

Wilson Community Church

♪=the

4 R | h | y | t | h | m

of

P | r | a | y | e | r : |

Learning to Pray Like Jesus

*prayer guide*

*Week 1 - Aug 31 to Sept 6*

- [wccnc.org/prayer](http://wccnc.org/prayer)

**Monday, August 31st**



## **1. READ**

Read Matthew 6:5-15. Focus on verse 9.

## **2. REFLECT**

- Meditate on the three words "Father," "heaven," and "hallowed."
- What does it mean to you that you can call God "Abba, Father?"
- Do you set apart God's name as "hallowed" (holy) in your life?

## **3. RESPOND**

Begin your prayers today with:

"Heavenly Father, I am yours because You adopted me through Jesus Christ, Your Son. You are mine because by Your grace I received this gift of adoption through faith in Your Son, and even that faith was a gift from you and not by anything I did. Today, I can call You my Heavenly Father because I am Yours and You are truly mine. Even though You are high and holy, You have called me your child. And I will seek Your face in worship today. I will desire to know You better, so that I might please You and delight myself in You in all things..."

## **4. RECORD**

Keep a daily prayer journal during this sermon series. Record your reflections and requests.

**Tuesday, September 1st**



## **1. READ**

Read Psalm 121.

## **2. REFLECT**

- Meditate on the words of the psalm. Which character traits or names of God revealed in this psalm mean the most to you today (Helper, Creator, Keeper...)?
- Try personalizing the words to the psalm. For example: "I lift up my eyes to You, O LORD. You are where my help comes from..."

## **3. RESPOND**

This psalm was one of the 15 "songs of ascent" written to be sung while climbing the steps to the Temple in Jerusalem. Go outside and walk around your house while praying today. Begin your prayers with:

"My Father, I lift up my eyes to You today. You are my Helper, my Creator and my Keeper. As I walk today, I desire to come before You and experience Your presence..."

## **4. RECORD**

When you return from your prayer walk, continue to record your learnings and requests in your daily prayer journal. How is God speaking to you today?

**Wednesday, September 2nd**



## **1. READ**

Read Psalm 123.

## **2. REFLECT**

- Meditate on the words of the psalm. Which character traits or names of God revealed in this psalm mean the most to you today (King, Master, Merciful)?
- Try personalizing the words to the psalm. For example: "I lift up my eyes to You, my King. You are enthroned in the heavens..." Read it over several times using personal pronouns in this manner.

## **3. RESPOND**

This psalm was another one of the 15 "songs of ascent" written to be sung while walking. So, try walking around your neighborhood while praying today. Begin your prayers with:

"To You, O Father, I lift up my eyes today. You are my King, enthroned in the heavens and above all things. Yet, You are mine and always present with me. You are my Master and I am your servant, always looking and listening for your instruction..."

## **4. RECORD**

When you return from your neighborhood prayer walk, continue to record your learnings and requests in your daily prayer journal. What are you learning about God today?

Thursday, September 3rd



## 1. READ

Read Psalm 127.

## 2. REFLECT

- Meditate on what it means to ask the Lord to build your house.
- Who in your family do you want the Lord's special attention in watching over them?
- How does God view your children? What does this teach you about God?

## 3. RESPOND

Another of the 15 "songs of ascent" written to be sung while approaching God's house. Walk around inside your house while praying today. Pray in every room, asking God to be the one who builds and watches over every family member. Begin your prayers today with:

"Dear Father, You are Lord and Father over my house. You are its builder and protector. I look to You for instruction for our family. I look to You for its care and protection..."

## 4. RECORD

When you return from praying over your house and family, continue to record your learnings and requests in your daily prayer journal. What are you hearing from God today?

Friday, September 4th



## 1. READ

Read Psalm 130.

## 2. REFLECT

- When have you “cried out” to the Lord? When have you been desperate to hear from Him?
- How important is it that God hear you and that you hear from Him today?
- What is God saying to you today through this psalm?

## 3. RESPOND

This was another one of the 15 “songs of ascent.” Stand and lift your hands in the air as you pray. Begin your prayers today with:

“O Lord, my God, I cry out to You today! Let Your ears be attentive to my voice. For You are a God who sees me and hears me. You never sleep and you never stop watching over me. Let me walk in Your care today, while holding Your hand. Let me hope in You alone. Let me..

## 4. RECORD

When you have finished praying, continue to record your learnings and requests in your daily prayer journal. Did you have the sense that God heard you today? How do you know?

**Saturday, September 5th**



## **1. READ**

Read Psalm 42.

## **2. REFLECT**

- What does it mean to be “thirsty” for the living God?
- Have you learned to encourage your own soul by removing its hope from idols and putting its hope on God alone? What or who have you put your hope in other than God?
- Put your hope in God by listing His character traits revealed in this psalm and praising Him for who He is.

## **3. RESPOND**

Write your prayers today in the form of a letter to God. Begin your prayers like this:

“Dear Heavenly Father,

Good morning Lord. I am writing this letter to You today because I am so thirsty for Your presence. I don’t want to move one inch today without You...

Your loving child,

*Your Name*”

## **4. RECORD**

When you have finished writing your prayer letter to God, read it aloud to Him. Let this letter be your journal entry for the day.

# Sunday, September 6th



## 1. READ

Read Psalm 27. Focus on verses 7-9.

## 2. REFLECT

- When have you “cried out” to the Lord? When have you been desperate to hear from Him?
- Is it God’s will that you seek His face?
- Are you learning to seek God’s face before seeking His hand?

## 3. RESPOND

Bow on you knees in prayer today. Get in a comfortable position. Lean against a chair or bed if needed. Begin your prayers today with:

“Dear Father God, I seek Your face today. I pray as David did, as Moses did. I pray to see Your face, to catch a glimpse of Your glory. And I know that You desire to show Yourself to me. For You are a God who reveals Himself to us. You have not hidden from us. You declare Your glory to us from Your creation, through Your written Word and most wholly, through Your risen Son, the Lord Jesus, who is the perfect communication of You to us. Lord, show me Your glory today...”

## 4. RECORD

When you have finished praying, continue to record your learnings and requests in your daily prayer journal. What have you learned this week about how to begin your prayers as Jesus did, with an upward movement of reverence?