

# Set Time to Pray!

Communicating with God and Hearing from God!

Written by: Melisa Ferreira

## GOD LOVES HEARING FROM US!

Does anyone become happy to hear from the people they love? I can raise my hand in response to that question and say "I sure am delighted to hear from the people I love." We all become glad to hear from the people we love! We need to recognise that God feels the same way about us. God loves hearing from His children when things are going well, including when things seem challenging. As children of God, we are called to communicate with our Father in Heaven. We are called to build a relationship with God. This relationship is one where you can feel sincerely loved, genuinely cared for and absolutely secure in!



## LISTEN TO WHAT GOD IS SPEAKING!

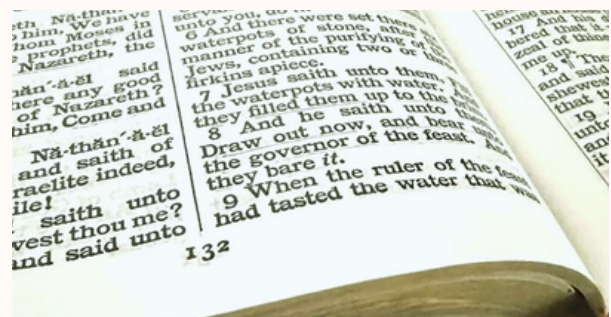
We may not hear God's voice because we don't take the time to listen. We may be way too busy listening to every other voice except the voice of God. Take some quiet time after you pray to hear what God is saying. God may speak with you through the Bible, including through His sweet Holy Spirit or even through a brother or sister in Christ. God is speaking. The question is – are we listening?

*Read these Bible verses: 1 Kings 19:11-14! God often speaks with us through His "still small voice," but we need to take a break from all the sound around us to hear God's voice clearly.*

## GIVE IT ALL TO GOD IN PRAYER!

You can bring a heart of gratitude to God in prayer. You can tell the Lord what you're thankful for. Don't forget to remember the little things that are going well for you. The little things in life are as significant as the big things in life. Let's be a good steward of everything God has given us, and let's place value on both the big and little things! (Psalms 100:4)

You can tell God about how you feel physically or emotionally. God knows we are weak, but God promises to be our ultimate strength (Psalm 28:7). You can present your requests and needs to God. He is more than delighted to guide your path and to give you what's best for you in every endeavour of your life. (Philippians 4:6-7).



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# God will Speak!

Bible Verses that Present how God Speaks!

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## **GOD SPEAKS THROUGH HIS PRECIOUS WORD (THE BIBLE)!**

“Thy word is a lamp unto my feet, And a light unto my path.” (KJV)

Psalms 119:105

## **GOD SPEAKS THROUGH HIS HOLY SPIRIT!**

“Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.” (KJV) John 16:13

## **GOD SPEAKS IN THE CALM - WITH HIS STILL SMALL VOICE!**

“And he said, Go forth, and stand upon the mount before the Lord. And, behold, the Lord passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the Lord; but the Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake: And after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice. And it was so, when Elijah heard it, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, there came a voice unto him, and said, What doest thou here, Elijah?” (KJV)

1 Kings 19:11-14

***Turn to Page 3 to read an example of how God  
can speak with us through  
His children.***



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## GOD SPEAKS THROUGH HIS CHILDREN!

Now there was a certain disciple at Damascus named Ananias; and to him the Lord said in a vision, "Ananias." And he said, "Here I am, Lord." So the Lord said to him, "Arise and go to the street called Straight, and inquire at the house of Judas for one called Saul of Tarsus, for behold, he is praying. And in a vision he has seen a man named Ananias coming in and putting his hand on him, so that he might receive his sight."

Then Ananias answered, "Lord, I have heard from many about this man, how much had he done to Your saints in Jerusalem. And here he has authority from the chief priests to bind all who call on Your name."

But the Lord said to him, "Go, for he is a chosen vessel of Mine to bear My name before Gentiles, kings, and the children of Israel. For I will show him how many things he must suffer for My name's sake."

And Ananias went his way and entered the house; and laying his hands on him he said, "Brother Saul, the Lord Jesus, who appeared to you on the road as you came, has sent me that you may receive your sight and be filled with the Holy Spirit." Immediately there fell from his eyes something like scales, and he received his sight at once; and he arose and was baptized. (NKJV)

Acts 9:10-19

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**Turn to Page 4 to view a Timetable to support  
you to set time for prayer!**



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# *A Timetable to Pray!*

*Set Time to Pray!*

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Prayer does not always need to be structured, however if you're finding it challenging to spend time in prayer with the Lord, this timetable may support you to set a consistent time for prayer and for reading the Scripture each day!

Note: Even though this structure is aimed for your morning time in prayer, I would totally encourage you to spend time in prayer before you sleep too. It will support you to start your day and to conclude your day in the right way. Don't forget that God hears your smallest whispers too. So call upon Him any time of the day and He will always step in to help you.

Spending One Hour in Prayer and Reading the Bible may look like this:

*NOTE: Remove the distractions!  
Yes, that means even your phone if it's getting in the way!*

**5 Minutes:** Pray and ask God to help you understand His Word (The Bible)

**20 Minutes:** Read the Bible (Either a Passage or a Whole Chapter)

**10 Minutes:** Meditate on what the Scripture means. Keep context in mind. You can even write notes in a Journal regarding what God has spoken.

**20 Minutes:** Spend time in Prayer. Tell God what you're grateful for. Make your requests known to God and give Him your burdens.

**5 Minutes:** Listen to what God is speaking.



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Remember your quality of time in prayer is more important than the quantity of time you spend in prayer. It is most important that you approach your time of prayer, including the reading of the Scriptures with a genuine heart. Sometimes setting more time to pray and read the Bible may be important because we may feel more relaxed to rest in God's presence, instead of rushing through our prayers.

Note: Even though this structure is aimed for your morning time in prayer, I would totally encourage you to spend time in prayer before you sleep too. It will support you to start your day and to conclude your day the right way. Don't forget that God hears your smallest whispers too. So call upon Him any time of the day and He will always step in to help you.

Spending 30 Minutes in Prayer and Reading the Bible may look like this:

**NOTE: Remove the distractions!**

**Yes, that means even your phone if it's getting in the way!**

**2 Minutes:** Pray and ask God to help you understand His Word (The Bible)

**10 Minutes:** Read the Bible (Either a Passage or a Whole Chapter)

**5 Minutes:** Meditate on what the Scripture means. Keep context in mind. You can even write notes in a Journal regarding what God has spoken.

**10 Minutes:** Spend time in Prayer. Tell God what you're grateful for. Make your requests known to God and give Him your burdens.

**3 Minutes:** Listen to what God is speaking.

