

Prayer Resources

ACTS:

Adoration - Express praise and adoration for who God is, His attributes

Confession – Confess the sins done and the sins of omission

Thanksgiving – Praise God for what He has done in your life, recount your blessings

Supplication – Lay your requests before the Lord, imploring His will be done

Web – based Resources

Internet Resources

Becky Terabasi – Prayer notebook

Blue Letter Bible – Will e-mail daily verse and related prayer

Down Load Martin Luther's, A Simple Way to Pray,

<http://www.blc.net.my/wp-content/uploads/2008/10/a-simple-way-to-pray-luther.pdf>

Prayer Box Directions

The directions below give an overview of the component of the Prayer Box and directions to establish your prayer box.

The Prayer Box consists of the following dividers:

Daily Prayer Requests

Each Day of the Week

Answered Prayer

Blank Prayer Cards

1)List people who are important to you that you want to pray for often. Use a 3x5 card and write the information below on the front of the card.

2)Then decide if it is someone that you should pray for daily or weekly. Write on the card any special request and the date you began praying for this person. Immediate family members may have 7 prayer cards, one for each day of the week, so that you are reminded to pray for different aspects life. For example on Sunday pray for their spiritual life, Monday pray for their work life, Tuesday pray for their volunteer involvement at church, etc. This helps to keep daily prayers for significant people fresh and innovative.

3)Then drop the prayer card in the appropriate divider. Use the prayer card to track progress toward the prayer requests and date of answers. When a request is fully answered, move the card to the Answered section. This will provide encouragement when prayer time seems stale or dry.

4) Update the Prayer Box often. This could include the weekly prayer requests from the bulletin or prayer alerts you receive from prayer chains. Or you could keep blank cards with you so that when you tell someone you are paying for them, you can complete a card and place it in the box upon the next use.

Journaling

Benefits of Journaling

- Provides focus for your Spiritual Disciplines
- Enables you to listen over time
- Therapy of writing to release ideas and feelings
- Can look back and see how God answered prayers
- Capture thoughts and emotions through life transitions
- History of the impact of special events, travels, retreats

Types of Journals

- Basic Journals
- Elegant Journals
- Guided Thought journals
- BUY ONE YOU'LL USE!

How to use Journals

- Free flow of writing – don't critique, don't erase
- Write Prayer Requests, ACTS, Thoughts, Confessions, Frustrations, Scripture
- If you find yourself on a stream of thought that you don't like, don't erase, just start a new paragraph and write on a different topic
- Take time to sit quietly and see what thoughts come to you, write those
- START TODAY!

Websites

www.hem-of-his-garment-bible-study.org/Christian-prayer-journal.html

Source of the journals handed out in class

www.JournalForYou.com

www.JournalingLife.com

www.GardenOfTheHeart.com

www.theJournalingCoach.com

www.adoreHimCreations.com/art-journaling.html

Purchase Journals on line

<http://store.dayspring-store.com/books-journals.html>

Also Available at Barnes & Noble, Target, Christian Bookstores