

Praying for Others

Praying Paul's Prayers:

Paul's prayers are found in several of the books he wrote in the New Testament. These prayers can be very helpful to use when interceding for others. By praying one of Paul's prayers each day for family and friends, the prayers can be learned and used in times of intercessory prayer.

Sundays: Romans 15:5-6,13

Give _____ endurance and encouragement granting harmony and unity with other believers. Giver of hope, fill _____ with all joy and peace so that _____ may abound in hope by the power of the Holy Spirit.

Mondays: Ephesians 1:17-18

Give _____ a spirit of wisdom and revelation so _____ will know You better. Open the eyes of _____'s heart so he/she will be enlightened to your riches.

Tuesdays: 1 Thessalonians 3:10-13

For _____ to know that night and day he/she is prayed for and loved. Supply _____ with whatever is lacking in his/her faith. Clear the way for _____ to encounter community for Your love to increase and overflow in his/her life, for You to strengthen _____'s heart, and for _____ to live out Your presence today.

Wednesdays: Philippians 1:9-11

I pray that _____'s love may abound more and more in knowledge and depth of insight; that _____ may be able to discern what is best and may be pure and blameless; that he/she will be filled with the fruit of righteousness that comes only through You.

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Thursdays: Colossians 1:9-12

I pray for _____ to be filled with the knowledge of Your will through all spiritual wisdom and understanding. I pray for _____ to live pleasing to You by bearing fruit, growing in knowledge, and gaining strength. Fill _____ with great endurance and patience, as he/she joyfully gives thanks for You.

Fridays: Ephesians 3:16-19

I ask that out of Your glorious riches You may strengthen _____ with power through the Holy Spirit in _____'s inner being; that You may dwell in _____'s heart through faith; that _____ will be rooted and established in love; that _____ may have power, together with all of Your people, to grasp how wide and long and high and deep Your love is. That _____ will know Your love that surpasses all knowledge; that he/she may be filled with the fullness of God.

Saturdays: 2 Thessalonians 3:1-5

I pray that Your message may spread rapidly and be glorified everywhere _____ goes; that _____ is rescued and delivered from wickedness; that You will strengthen and protect him/her; that _____ will have confidence in You; that You will continue to direct _____ to Your love.



GROWING IN PRAYER

a practical prayer guide

Developing a deeper practice of prayer brings us closer to God, unites us together in community, and sends us out on mission empowered by the Holy Spirit to experience our Christ-centered lives of purpose.



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Personal Prayer

How do we make prayer a part of our everyday life? We can learn from 3 things Jesus did:

“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

- **A certain time** - Make a daily appointment with God and keep it (whatever time of day works)
 - **A certain place** - Find an undistracted environment with materials close by (Bible, music, candles, etc.)
- **A certain plan** - Have an idea of what to pray for and how; invite the Spirit to move as He will

Five Finger Prayer:

The Thumb: the closest finger

Pray for those closest to you: loved ones, family, friends

The Pointer Finger: to show direction

Pray for those who point you to Jesus: pastors & mentors

The Middle Finger: the tallest finger

Pray for church and government leadership on all levels

The Ring Finger: the weakest finger

Pray for the weak, broken, and marginalized

The Little Finger: the smallest one

Pray for your own needs last

ACTS Prayer:

Adoration (Psalm 18:46) | Feel God’s love and give God glory and praise for who God is.

Confession (1 John 1:9) | Evaluate your life and confess your sins and areas you need help.

Thanksgiving (1 Chronicles 16:8) | Give God thanks for the gifts He has given and the things He has done

Supplication (Matthew 7:7-8) | Ask God to supply your needs and the needs of others.

Contemplative Prayer

“Be still and know that I am God” (Psalm 46:10)

The disciplines of contemplative prayer have been kept alive in monasteries and are found throughout the Bible. They increase our awareness and understanding of how to “be still” before God.

Centering Prayer:

Centering Prayer is simply resting in the presence of God. No words are necessary. We find peace by just being with God. Elijah experienced centering prayer in the silence of the cave. In intentional silence, centering prayer leads us away from worldliness and our own inner noise to a place of listening for God.

Breath Prayer:

The Breath Prayer is a short phrase that captures our deep yearning for intimacy, wholeness, and a sense of peace with God. When spoken out loud or silently, a breath prayer has a rhythm. It slows us down and helps us focus on God. It resets us to lead us into a deeper, more genuine prayer.

“Speak, Lord, for your servant is listening”
(1 Samuel 3:10)

“The Lord is my Shepherd; I shall not want”
(Psalm 23:1)

“God, have mercy on me a sinner”
(Luke 18:13)

“Come, Lord Jesus, come”
(Revelation 22:20)

Jesus Prayer:

“Lord Jesus, have mercy on me, a sinner, and create in me a clean heart, O Lord.”

As you consciously inhale, pray,
“Lord Jesus, Son of God”.

As you exhale, pray, “Have mercy on me, a sinner”.

Scripture Prayer

Lectio Divina:

Lectio Divina is the most traditional way of cultivating friendship with Christ. It is a way of listening to the texts of scripture as if we were in conversation with Christ and He is suggesting the topics of conversation. This reflection leads to an attitude of friendship, trust, and love.

Oratio (Prayer) Pray before, during, and after we read

Lectio (Reading) Read slowly and reflectively

Meditatio (Meditation) Listen to what the Holy Spirit reveals

Contemplatio (Contemplation) Choose to become what the Word proclaims

1. Read a passage of scripture

- Read the Scripture passage slowly
- Identify a word, phrase, sentence, or idea

2. Re-read the passage

- How does this passage touch your life?
- Your community? Your world?

3. Re-read the passage

- How is God inviting you to change?
- What is God wanting you to do or become?

Prayer of Examen

This is based on the daily examen of Ignatius of Loyola, remembering our friendship with God who is closer to us than we are aware. Read Psalm 139 to begin this Prayer asking God to search your heart.

- Become aware of God’s presence
- Review the day with gratitude
- Pay attention to your emotions
- Hold up to God each moment of your day
- Look toward tomorrow with hope