



PRAYING GUIDE





INTRODUCTION

Hello friend,

Prayer is the key that unlocks the door to our faith journey. It is a powerful and intimate way to connect with God, seek guidance, and nurture our faith. This prayer guide is designed to inspire, encourage, and provide structure for your conversations with God, whether you are a seasoned prayer warrior or just beginning your journey.

Inside, you'll find traditional prayers, scriptures, models of prayer, and other information to help center your heart, deepen your spiritual focus, and draw closer to God's presence. Let this guide be a companion as you cultivate a rhythm of prayer and invite God into every moment of your life.

- Asbury Discipleship Team

A decorative header at the top of the page featuring a repeating pattern of white and light blue geometric shapes, including squares, circles, and L-shapes, set against a dark blue background.

According to Jesus' life and teaching, prayer is:

- Both public and private
- Both prescribed and spontaneous
- Includes fasting as a way to focus on God

Every Christian needs to have a private prayer life with God and needs to be equipped to lead others in public prayer. This book is designed to help you in your private prayer life and provide guidance to help you feel confident praying in public for important occasions.

This book contains some of the greatest prescribed prayers from the Christian tradition, including the Lord's Prayer, The Prayer of St. Francis, The Wesleyan Covenant Prayer, and The Serenity Prayer. It also contains the ACTS model of prayer to help give structure and confidence to your spontaneous prayers.

The word "PRAY" is written in a large, stylized, brush-stroke font. The letters are primarily white with light blue and yellow-green highlights, giving it a textured, artistic appearance. It is centered on the page.

PRAY

THE LORD'S PRAYER



The Lord's Prayer is a familiar prayer in Christianity.. This prayer is found in two locations in scripture: Matthew 6:9-13 and Luke 11:2-4. The Matthew version is the one that most closely resembles the version prayed in churches. The prayer resembles a traditional Jewish prayer in structure and language: acknowledging God's character, praising, petitioning, and expressing desire for the kingdom of God. We pray this prayer collectively and individually.

THE LORD'S PRAYER

**Our Father who art in heaven,
hallowed be thy name.**

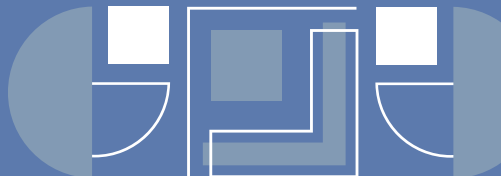
Thy kingdom come.

**Thy will be done
on earth as it is in heaven.**

**Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.**

**For thine is the kingdom and the power, and the glory,
forever and ever.**

Amen.





THE PRAYER OF ST. FRANCIS

Ironically, the St. Francis Prayer was not written by St. Francis. The St. Francis Prayer was first published in a small spiritual magazine in 1912 in France. The prayer would make its way to Pope XV in 1915. The prayer circulated in Europe over the years before being translated to English in 1936. Though St. Francis himself did not write the prayer, the words and implications align with the words and actions of St. Francis. The prayer powerfully expresses loving others. In the recovery community, the St. Francis Prayer is known as the 11th Step prayer

THE PRAYER OF ST. FRANCIS

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life. Amen.



THE WESLEYAN COVENANT PRAYER

The Wesleyan Covenant Prayer finds its roots in a book written by a Puritan in 1663. John Wesley, founder of the Methodist Movement, included this book in his "A Christian Library" in 1753. Two years later, Wesley incorporated a chapter into a service known as a covenant service. The prayer from this service has become known as the Wesleyan Covenant Prayer. This prayer is often used at services at the beginning of the year, but the prayer has application 365 days a year.

WESLEYAN COVENANT PRAYER

I am no longer my own, but thine.

Put me to what thou wilt, rank me with whom thou wilt.

Put me to doing, put me to suffering.

**Let me be employed by thee or laid aside for thee,
exalted for thee or brought low for thee.**


Let me be full, let me be empty.

Let me have all things, let me have nothing.

**I freely and heartily yield all things
to thy pleasure and disposal.**

**And now, O glorious and blessed God,
Father, Son, and Holy Spirit,
thou art mine, and I am thine. So be it.**

**And the covenant which I have made on earth, let it be
ratified in heaven. Amen.**



THE SERENITY PRAYER

The Serenity Prayer is a familiar prayer to many. The prayer is often attributed to theologian Reinhold Niebuhr. It is believed that the first time the prayer was spoken was in a sermon shared by Reinhold Niebuhr, likely in the 1930s. The prayer became part of the culture of Alcoholics Anonymous in 1941. Some believe the origins of the prayer reaches back into ancient Greek sources. The prayer speaks of basic tenants of living life dependent of God and surrendering ourselves.

SERENITY PRAYER

God, give us grace to accept with serenity the things that
cannot be changed,

Courage to change the things which should be changed,
and the Wisdom to distinguish the one from the other.

Living one day at a time,

Enjoying one moment at a time,

Accepting hardship as a pathway to peace,

Taking, as Jesus did, this sinful world as it is, not as I would
have it.

Trusting that You will make all things right, if I surrender to
Your will,

So that I may be reasonably happy in this life,

And supremely happy with You forever in the next. Amen.



THE ACTS MODEL OF PRAYER



The ACTS model for spontaneous prayer has helped millions of Christians learn to talk to God personally and publicly about the events of everyday life.

- A Adoration** – Begin by thanking God for God's goodness and faithfulness.
- C Confession** – Confess your sins to God and ask God to forgive you and to help you forgive others.
- T Thanksgiving** - Give God thanks for God's mercy and the blessings He provides. Acknowledge that every good gift comes from God.
- S Supplication** - Ask God to provide the things you need and lift up the needs of others.





PUBLIC PRAYER

FOR IMPORTANT LIFE EVENTS

Praying with others about important life events often leads to a real experience of God's presence and goodness. Here are some ideas about how you can pray with and for others during important moments.

MEALS – Thank God for the food and for those who have provided and prepared the meal. Ask God to use the food to nourish your bodies and to give you strength to serve Christ.

CELEBRATIONS – Thank God for the occasion. Ask God to help you use your blessings to bless others.

TIMES OF NEED – Share the need with God. Thank God that God already knows the need and is at work to bless those in need.

ILLNESS/INJURY – Pray for God to strengthen and heal the body and the spirit of the sick or injured person. Pray for wisdom when making medical decisions, perseverance when exhausted, and comfort when facing pain.

FACING DEATH – Ask God to give peace to the patient and comfort to their loved ones. Thank God for Jesus' victory over death and the promise that words cannot describe the glory of heaven.

GRIEF/LOSS – Acknowledge to God the pain of loss. Ask God to comfort and heal.



FASTING

Prayerful fasting is not about weight loss or willpower. It's about increasing your attentiveness to God. Jesus explicitly taught his followers to fast.

John Wesley, the founder of the Methodist movement, encouraged Methodists to fast from sundown Thursday night until 3pm on Friday. The hours of this fast roughly correspond to Jesus' hours (9AM-3PM) undergoing his arrest and trial (Thursday night & early Friday morning) and crucifixion (Friday, 9am-3pm).

If you'd like to practice prayerful fasting, we recommend following these guidelines.

- 1) **Consider medical issues** – Do not fast if you have a medical condition or lifestyle demand which would make fasting harmful to your wellbeing.
- 2) **Start small** – Begin with skipping one meal. Do not try an extended fast until you have experience with smaller fasts.
- 3) **Incorporate Bible Reading and Prayer** – Consider using the time you would have spent eating to read your Bible and pray. Remember fasting is not about dieting, it is about seeking God.



PRAYER REQUEST

**My heart has heard you say, “Come and talk with me.”
And my heart responds, “Lord, I am coming.”**

-Psalm 27:8 (NLT)

- Would you like a member of our team to pray with you?
- Would you like to raise a prayer concern to be lifted in prayer by our congregation?

Submit your prayer request at
<https://asburylife.org/congregational-care>

How can we pray for you today?

JESUS' WORDS & ACTIONS ON PRAYER

PRINCIPLES & PLAN OF PRAYER

Matthew 6:5-14 (NIV)

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

"This, then, is how you should pray:

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

POSTURE OF PRAYER

Luke 18:39-46 (NIV)

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him.

And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."

PERSEVERANCE OF PRAYER

Matthew 7:7-11

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

"Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? 11 If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!



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