

YOUTH GUIDE TO 30 MINUTES OF PRAYER

Pray each section for two and a half minutes and that will lead you though half an hour. You might enjoy praying with a friend. If you find yourself wanting to spend more time, please continue praying.

Share with God

Call out to God and tell him your Pows [stuff that hurts]. Tell him your Wows [stuff you are glad about]. 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 the Bible

Look up Psalm 8 and read it. Ask God to give you understanding as you read His Word. Look up Psalm 23 and read it. Let the Scriptures fill your mind and impact your heart. “Thy word is a lamp unto my feet” Psalm 119

Be still and quiet

Take a deep breath and relax. Open your hands and close your eyes. If that becomes difficult, draw a picture of a cross or read the words of a favorite Christian hymn or song. Write out Scripture you have just read and think about it. “I treasure your word in my heart.” Psalm 119:11.

Name your mistakes

We know we make mistakes. It helps our hearts to come clean about it when we pray. Think about attitudes, thoughts, words, and actions that God brings to mind and lay them down at the foot of the cross. Confess your sins to God and humbly ask for His forgiveness and cleansing. Open your hands and think about receiving the grace of God. “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

**“CAST
YOUR
CARES
ON THE
LORD.”
PSALM 55:22**

Pray for others

Write down or say out loud the names of people you want to pray for. If you are uncertain, begin with people you know who are having a problem, lifting up family members or friends and others who are sick. “...I urge that supplications, prayers, intercessions, and thanksgivings be made for everyone.” I Timothy 2:1 Don’t worry if you have trouble finding the words: “...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 again 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

Write down your prayers and insights

Keep a prayer journal. Write out how you love God, and your prayers for others. Write down any insights and direction God gives to you during your prayer time. “You are my dwelling place.” Psalm 90

Share your personal requests with God

Think about your daily needs. “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 EACH OTHER.”

JAMES 5:16

Pray for government leaders

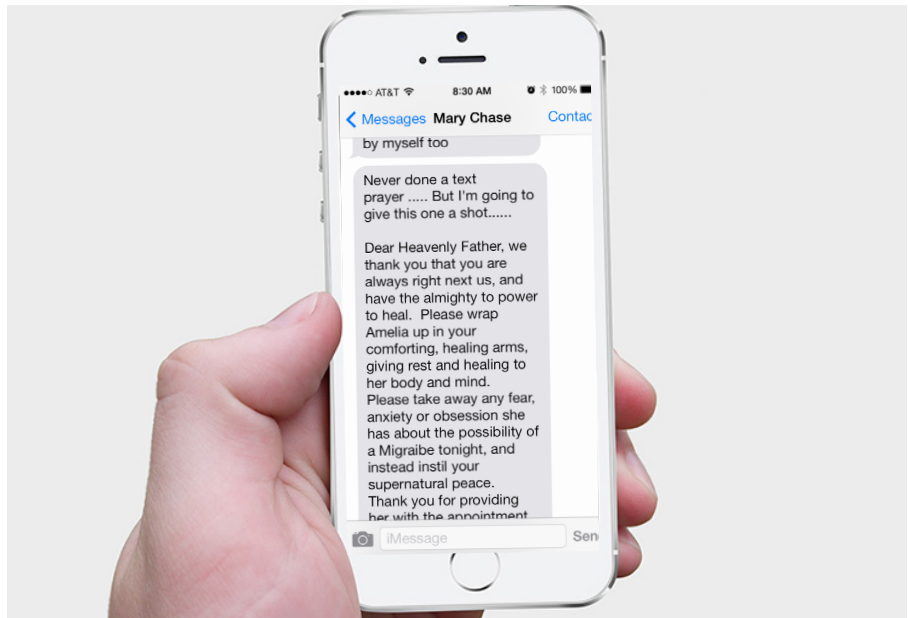
Pray that God will give our leaders wisdom and understanding. Pray for local, national, and international concerns. “...we have not ceased praying for you and asking that you may be filled with the knowledge of God’s will in all spiritual wisdom and understanding...” Colossians 1:9

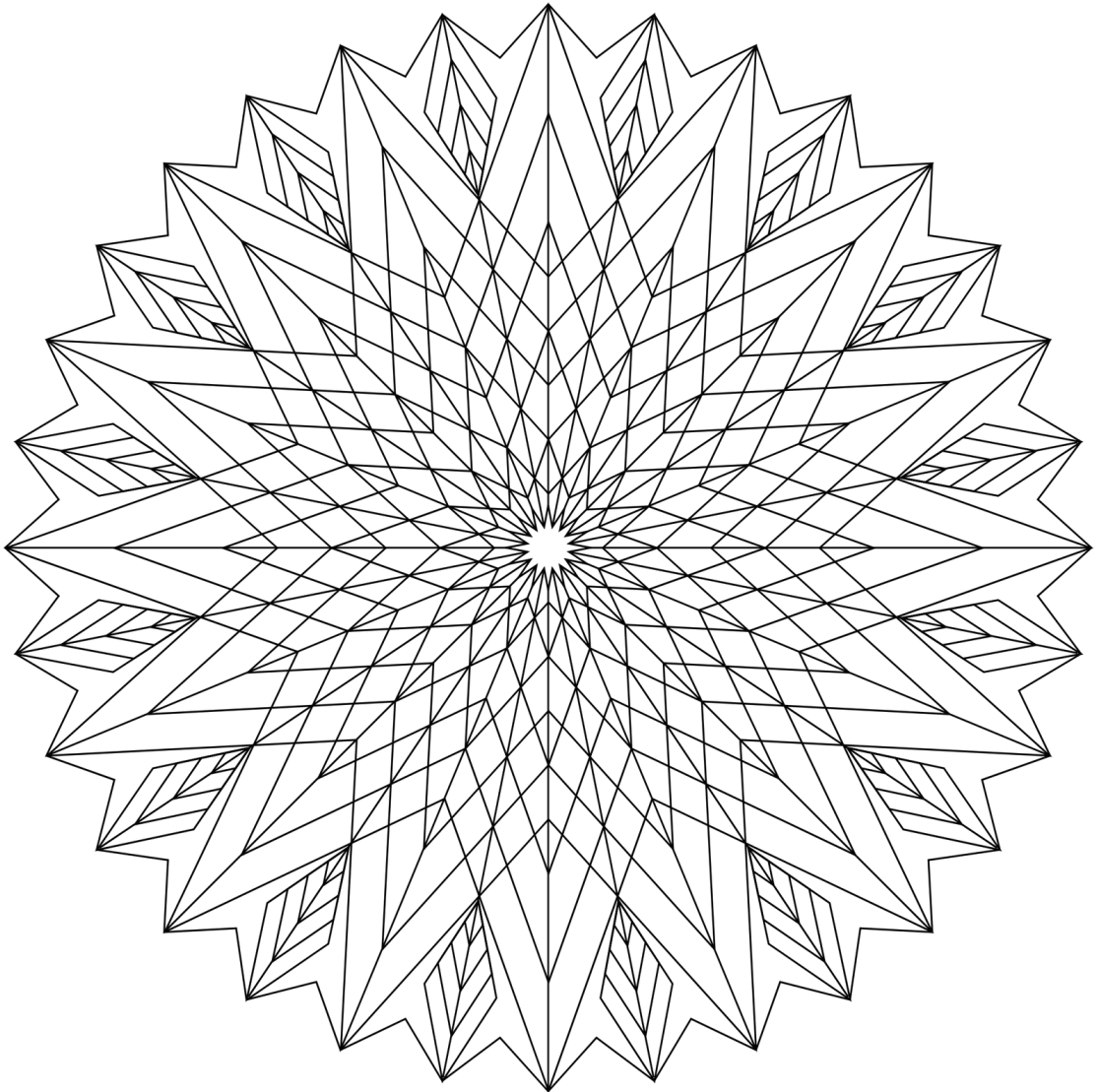
Give thanks

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.





MANDALA