



MANDALA

ADULT GUIDE TO 30 MINUTES OF PRAYER

Pray each section for two and a half minutes and that will lead you through half an hour. If you find yourself wanting to spend more time, please continue praying! Praying each section for five minutes will give you one hour.

Praise

Call out to God. Praise Him for creation. Think about His love and wisdom and praise Him. “Enter His gates with thanksgiving, and His courts with praise. Give thanks to Him, bless His name.” Psalm 100:4

Read Scripture

Read or quote a psalm of praise to the Lord. Pray through a psalm. Ask God to give you understanding as you read His Word. Let the Scriptures fill your mind and impact your heart. “All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good.” II Timothy 3:16–17

Meditate on God’s Word

Take time to meditate on the Scripture you have just read or on other passages that come to mind. “I treasure your word in my heart.” Psalm 119:11.

Confess

Evaluate specific attitudes, thoughts, words, and actions that God brings to mind as you come before His throne of grace. Confess your sins to God and humbly ask for His forgiveness and cleansing. “If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.” I John 1:9

**“CALL
ON
YOUR
GOD.”**

JONAH 1:6

**“ALWAYS
PRAY
AND
DON’T
GIVE
UP.”**

LUKE 18:1

Intercede

Appeal to the Lord on behalf of others. Pray for renewal in the hearts of believers. Pray diligently for the needs that come to mind. “First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for everyone.” I Timothy 2:1

“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.” Romans 8:26

Listen

Quiet your heart and be still before God. Ask God to speak to you through His Word. Listen. “Ascribe to the LORD the glory of His name; worship the LORD in holy splendor....the voice of the LORD is powerful; the voice of the LORD is full of majesty.” Psalm 29:2, 4

Record your prayers and insights

Keep a prayer journal. Write out prayers of worship, intercession, and petition. Write down the insights and direction God gives to you during your prayer time. “You are my dwelling place..” Psalm 90

Petition for daily needs

Share your personal requests with God. “Do not worry 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 4:6–7

Pray for family

Pray for your family. Pray for families in general. Ask the Lord to strengthen marriages and uphold family relationships. “How very good and pleasant it is when kindred live together in unity!” Psalm 133:1

Pray for the Church

Pray for Athens First United Methodist church and all who seek to know the Lord there, for our church leaders, and for the universal Body of Christ. “For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ... Now you are the body of Christ and individually members of it.” I Corinthians 12:12, 27

Pray for government leaders

Pray that God will give our leaders wisdom and understanding. Pray for local, national, and international concerns. “...we have not ceased praying for you and asking that you may be filled with the knowledge of God’s will in all spiritual wisdom and understanding...” Colossians 1:9

Give thanks

Think about the good gifts God has given you and express your gratitude for His care and provision. Praise God for all that He has done and for all that He will do. “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:18

Creative ways to pray

Prayer via text. Instead of simply telling someone that you are praying for them, text them your prayer. Writing out your prayers is a great way to stay focused, and in the future you can look back and see how God has answered your prayers. Additionally, this gives added comfort to the person you are praying for. If your not into writing but still have trouble getting your to do list out of your head during prayer, try a prayer mandala. While in prayer, color in the patterns of the mandala. You can even use it to track the time. You can divided the mandala into fourths and dedicate each quarter to a different prayer focus.

