

Prayer Tools

Prayer is one of the ways we deepen our relationship with God. We pray because God has commanded it (Philippians 4:6-7) and He promises to answer our prayer. The heart of prayer is entering into the presence of God in faith that He hears and love us. Reformed theologian A.W. Pink said, "Prayer is not so much an act as it is an attitude—an attitude of dependency, dependency upon God." The Bible exhorts us to "pray without ceasing" (1 Thessalonians 5:17). Paul is not referring here to non-stop talking, but rather to an attitude of God-consciousness and God-surrender that we carry with us all the time. Every waking moment is to be lived in an awareness that God is with us and that He is actively involved and engaged in our thoughts and actions. Prayer helps us in this endeavour of maintaining an intimate relationship with God.

The following tools will help you begin to develop a vibrant life of prayer. Start with the first introductory tool and proceed through the rest, or start at any level. Be sure to discuss your learnings and questions with at least 1-2 friends and seek to grow together in prayer.

Level 1

Option 1

Read through Chapter 3, "Developing My Relationship with God", in the 1-1 Discipleship – Disciple's Workbook binder, and discuss with your friends. Begin to use what you learned to have a quiet time with God.

<http://www.cschurch.ca/mediafiles/toolboxchapter311discipleship.pdf>

Option 2

Read the booklet Jesus' Blueprint for Prayer by Haddon Robinson by downloading it in PDF format for free from this link:

<http://discoveryseries.org/discovery-series/jesus-blueprint-for-prayer/>

Level 2

Option 1

Read the book Prayer: Does it Make Any Difference? by Philip Yancey with a few other Christian friends. Meet as a group and discuss the question, "Why is prayer so fundamental to the Christian life?"

Option 2

Listen to the three-part sermon "Just Pray Anyways" by Pastor Henry Schorr preached at Centre Street Church in September, 2003 (available in the Appleseed). Jot down some lessons that you have learned about prayer through these sermons and share them with a new believer to encourage that person in his/her prayer life.

* Most resources are available through the Appleseed Resource Centre (library or bookstore).

Level 3

Register for the free online course “Foundations of Spiritual Formation II: The Discipline of Life” taught by Dr. Gordon T. Smith, President of Resource Leadership International. This course explores the meaning of biblical Christianity and its relation to faith and practice, giving special attention to spiritual formation through prayer, meditation and personal disciplines. You can access it at this link:

<http://christiancourses.com/courses/sf508-foundations-of-spiritual-formation-ii-the-disciplines-of-life/>

Going Deeper Resources

Too Busy Not to Pray by Bill Hybels (especially chapters 4-7)

Praying God’s Word: Break Free from Spiritual Strongholds by Beth Moore

Lord, Teach Me to Pray in 28 Days by Kay Arthur

Prayer: A Holy Occupation by Oswald Chambers

The Complete Works of E.M. Bounds on Prayer by Baker Books, 2004 (a compilation of eight classic works on prayer by this great author)