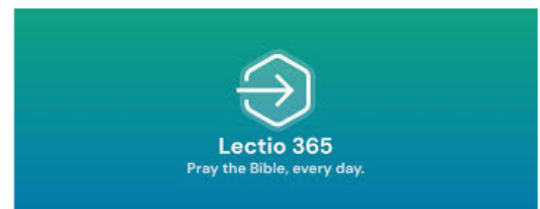
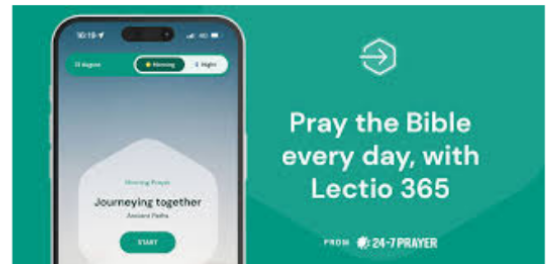
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PRAYER APPS

Lectio 365

Open and close each day with God: Lectio 365 is a completely free daily devotional app to help you pray the Bible every day.

Tune into God's presence and peace by slowing down, meditating on scripture, listening to God and praying for 10 minutes in the morning and evening.



Lectio 365 For Families

Lectio for Families is a free daily devotional that helps families to read the Bible and explore faith through conversation and prayer together.

HOW TO PRAY

Matthew 6: 5-15



5 “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. 6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. 7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. 8 Do not be like them, for your Father knows what you need before you ask him.

9 **“This, then, is how you should pray:**

“Our Father, who art in heaven, hallowed by your name.

- Begin with adoration prayer, Give God glory, honor and praise.
 - Jesus firstly directs us to acknowledge God as Father, whom we can trust and have an intimate relationship with.
 - Adore and acclaim who God is. Let His love, grace, power, holiness and majesty overwhelm you as you come into His presence.

Thy Kingdom come, thy will be done, on earth as it is in heaven.

- Pray knowing God has a plan. Accept he knows best as your heavenly Father. He sees what you can't yet see.
 - Pray about why we need his Kingdom to come, mention specific troubles in your world and globally.
 - Seek God's heart, overriding yours and obey what he is asking you to do.
 - We don't always understand why, but we can put all things into his hands, which brings rest to our soul.

Give us today our daily bread

- Pray for needs
 - Jesus invites us to pray for the provision of our physical and spiritual needs, no matter how big or small. Pray for your needs and the needs of others.
 - Pray daily. Daily bread gives us a sense we need God to dwell, guide and provide for us each day to maintain life. Praise Him also for what has already been given.

And forgive us our debts (trespasses/sins)

- Confess sin and ask forgiveness
 - Ask God to search our hearts and reveal any sin. Prayer is cultivating an intimate relationship with Jesus. In any relationship we need humility and openness. Come with humble, open, teachable hearts apologising when wrong and seeking forgiveness.

As we also have forgiven our debtors

- **Ask for help forgiving others**
 - Pray to the Holy Spirit for the help to continually offer forgiveness to others. Portray the love of Christ to the world. We have been forgiven so we too must forgive.

And lead us not into temptation, but deliver us from evil

- Thou God allows us to be tempted and tested, he is never the tempter. We lead ourselves into situations where we are tempted. Jesus is showing us how to pray against this. Pray we also do not lead others into temptation.
- Pray for protection and safety as we have a real enemy who lives to attack God's people. Pray as Jesus says, “deliverance from the evil one”. Pray against evil and battle against it in prayer.

JESUS SHOWED US HOW TO PRAY. HE PRAYED IT. SO SHOULD WE.

JOURNAL



How to Pray using a Journal

Throughout the centuries Christians have written prayers of need, praise and everything in between. From the Psalms, to words on the wall of a prayer room, a pen has long been an aid to conversation with God.

Many Christians throughout history have used journals to record their prayers. If you find internal or quiet prayer difficult and prefer conversation and interaction, then journaling can be a great way to focus your mind.

HERE ARE 5 EASY SUGGESTIONS TO GET YOU STARTED...

1. **Stream of Consciousness:**

If your head feels stuffed with thoughts and distraction start writing and don't stop until it's all down on paper. Read back through what you've written, these aren't the things in the way of you and God; these are things God is interested in. Where is God speaking to what you've written? What do you want to pray over each thought and sentence?

2. **Conversation**

Prayer is a dialogue, not a monologue. Try writing the things you want to say to God, pausing, listening and recording what you hear. The better we get at quieting ourselves and recognizing His voice, the more freely conversation flows. Read back through your words and His responses. What do you notice? What will stay with you?

3. **Letters**

Try this simple way of telling the Lord what's on your mind and in your life. Write God a letter in your journal.

4. **A list**

Many people use journals as a way to structure their prayer lives. Try writing lists of things you want to bring to the Father's attention. You can note any responses to your prayers and tick things off the list as they are resolved. It is very faith building to look back and see the answers He's given as we persistently pray.

5. **Reminders**

A journal is a great place to record the things God has said to you. Why not use it to note down words, pictures, answered prayers, things your thankful for and other ways God has spoken to remember and pray into.

(Reference 24/7 Prayer)

PRAY FOR PEOPLE

FOLLOWING JESUS
Simple steps to change the world

Creating a mind-map

PRAXEIS

Where is God at work?

A mind map is a great way to identify where God is at work in the lives of people that you are personally connected with. It can be amazing just how many people are right in front of our eyes!

Mind maps help us to pray for people in our world. It can bring focus as it can help us notice people who weren't on our radar. We begin to see how we could pray more specifically and we become more intentional in looking for opportunities to share Jesus with them.

Sometimes God introduces us to new people with divine encounters but often he uses relational streams or networks to help people find him.

Relational streams

When we read stories in the New Testament we see that the gospel often spread through relational streams. Someone experienced Jesus and then went and told their friends and family about the amazing thing that just happened.

Our mind map shows us the relational streams that are in our world. Your mind map will be an ever-growing page of connections! People who know people, sharing Jesus from person to person!

So how do I make a mind map?

It is really simple. Grab a piece of paper and a couple of different colour pens.

It Step 1: Pray and ask God to bring names to mind.

Step 2: Put your name in the centre of the page. Around your name, start to list all of the different groups that you are connected with. This could include family, work, sport, school, church etc. Draw a connecting line from each group to add any names of people that you could pray for and potentially disciple.



BLESS "5" PRAYER

There are many tools that can help you pray for the harvest. Phil Alessi (movements within the prison system) developed The "5" Bless Prayer to pray more intentionally for those in communities. Through this simple prayer they have seen doors open - you may too!

Step 1:

Look at your mind map and think about who you would like to see become a follower of Jesus.

Consider

- Who do I naturally see often?
- Who is easy to catch up with? (coffee, lunch, walk, ride etc)
- Who is the most unlikely person to become a follower?
- Who would like the tiniest nudge to follow Jesus
- Who are my neighbours, friends or colleagues who don't know Jesus?

Step 2:

Ask God which five people he would like you to pray for. They could be on your mind map or God might bring someone new to mind. Write down the names of your "5s".

Step 3:

Pray for your 5s for five days a week for five minutes (i.e. five minutes for your whole list not five minutes for each person) for five weeks. If it helps, pray each day for one letter of this acrostic BLESS

Day 1: **B**ody - Health, protection, strength

Day 2: **L**abour - Work, reward, security, provision

Day 3: **E**motional - Joy, peace, hope

Day 4: **S**ocial - Love, marriage/dating relationship, friends, family

Day 5: **S**alvation - Revelation, faith, grace

Step 4:

Every five weeks, do a review and evaluation. Ask yourself:

- Am I faithful to my daily fives?
- Am I asking the Holy Spirit to keep me focused and fresh?
- Do I sense a lack of movement toward Jesus when I pray for anyone on my list? If so, put this person into a "to be revisited" folder and replace them with someone new for the next five-week cycle. God may prompt you to put this person back on your 5s at a later time.
- Am I aware of any green shoots (movement toward Jesus) yet? Thank God for these green shoots and ask Him to continue working in that person's life.
- Am I really praying in faith for Kingdom breakthrough in my 5s lives?



Note: It is the work of the Holy Spirit to bring people to come to know Jesus. Our job is to pray and partner with God in the work he is already doing.

BLESS "5" BOOK-MARK

Praying for 5's

This prayer guide can open up opportunities for people to become a disciple of Jesus

1. List people you naturally connect with:
 - Work mates
 - Family
 - Friends
 - Neighbours
2. Choose 5 people you want to see meet Jesus and have their lives transformed.
3. Pray for:
 - 5 people
 - 5 minutes a day (1 minute per person)
 - 5 days of the week
 - 5 weeks
4. See over for a suggestion on how to pray for them.
5. At the end of 5 weeks ask:
 - Am I faithfully praying for my 5 people?
 - Am I asking the Holy Spirit to keep me focussed and fresh?
 - Am I aware of any movement towards Jesus yet?
 - Am I praying in faith for kingdom breakthrough?
6. Develop a plan for the next step with your 5 people, such as having a spiritual conversation or reading the Bible together.

BLESS Prayer

Pray for 5 people, for 5 minutes a day, for 5 days, for 5 weeks, asking God to care for them in these areas.

Day 1

BODY

Health, protection, strength

Day 2

LABOUR

Work, reward, security, provision

Day 3

EMOTIONAL

Joy, peace, hope

Day 4

SOCIAL

Love, marriage/dating relationship, family, friends

Day 5

SPIRITUAL

Salvation, revelation, faith, grace

Book-marks available in foyer

BREATH PRAYER

In the stillness we make yet another discovery: the Holy Spirit is the One who really knows how to pray. We discover that prayer is the truest when it has passed beyond words into the realm where the Holy Spirit groans for us with utterances that are too deep for words (see Romans 8: 26-27).

The silence becomes a time when we listen for the prayer that the Holy Spirit is praying deep within us as he moves between the depths of our human experience and the divine will, interceding for us beyond words.

Words when they do find their way to the surface from these depths carry with them a whole new power and meaning because they are forged in the caldron of our deepest longings for God.

At times this is the only prayer that works. This prayer does not come primarily from the mind, which is where most words come from; the breath prayer arises from the depths of our desire and need. In fact it could more accurately be called the “gut prayer” because it comes from a deep gut level.

This prayer is so simple that it requires no thought to remember it once we really know it is ours. It is so short (usually only six to eight syllables) that we can pray it rhythmically with the inhalation and exhalation of our breathing.

It is powerful because it is an expression of our heart’s deepest yearnings couple with the name of God that is most meaningful and intimate for us at this time.

Usually our breath prayer will remain with us for quite some time, and we get to the point where it prays itself without our even having to think about it.

Breath prayer does not replace other ways of praying; rather it is foundational to our whole prayer life, supporting it and making it possible for us to pray without ceasing. The breath prayer helps us to pray when we don’t know how to pray. It give us a way to pray even we cannot pray formally. It can be used to usher us into times of contemplative prayer and even when our mind wanders, we can be brought back from distraction by simply repeating the prayer.

There is nothing magical or mystical about breath prayer. It is not the same as a mantra of Eastern meditation practice, nor is it the “heaping up of empty phrases” that Jesus wanted against (Matthew 6:5) Rather this pray arises from deep within our being as a personal response to God at work within us. Breath prayer is to the spiritual life what oxygen and pulmonary system are to life in the body, a way for to breath rhythmically and reflexively with the Spirit—the very breath of God.

Simply repeat the prayer over and over keeping your attention on the prayer. If your attention wanders, gently return to the prayer.

BREATH PRAYER

PRACTICE

Take as long as you need to feel that your breath prayer really captures your hearts deepest need or desire at this time.

- Begin by spending time quietly in Gods presence, allowing yourself to settle into that beyond-words place of comfort and intimacy, receptive and restful repose.
- Then imagine Jesus calls you by name and asks “__(your name)__what do you want” Allow your truest answer to this question to come from your heart and express this to God. If it helps you can begin by writing the following phrase in your journal and then just letting your response flow. “God, what I most want from you right now is.....”
- Work with the words or the phrase that comes until you feel that it captures your desires as truly as possible right now. This word or phrase will become the heart of your breath prayer.
- Choose your favourite name or image for God, as you are relating to him right now such as God, Jesus, Father, Creator, Spirit, Breath of Life, Lord, Shepherd—whatever best captures your sense of who God is to you at this point in your relationship.
- Now combine your name of God with the expression of your hearts desire. Place it where it is easiest to say in the rhythm of your breathing. If various possibilities come up, write them down and eliminate or combine until you have a breath prayer of about six to eight syllables that flow smoothly when spoken aloud and captures the core of your deep yearning for wholeness and well-being in Christ.
- Once you have chosen your breath prayer, pray it into the spaces of your day—when you are waiting, when you are worried and anxious, when you are needing a sense of God’s presence.
- Over time, learn to pray it underneath all the other thoughts that swirl around you throughout your daily interactions.
- Use the breath prayer consistently until you feel this prayer no longer captures your deepest need or desire or until God gives you another one.

Breath in “Jesus”, breath out “have mercy on me”

Breath in “O Lord” breath out “How me your way”

Breath in “Father” breath out “let me feel your presence”

Breath in “Healer”, breath out “speak the word and I shall be healed”

Breath in “Shepherd” breath out “bring home my lost son”

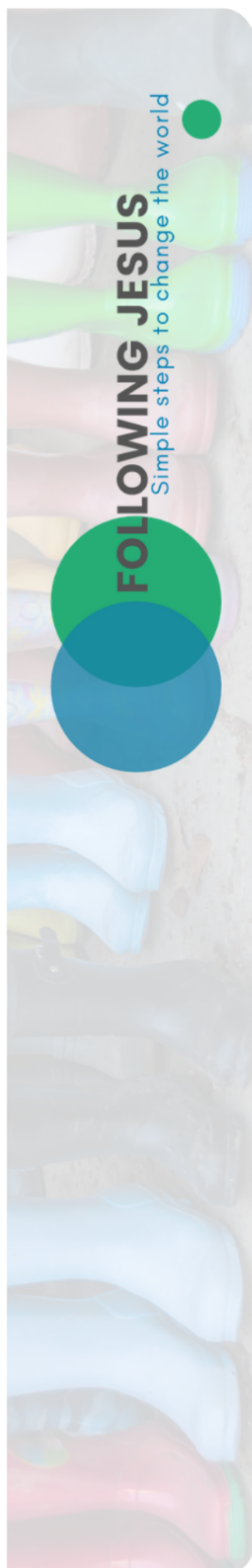
Breath in “Holy one” breath out “heal me”

Breath in “Holy Wisdom” breath out “Guide me”

Sometimes you may want to reverse the practice a bit by sitting in silence and letting the Spirit pray through you. Ask for God to reveal your name, and God’s desire for you. This can be a profound experience. Example: “Beloved, you are enough,” or “Mighty One, rest.” Wait on God and see how you may be renewed.

Extract: Ruth Haley Barton - Sacred Rhythms

PRAYER WALKING



Prayer walking made easy

Whenever we look to partner with God in a new area, we start by prayer walking the streets to prepare our hearts and the harvest. We see throughout the Bible that God calls people to walk the land and as we do, this physical act becomes a spiritual one.

Genesis 13:17 'Go, walk through the length and breadth of the land, for I am giving it to you.'

Joshua 1:3 'I will give you every place where you set your foot, as I promised Moses.' Prayer walking helps us to really see the area and its people through God's eyes. We can hear what God is saying and get an understanding of how the Holy Spirit might want to engage the people who live there. When we prayer walk, all our senses become part of our prayer as sights, smells and sounds prompt our discussion with God.

Prayer walking is not about standing on a street corner praying out loud and preaching. Rather, it is a time of learning, listening and importantly, intercession on behalf of the people we want to reach.

Not only is prayer walking a great first step when looking to reach a community, it is also a powerful way to begin building a team. Prayer walking together can lead to a shared vision and passion for your area and the people you have a heart to reach.

There are many ways you can prayer walk - here are a few ideas to get you started.

Before you begin

- Invite others to join you to pray - two (or more) are always better than one.
- Gather everyone together and check-in to see what they know about the area.
- Read a passage of the Bible to help focus your prayers.
- Ask God to open your hearts, minds and eyes, giving you insight into where he is already at work.

PRAXEIS

As you walk

- Keep your eyes open, using what you see to fuel your prayers.
- Pray out loud (if you are walking with others), as if you're having a conversation.
- Consider the following questions, look and pray:
 - Who lives here?
 - Where do people gather?
 - Who don't you see?
 - What seems to be important to this community?
- You can pray for:
 - God to draw people to His heart (John 6:44)
 - miracles, signs and wonders in the area
 - disciple-making workers to be raised up (Luke 10:2)
 - God to reveal people of peace (Luke 10:5-6) (People Open, and hungry to know more)
 - the Holy Spirit to direct you as you walk.

Take time to stop and talk to shop keepers, people waiting at a bus stop or others you meet along the way. Listen to the things they tell you and prayerfully consider what God might already be doing in this place.

After the walk

- If you prayer walked with others, spend time chatting through what you noticed as you walked and if God shared anything with you.
- Keep a record of what God showed you and continue to pray about these things. Ask God how he wants you to respond.
- Use what you learnt from your prayer walk to continue to pray for the region. If possible, aim to prayer walk the area again soon.



PRAYER GATHERINGS

Revival is always preceded by the desperate, believing prayers of God's people. God will not do apart from prayer what He has promised to do in answer to prayer. He will wait until we come to Him with humble, repentent, believing hearts.

The greatest moves of God always follow prayer.

Without the heartbeat of prayer,
the body of Christ will resemble a corpse.

(adapted herald of his coming.org)

If things are going to change in the West, it's time for us to accept the challenge of extraordinary prayer.

Prayer is not an easy way of getting what we want. It is the only way for our nations and us to become what God wants.

(Prayer Power - Dr Stuart Robinson)

Weekly Prayer Gathering

Thursday 2pm

Sunday Before Each Service

Fish Bowl

24/7 Pray - 7pm 26/10 - 7pm 27/10

Sign Up in Foyer

PRAYER WALK

Yorkie Surrounds

Sunday 03/11/24 - 7.30am

Meet and Instructions 7.30am

Walk - 7.45am - 8.30am

Coffee - 8.30am into 9am service



SERMON TAKE AWAYS









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