

# THE SCHOOL-OF- PRAYER



A WHOISGRACE RESOURCE

**Prayer is worth doing regardless of how poorly we do it.** And let's be honest we're not great at it. We don't pray nearly enough. And even when we do – it often doesn't feel like our prayers are making it past the ceiling. We pray for ourselves when we should be praying for others. We do all the talking when we should be listening. We give up too easily. We pray only in emergencies. Our minds wander. We fall asleep right in the middle of it. **Yep – prayer is tough.**

But the fact remains that prayer is one of the main ways we can connect with God. Prayer is the pipeline of communication between God and those who love Him. **We won't truly grow closer to Jesus without a healthy prayer life.**

This 28-Day guided prayer booklet is meant to be a companion piece to our sermon series, "The School of Prayer." It's putting to practice some of the principles we will be talking about during the services. If you miss any sermons in the series, you can always catch up at [whoisgrace.com](http://whoisgrace.com).

## HOW TO USE THIS BOOK:

1. **Bring it with to church every Sunday.** Use the Sunday page to take notes and write down different prompts during the service, whether you are with us in-person or online.
2. **Place it somewhere you will see it every day, and use it!** Use the verses and suggestions given by our Pastors and see where it leads you. You can use the space to write, draw or even get crazy and tape/glue things on the pages. Whatever works for you! Just use it every day!
3. **Check out the Tools, Tips and Tricks at the end of the book.** This section is full of awesome hints and methods to help you along.



## GET THE MOST OUT OF THIS EXPERIENCE:

- ☐ **RESOURCES:** Check out [whoisgrace.com/SCHOOL](http://whoisgrace.com/SCHOOL) to get this book digitally, as well as other resources for prayer, including family tips and ideas!
- ☐ **"MY CHAIR" PODCAST:** Search for it on Spotify or Apple podcasts. Join Pastor Sarah as she models what a daily "chair time" with God can look like!
- ☐ **LIVE ONLINE PRAYER TIME EVERY WEDNESDAY AT NOON:** Join Pastor Scott and others on Facebook.
- ☐ **DAILY INSPIRATION on INSTAGRAM:** follow [@whoisgraceCHURCH](https://www.instagram.com/whoisgraceCHURCH) for every day reminders and graphics to inspire your prayer journey.

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*Planning on attending church in person? You can pick up a physical copy of this book at the Next Steps Center.*

WEEK 1

# PRAYING 2 EXALT GOD



Much praying is not done  
because we do not  
plan to pray.

- DA Carson



# SUNDAY TAKEAWAYS

USE THIS SPACE FOR SERMON NOTES AND ANYTHING ELSE DURING THE SERVICE THAT YOU WANT TO RECORD AND REMEMBER. LATER TODAY, TAKE 5-10 MINUTES TO REFLECT ON TODAY'S EXPERIENCE.



HERE'S A GREAT SONG TO LISTEN TO THIS WEEK:

"All Who Are Thirsty," by Brenton Brown (Vineyard Music)

## MONDAY | WEEK 1 | PRAISE THE LORD!

*"Great are the works of the Lord, studied by all who delight in them." - Ps 111:2*

Using the YouVersion Bible app or your own Bible, read through all of Psalm 111:1-10. Now, read it again and highlight or underline all the words describing the character and work of God. Use some of those words to write your own prayer of praise to the Lord.



**DON'T FORGET** to check out Pastor Sarah's "My Chair" podcast this week!! Available on Spotify and Apple.

TUESDAY | WEEK 1 | HIS NAME

God spoke to Moses and said to him, "I am the LORD [YAHWEH]." - Exodus 6:2

In the appendix of this book, you will find a list of Names of God and their scripture reference. Read through the list and choose one to find and read. Write a prayer to God using the name He has revealed.

"God, I praise You for revealing yourself to me through your name..."

## WEDNESDAY | WEEK 1 | BOW DOWN

*Oh come, let us worship and bow down; let us kneel before the LORD,  
our Maker! - Psalm 95:6*

Bowing is a posture of humility for you and extends honor towards the Lord. Begin today's time of prayer by reading Psalm 95:1-11. Then, get on your knees, bow in His presence, and pray a prayer of praise to Him.



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12:00-12:30  
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THURSDAY | WEEK 1 | A NEW SONG

*I will sing to the LORD as long as I live; I will sing praise to my God while I have being. - Psalm 104:33*

Throughout history, the people of God have raised their voices in songs of praise. Choose a favorite or try a new worship song. Close your eyes and listen to the lyrics, letting your heart and mind be moved to exalt the Lord.

[Suggested songs: O Praise the Name, Hillsong; Song in My Soul, Phil Wickham; How Great Thou Art, Shane & Shane]

FRIDAY | WEEK 1 | DECLARE HIS PRAISE

*9 I will give thanks to you, O Lord, among the peoples;*

*I will sing praises to you among the nations.*

10 For your steadfast love is great to the heavens,  
your faithfulness to the clouds.

11 Be exalted, O God, above the heavens!

*Let your glory be over all the earth!*

- Psalm 57:9-11

Go ahead and open your mouth and pray out loud today as you praise God! Then, share with a friend something you have learned about God as you have intentionally taken time to exalt His Name this week.

**SATURDAY | WEEK 1 | PRAY IT AGAIN!**

Choose a prayer prompt or method you practiced this week  
and do it again today!



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WEEK 2

# PERSISTENT IN PRAYER



Devote yourselves to prayer, being watchful and thankful.

- Colossians 4:2



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HERE'S A GREAT SONG TO LISTEN TO THIS WEEK:  
"Wonder," by Amanda Cook (Bethel Music)

## MONDAY | WEEK 2 | DAY BY DAY

*"O LORD, I cry out to you. I will keep on pleading day by day." - Psalm 88:13*

*And he told them a parable to the effect that they ought always to pray and not lose heart. - Luke 18:1*

So often, the Bible encourages us to pray consistently and persistently. But persistent prayer doesn't just happen- be intentional right now and identify a time and a place that you will regularly pray. Put it on your calendar, set an alarm, and anticipate spending good time with God every day. Today, start your prayer with praise and then take some time to be honest with God about the state of your heart and mind.

God, You are ... Today, Lord, I am feeling....



**DON'T FORGET** to check out Pastor Sarah's "My Chair" podcast this week!! Available on Spotify and Apple.

## TUESDAY | WEEK 2 | ACTS

*Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.” And he said to them, “When you pray, say:*

*"Father, hallowed be your name.*

*Your kingdom come.*

*Give us each day our daily bread,*

*and forgive us our sins,*

*for we ourselves forgive everyone who is indebted to us.*

*And lead us not into temptation.” - Luke 11:1-4*

Even when Jesus was at his busiest, He still made time to pray. And He taught His disciples to do the same. The ACTS prayer method (p.35) is modeled on the Lord's prayer. Set a timer for sixty seconds for each part of ACTS- (A)doring God for who He is and what you love about Him. (C)onfess your sins to Him and receive His forgiveness. (T)hank God for His provision and care. (S)upplication - pray for the needs in your life and the lives of those closest to you.

A-

C-

T-

S-

## WEDNESDAY | WEEK 2 | REMEMBER

*Pray without ceasing... - 1 Thessalonians 5:17*

*I will stand on the top of the hill with the staff of God in my hand. - Exodus 17:9*

Remember Moses' staff- God used it to turn into a snake, to turn the Nile to blood, to part the Red Sea. Every time Moses looked at his staff and gripped it, he was reminded of God's power. It kept his prayers focused on God. Find an ordinary object that reminds you of God's power and every time you see it remember pause to pray. Right now, pause to remember God's power in your life. Pray a prayer of thanksgiving and surrender to Him.



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THURSDAY | WEEK 2 | THANKS

*The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:5-7*

Make a list of 5 things in your life that are a source of anxiety for you. It might be a relationship or a situation at work or at home or in your neighborhood, or maybe it is an upcoming decision. Make your list and then pray according to the advice of this passage, “with thanksgiving let your requests be made known to God.” How can you give Him thanks in this circumstance? Once you have prayed for an item on your list – simply write the word PEACE over top of it, claiming the peace of God that is promised.

**FRIDAY | WEEK 2 | 3-3-3**

*So wherever you go, make disciples... - Matthew 28:19*

Jesus Christ’s final words on this earth were commissioning His followers to share the good news (the gospel) of His life, death and resurrection to all nations. And they were to do this as they were going about living, wherever they went. There are people you meet as you go about living who need this good news! Choose 3 names and commit to praying for them for 3 minutes at 3:00 today. Consider setting an alarm on your phone to make this a regular, persistent prayer habit.

**SATURDAY | WEEK 2 | PRAY IT AGAIN!**

Choose a prayer prompt or method you practiced this week and do it again today!



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WEEK 3

# Praying to Listen



We look upon prayer simply as a means of getting things for ourselves, but the biblical purpose of prayer is that we may get to know **God Himself**.

- Oswald Chambers



# SUNDAY TAKEAWAYS

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HERE'S A GREAT SONG TO LISTEN TO THIS WEEK:  
"Still" by Reuben Morgan (Hillsong Music)

## MONDAY | WEEK 3 | LISTEN

*The sheep hear his voice, and he calls his own sheep by name and leads them out. When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice. ... I am the good shepherd. - John 10:3-4, 11*

Hearing God's voice starts by acknowledging that He speaks and then intentionally listening for His voice. Ask God to speak to you today and spend 5 minutes just listening in silence. Keep a notebook nearby to write down any distracting thoughts. Don't be discouraged if you don't "hear" anything. God's voice is often subtle, not dramatic. The first step to hearing God's voice is learning to be quiet and listen.

"God, You are my Good Shepherd and I want to follow your voice today..."



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TUESDAY | WEEK 3 | THE WORD

*All Scripture is breathed out by God... - 2 Timothy 3:16*

*These things I have spoken to you while I am still with you. But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. - John 14:25-26*

Read John 14:1-31 and listen for God to speak to you through it. Ask the Holy Spirit to teach you and remind you of the truth – who God is, who you are, what obedience to Him looks like for you today. After you ask him and listen to him speak through His Word, write down anything you sense He is “bringing to your remembrance.”

“Holy Spirit, teach me today...”

## WEDNESDAY | WEEK 3 | PAUSE

*Pray without ceasing... - 1 Thessalonians 5:17*

*Be still, and know that I am God. - Psalm 46:10*

*I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. - John 15:5*

Sometimes we need to pause within the course of our day to recognize God's presence, His power, His voice. Outside of your regularly scheduled prayer time today, set an alarm or a note reminding you to pause, pray and listen for just a few minutes. [Consider trying the One Minute Pause app.]



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THURSDAY | WEEK 3 | CREATOR

*The heavens declare the glory of God;  
the skies proclaim the work of his hands.  
Day after day they pour forth speech;  
night after night they reveal knowledge.  
They have no speech, they use no words;  
no sound is heard from them.  
Yet their voice goes out into all the earth,  
their words to the ends of the world.*

- Psalm 19:1-4

*For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse. – Romans 1:20*

God is speaking to us through His creation all the time! Take 15 minutes to get outside and marvel at His creativity and power. Listen for what God is revealing to you about Himself through His creation and write it below.

FRIDAY | WEEK 3 | GUIDANCE

*If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. - James 1:5*

*He leads the humble in what is right, and teaches the humble his way - Ps 25:9*

What challenging situation or decision are you facing? Today, ask God for wisdom and direction. Ask Him to guide you to His will – to show you what it looks like for you to honor and please Him. Pray humbly with your hands open as a symbol of humbly receiving from God. After asking, spend 10 minutes listening for His voice and guidance from the Holy Spirit. Write down what is in your head and your heart as you listen. Return to the page later in the day and ask the Spirit to continue to lead you. (This may be a good day to try fasting. Spend time listening to God in prayer when you would normally be eating – or whatever activity you are fasting from.)

"God, I need your wisdom..."

**SATURDAY | WEEK 3 | PRAY IT AGAIN!**

Choose a prayer prompt or method you practiced this week  
and do it again today!



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WEEK 4

# PRAYING 4 PEOPLE



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Philippians 4:6-7



# SUNDAY TAKEAWAYS

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HERE'S A GREAT SONG TO LISTEN TO THIS WEEK:

"What a Friend We Have in Jesus" by Joseph M. Scriven

## MONDAY | WEEK 4

*And so, from the day we heard, we have not ceased to pray for you...*

*– Colossians 1:9*

Read the rest of Paul's prayer for his friends in Colossians 1:9-12. Think of 5-10 people in your life that you'd like to pray for. Write down their names and then go back to Paul's praying, inserting their names into the beginning of each phrase and committing them to the Lord. You may want to use photos in a prominent place as a reminder to pray regularly for these people. Continue to add names and photos as God leads you to additional people.



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**TUESDAY | WEEK 4**

*But seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare. - Jeremiah 29:7*

This verse in Jeremiah seems to indicate that we will do well when the place we live does well. So we need to pray for the well-being of the place we live—our local community, our state, our country. Pray for the leaders, the prevailing issues, and the people affected by the news in the place we live. At some point today as you're out and about consider a 10 minute prayer walk around your local neighborhood. Pray for the needs of the community and for the schools, shops, service agencies, and businesses.

"God, help me to see what you see..."

**BONUS!** Be on the lookout for opportunities for on-the-spot-prayers. That is, as you go about your day and the situation presents itself, ask someone if you can pray for them ... and then do it! Right there – out loud - on the spot! You'll be amazed how many people will accept and how many people will be in tears when you say “amen.”



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WEDNESDAY | WEEK 4

*...and pray also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel. - Ephesians 6:19*

Today, take some time to pray boldness over the local and global church. Pray for pastors, elders, church leaders, volunteers, missionaries, members of the persecuted church, and the members of local churches. Pray that they would be bold as they share the good news of Jesus Christ.

(Find Grace’s staff and elders under the “About Us” section at [whoisgrace.com](http://whoisgrace.com). Global and local missionary partners are under the “Missions” section).



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THURSDAY | WEEK 4

*On the day I called, you answered me; my strength of soul you increased.*

-Psalm 138:3

*"...In the world you will have tribulation. But take heart; I have overcome the world." -John 16:33*

You know someone who is carrying a heavy burden- grief, worry, fear, anger, brokenness, etc. When they feel overcome by their circumstances, your prayers for them are the words they are unable to speak. Read Psalm 3 and then get on your knees and bring their need to the Lord.

## FRIDAY | WEEK 4

*You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven. – Matthew 5:43-45*

This is a difficult one. Christians are not only called to pray for the people that they like, but to pray for those who persecute us. Who in your life has insulted you, opposed you, annoyed you or has hurt you? These are the very people you are called to pray for even though it is hard. Use the ACTS model (page 35) to guide you as you pray and when you get to 'supplication' – spend that time praying God's best for those who have hurt you.

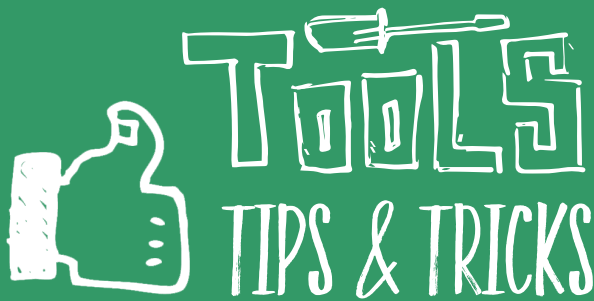
**SATURDAY | WEEK 4 | PRAY IT AGAIN!**

Choose a prayer prompt or method you practiced this week and do it again today! Then, take some time to reflect below on what you have learned this month.

**ANSWERS TO PRAYER:**

**THINGS TO CONTINUE TO PRAY FOR:**

**THINGS GOD HAS TAUGHT ME:**



# TOOLS

## TIPS & TRICKS

### NAMES OF GOD:

EL SHADDAI.....	Lord God Almighty	(Genesis 17:1-8)
ABBA.....	Father	(Galatians 4:4-7)
EL ELYON.....	The Most High God	(Genesis 14:22)
ELOHIM.....	The Creator	(Genesis 1)
YAHWEH RAPHA.....	The Lord Our Healer	(Exodus 15:22-26)
YAHWEH SHAMMAH.....	The Lord is There	(Ezekiel 48:35)
ADONAI.....	Lord and Master	(Psalm 16:1-2)
YAHWEH YIREH.....	The Lord will Provide	(Genesis 22:1-14)
EL ROI.....	The God who Sees	(Genesis 16:1-16)
EL OLAM.....	The Everlasting God	(Isaiah 40:9-31)
YAHWEH SHALOM.....	The Lord our Peace	(Judges 6:23-24)
YAHWEH SABAOth.....	The Lord of Hosts	(Jeremiah 33:6-12)
YAHWEH RAAH.....	The Lord my Shepherd	(Psalm 23)
YAHWEH NISSI.....	The Lord my Banner	(Exodus 17:8-16)
YAHWEH MEKODDISHKEM.	The Lord Who Sanctifies You	(Exodus 31:12-13)

### A.C.T.S. MODEL

**Adoration (Praise):** We should not approach God immediately making requests, but our prayers should begin with adoration and praise. Begin by acknowledging who God is and naming some of His character qualities that you appreciate.

**Confession:** After remembering who God is, it is important to confess who you are. Start by acknowledging your specific failures but also simply confess your total dependence upon Him.

**Thanksgiving:** Think of the blessings God has given you: your salvation, your families, your friends, your material possessions, etc. But also thank God for the trials and difficulties you face.

**Supplication (Requests):** Finally it is important to bring God your requests. What are the circumstances, the people, or the needs that you want to bring to God? Do your best to agree with God by trying to understand His will in certain circumstances or people.



## HOW TO MAKE TIME FOR PRAYER:

- » **Make an appointment with God.** Prioritize time with God in your calendar.
- » **Find a place to consistently pray.** We often say “find your chair,” and imagine that God is there in that place waiting to meet with you.
- » **Use screen time.** The average American spends 7.4 hours PER DAY looking at a screen (TV, computer, phone, tablet). Erase some of that screen time to meet with God in prayer.
- » **Use travel time.** When you’re driving, instead of listening to music, a podcast, or talking on the phone, use that time to talk to God.

## SIXTY60

This is a great way to get into the habit of praying as you go throughout your day. Set an alarm to go off every sixty minutes on your phone or watch. When you hear the alarm, begin to pray, for at least 60 seconds, no matter what you’re doing. It can be as simple as praying in your head during a meeting and as much as kneeling on the floor.



*AMEN means “let it be so,” “truth,” and/or “certainty.” It is an expression of agreement or consent, and is also used as a solemn expression of belief or affirmation.*

## USE COMMON DAILY OBJECTS AS PRAYER REMINDERS

- » **Alarm Clock:** When the alarm goes off drop to your knees and pray Psalm 118. “This is the day the LORD has made; I will rejoice and be glad in it,” and thank God for another day to be alive.
- » **Soap/Toothbrush:** While you’re brushing your teeth, washing your face, or taking a shower, invite the Spirit of God to cleanse your soul.
- » **Daily Schedule:** Let each scheduled appointment or reminder on your phone be an opportunity to invite Christ into that moment or meeting.
- » **Car Keys:** Maybe your car ride is an opportunity to be quiet and talk to God, or a chance to play worship music instead of talk radio. How could you make your car a house of prayer?
- » **Cell Phone:** Let this represent your relationships. Approach each call or text as an opportunity for you to be Jesus to the person on the other end.
- » **Newspaper/Newsfeed:** Wherever and whenever you get your news - it’s an opportunity to invite the God of the Universe into the affairs of this world.
- » **Pillow:** While you sleep, God is still running the world. God does not sleep, and God gets along just fine without you. Let your pillow remind you to give God the stress of your day because God is in control.

## SIMPLE PRAYER

Simple prayer basically amounts to praying whatever is on your mind not what you wish was on your mind. No fancy language...just talking to God with regular words about your regular life. Here are a few tips to help with simple prayer.

- » **Pray out loud:** God is the only person we try to address in our heads; so we don't have much practice speaking this way. So just talk to Him out loud.
- » **Use normal words:** Many people try to pray using big words or unusual inflections. Just talk to God like you're talking to a friend. Be casual but respectful. Be honest and be yourself – He's the One who made you after all.
- » **Follow your mental wanderings:** If your thoughts wander to other things while you're praying, don't be discouraged. Maybe they're wandering to the things God actually wants you to pray about. Follow them wherever they lead and lift them up to God.

## SMART PHONE APPS/ONLINE PRAYER TOOLS

- » One Minute Pause
- » Echo: [new.echoprayer.com](http://new.echoprayer.com)
- » Prayer Notes



## PODCASTS:

- » Pray the Word with David Platt
- » My Chair, Season 2, with Pastor Sarah Burt
- » Whoisgrace Weekly, with various Grace Staff

## AMAZING BOOKS ON PRAYER:

- » Prayer: Experiencing Awe and Intimacy with God – Timothy Keller
- » Prayers for Your Children - James Banks
- » Praying Together - Megan Hill
- » The Circle Maker – Mark Batterson
- » Prayer in the Night - Tish Harrison Warren
- » Confessions of a Prayer Slacker - Diane Moody
- » Experiencing Prayer with Jesus - Henry Blackaby
- » Praying with Paul - D.A. Carson
- » The Divine Hours - Phyllis Tickle
- » Dangerous Prayers - Craig Groeschel
- » With Christ in the School of Prayer – Andrew Murray

# PRAYER POSTURES



## HANDS RAISED

*gives God praise and appeals  
for His blessing.*

**IN THE BIBLE:** 1 Timothy 2:1-8



## KNEELING

*acknowledges that God is the  
king and we must subject our  
will to His will.*

**IN THE BIBLE:** Psalm 95:6



## HANDS OPEN

*demonstrates a willingness  
to receive all that God has.*



## PROSTRATE

*demonstrates total humility  
and unworthiness before God.*

**IN THE BIBLE:** Gen. 17:1-22



## BOWING

*is a sign of reverence and an  
expression of worship*

**IN THE BIBLE:** Genesis 24:52



## LAYING HANDS ON PEOPLE OR OBJECTS

*invokes the presence and  
power of God for healing  
and authority.*

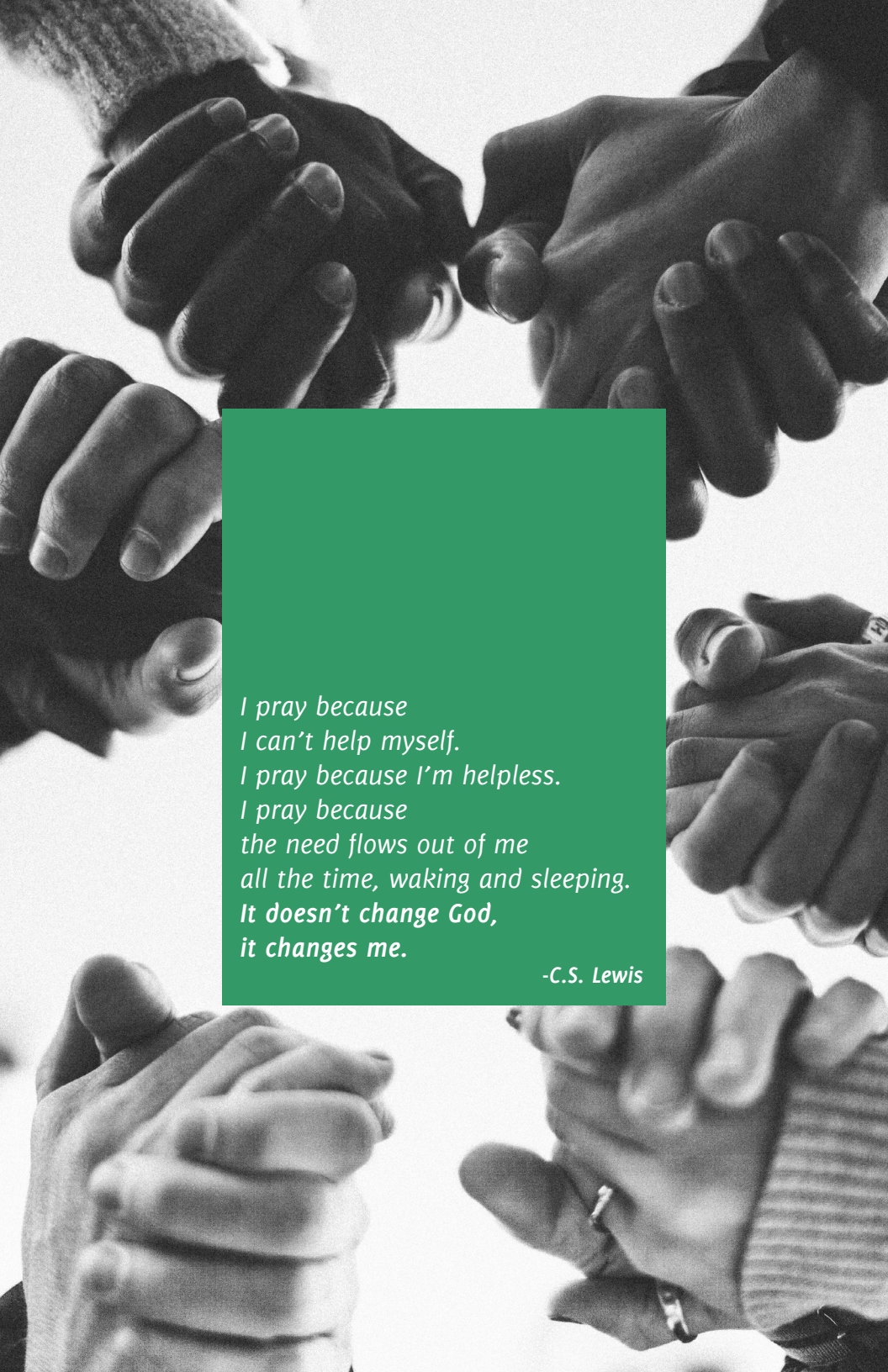
**IN THE BIBLE:** Acts 13:3; 28:8



## WALKING WITH EYES OPEN

*Use all of your senses for an  
increased focus and  
understanding of prayer needs.*

**THIS BOOK BELONGS TO:**



*I pray because  
I can't help myself.  
I pray because I'm helpless.  
I pray because  
the need flows out of me  
all the time, waking and sleeping.  
It doesn't change God,  
it changes me.*

*-C.S. Lewis*