

# How to pray?

A brief and simple guide on how we can honor God with our prayers.

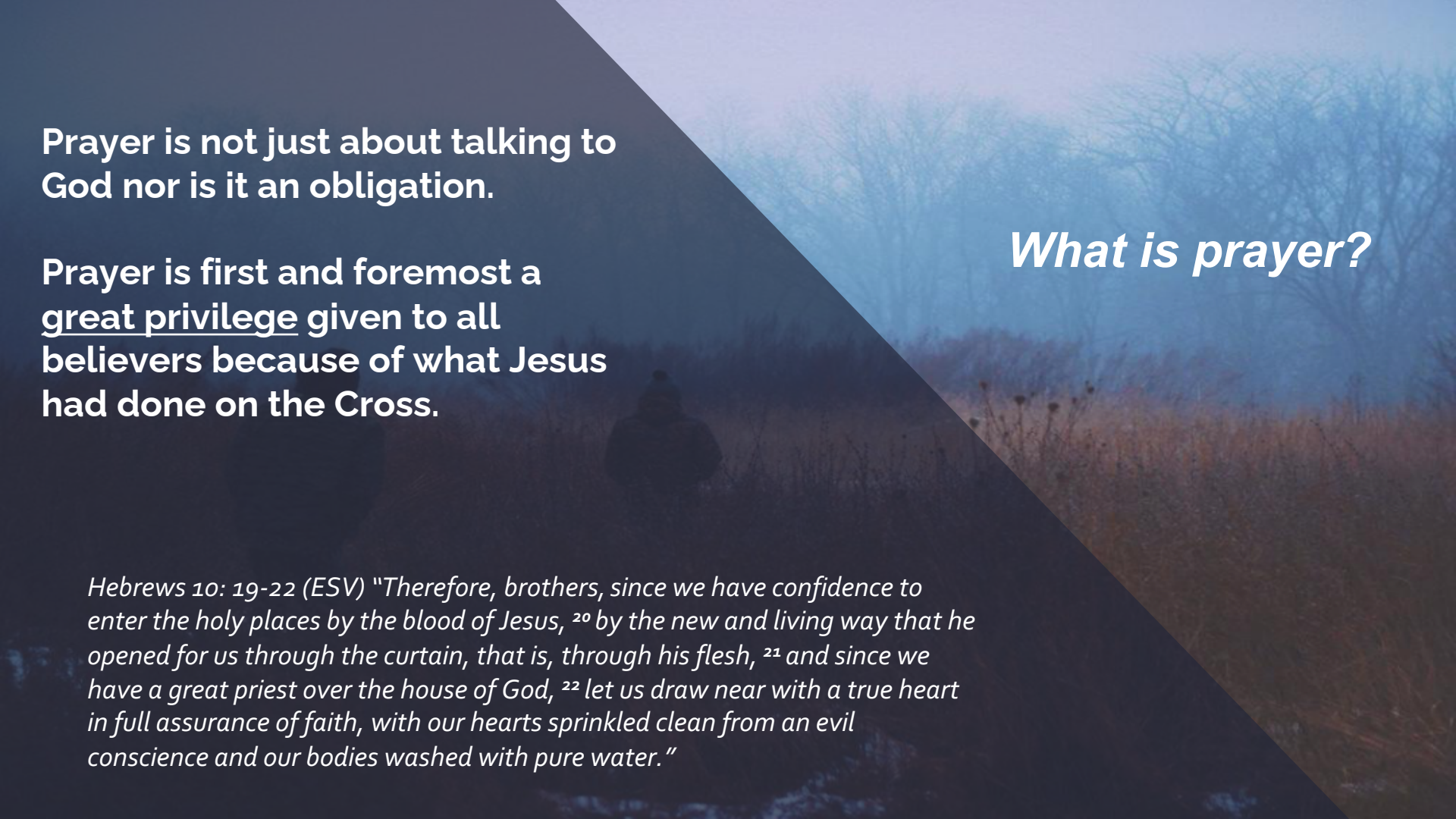


*Discipleship and Nurture*



## Content

1. What is prayer
2. How to pray
3. Other ways to pray
4. Praying in smaller groups
5. Praying with the family
6. Praying with the congregation
7. Useful resources

A person is kneeling in a field of tall, dry grass at dusk or dawn. The sky is a mix of blue and purple, and the trees in the background are silhouetted against the light. The scene is peaceful and contemplative.


Prayer is not just about talking to God nor is it an obligation.

Prayer is first and foremost a great privilege given to all believers because of what Jesus had done on the Cross.

*What is prayer?*

*Hebrews 10: 19-22 (ESV) "Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, <sup>20</sup> by the new and living way that he opened for us through the curtain, that is, through his flesh, <sup>21</sup> and since we have a great priest over the house of God, <sup>22</sup> let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water."*





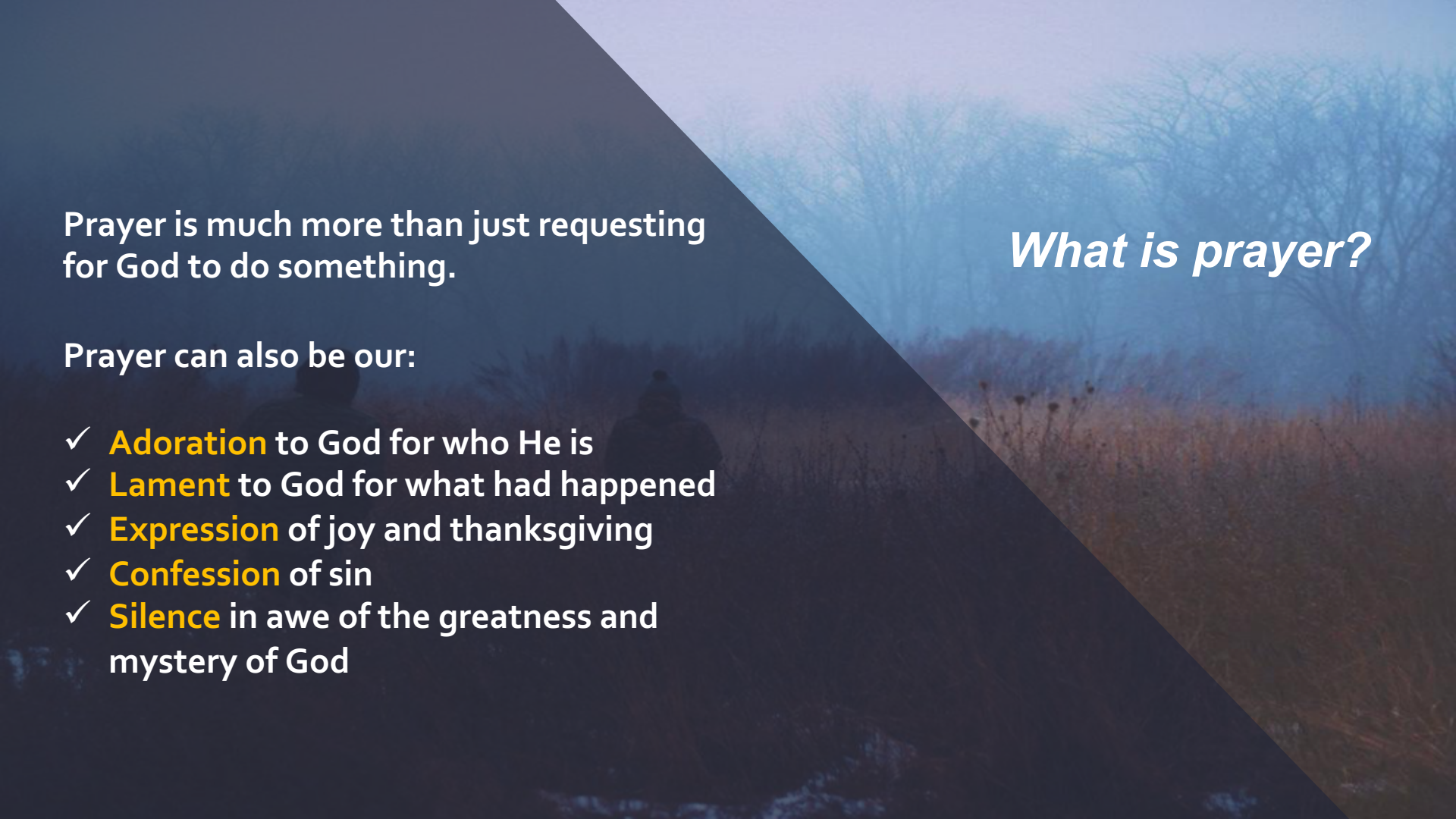
God wants us to pray. As much as it is privilege, it is also a priority.

Prayer should always be aligned with the character and word of God.

*What is prayer?*

*1 John 5:14-15 "Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him."*





Prayer is much more than just requesting for God to do something.

*What is prayer?*

Prayer can also be our:

- ✓ **Adoration** to God for who He is
- ✓ **Lament** to God for what had happened
- ✓ **Expression** of joy and thanksgiving
- ✓ **Confession** of sin
- ✓ **Silence** in awe of the greatness and mystery of God



## How to pray?

1. Start from the home.
2. Find a quiet spot where you can always go to for personal time of prayer.
3. Remember, you don't have to use sophisticated words, but be conversational, and express simply as who you are to God.



## How to pray?

3. Calm your heart and be silent for 2 minutes.
4. Thank the Lord for who He is.
5. Confess our sins committed for the day, if we know of any and ask God for forgiveness.
3. Bring your requests to God (World, Church, Family, Personal)
4. Close with the Lord's prayer or just say "In Jesus' Name. Amen"





The background of the slide features a close-up photograph of green, oval-shaped leaves. A diagonal line from the top-left to the bottom-right divides the image. The area to the left of this line is darkened with a semi-transparent black overlay, while the area to the right remains in its original, bright green color.

Other ways to pray:

- *Praying through the Scriptures*
- *Praying through the day*

As you get more familiar with personal prayers, you can try praying through the Scriptures.

You can also try praying through the day for others who might ask you to pray for them or according to what you observed.



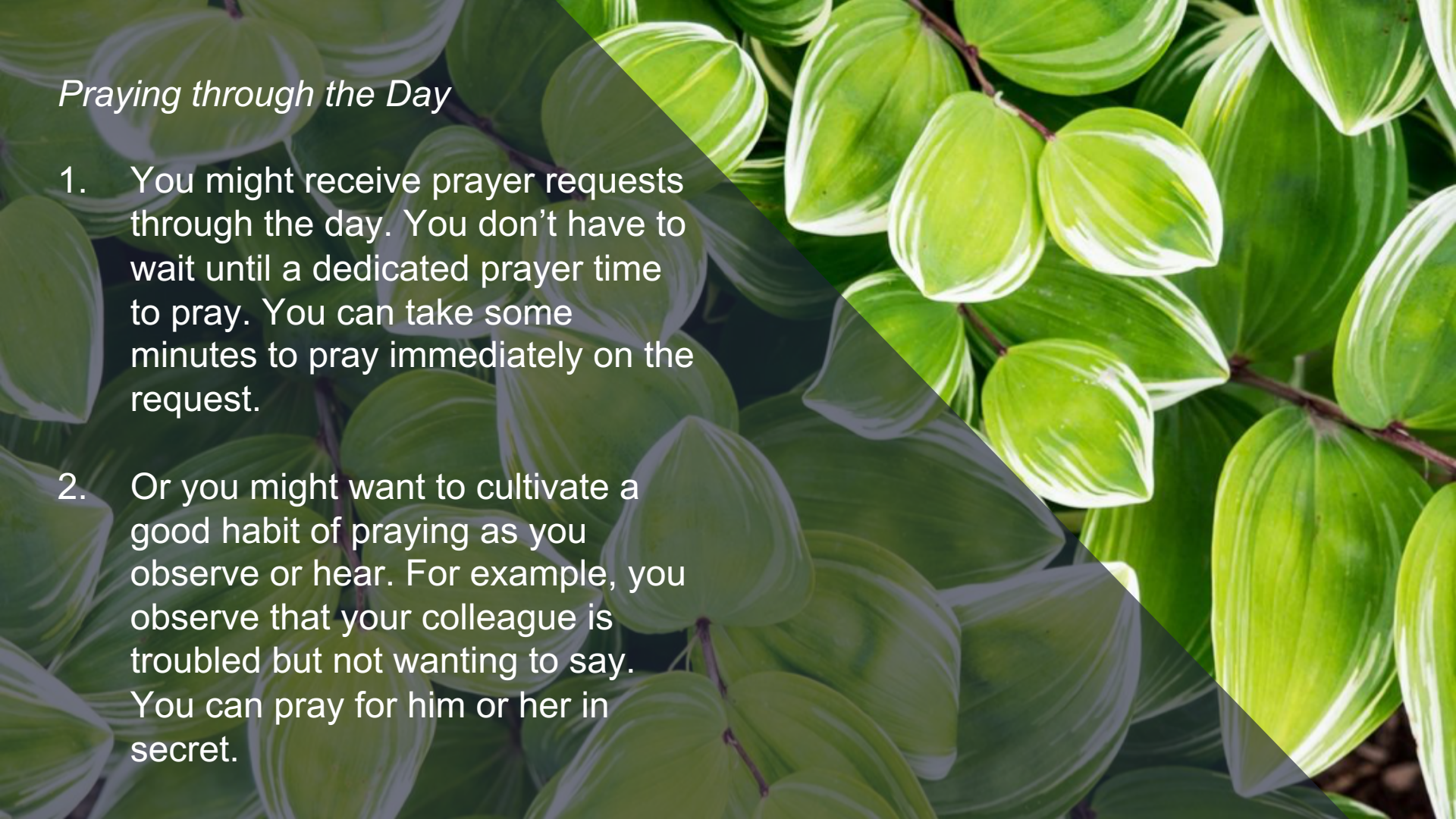


## *Praying through the Scriptures*

The Psalms are a wonderful resources to pray.  
You can also use the Lord's prayer.

1. Pick a Psalm e.g. Psalm 1
2. Read the Psalm verse by verse
3. As you read each or a couple of verses, you can pause to pray according to what the verses are saying.
4. Using Psalm 1 as an example, as we read verses 1 and 2, we pray: "Lord, give me grace to not to be involved in the wicked schemes and even gossips of others. Help me be focused on your word instead!"



The background of the slide features a close-up photograph of green, heart-shaped leaves. A diagonal line runs from the top-left towards the bottom-right, creating a split effect. The area to the left of this line is dark and semi-transparent, serving as a backdrop for the text. The area to the right is a clear, bright photograph of the foliage.

## *Praying through the Day*

1. You might receive prayer requests through the day. You don't have to wait until a dedicated prayer time to pray. You can take some minutes to pray immediately on the request.
2. Or you might want to cultivate a good habit of praying as you observe or hear. For example, you observe that your colleague is troubled but not wanting to say. You can pray for him or her in secret.



An aerial photograph of a winding asphalt road with white dashed lines, curving through a dry, hilly landscape. The terrain is characterized by brownish-yellow soil and sparse, dry vegetation. The road starts from the bottom left and curves upwards and to the right, eventually disappearing into the distance. The lighting suggests a bright, sunny day, casting soft shadows that emphasize the contours of the hills.

## *Praying in smaller groups*

1. Keep prayers simple and to the point.
2. Don't have to use big words to impress but that which can be easily understood.
3. Keep prayers short so that others can have an opportunity to pray.
4. Be sensitive to the needs and also background of others, even as we pray.

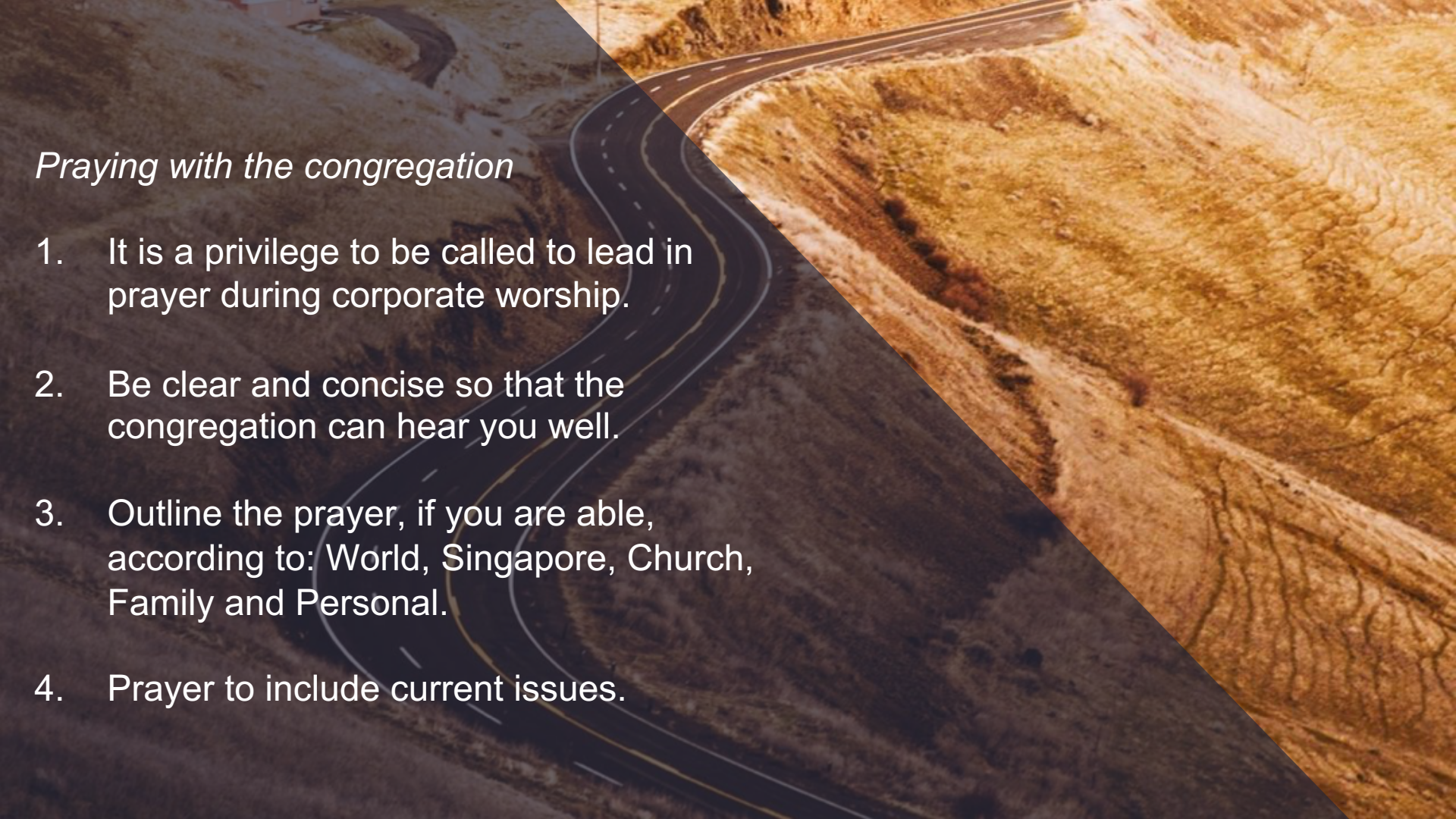


An aerial photograph of a winding asphalt road with white dashed lines, curving through a dry, hilly landscape. The terrain is covered in sparse, dry vegetation and has a golden-brown hue. The road starts from the bottom left and curves upwards and to the right, disappearing into the distance. The lighting suggests a bright, sunny day, casting soft shadows on the hills.

## *Praying with the family*

1. A praying church is one that starts with the family. A praying church is one where families within the church are praying consistently.
2. Take the lead (especially if you are the spiritual leader of the family) to set a consistent time to pray together as a family.
3. With younger children, it will be great if parents can dedicate a time of devotion every evening. This will be the seed upon which your child / children grows to be a true disciple of Jesus Christ.



An aerial photograph of a winding asphalt road with white dashed lines, curving through a dry, hilly landscape. The terrain is covered in sparse, dry vegetation and has a golden-brown hue. The road starts from the bottom left and curves upwards and to the right, disappearing into the distance. A diagonal line divides the image, with the top right portion showing a more detailed view of the dry, eroded soil.

## *Praying with the congregation*

1. It is a privilege to be called to lead in prayer during corporate worship.
2. Be clear and concise so that the congregation can hear you well.
3. Outline the prayer, if you are able, according to: World, Singapore, Church, Family and Personal.
4. Prayer to include current issues.





## Useful resources

For more study or help on prayer:

1. DA Carson's "A Call to Spiritual Reformation"
2. Karla Henderson's "Praying Together: Ideas for developing family prayer in your home"
3. Pat Quinn's "Praying in Public"