

Prayer@1st presents

# *A Guide to Pray Creatively and Purposefully*

*During these unknown times we are facing, prayer is key in staying connected to our God who does know what we are going through and who is in control. The idea behind this guide is to be creative and purposeful in developing or strengthening our prayer life during these times. The ideas in this guide can be used by any age group, as an adult, youth, or kids group at church, or by families while at home.*

## **Prayer Room or Space**

Set up a small room, closet, or corner in a particular room as an area of prayer. Utilize your favorite scriptures, prayer guides, prayer lists in this space as you pray. Set a specific time of day to pray in this area. Churches may create prayer rooms for their members to use individually or as a small group. Families can design a prayer area or space in their home.

## **Prayer Walk**

Prayer walks are about covering your community, neighborhood, or church in prayer. As you walk around your town, pray for God's will to be done in the lives of the community and your church families. Pray for believers as well as the lost. Pray for specific individual, community, or church ministry needs as you become aware.

## **Prayer Partners of Two or Three**

This idea is based on Matthew 18: 19-20; "Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them." Pray weekly with two or three individuals of your own family or from your church family. Pray on a three-way phone call, Facetime, or on the new ZOOM Meeting app. Discuss current prayer needs and pray God's word over these needs.

## **Prayer Guardian**

If you know a child or senior adult that is struggling specifically with such things as a chronic illness, homelessness, finances, physical or emotional needs, depression, loneliness, etc. Commit to pray for that child or senior adult boldly, fervently, specifically, and daily. You may contact your pastor, prayer team, or school for names of those in need. Just remember their situations may be confidential.

## **Prayer Witness**

As believers in Christ, we know that God hears and answers our prayers. We also know that God commands us to share the Gospel. What a wonderful opportunity we have to share with others during these uncertain times about what God is doing in our own life. Share how He is listening and answering our prayers! Share with someone, even within your family, how God has heard and answered your prayers.

# *Fun ways to energize and refresh your prayer time individually or as a family!*

## **Prayer Square**

Draw a large cross that fills the center of a poster board from top to bottom. There are now four squares surrounding the cross. Label each square at the top with "Our Nation/Government Leaders, Family/Friends, Young/Elderly, Sick/Lost. Have each person in your family write a short, but specific prayer for each of these four categories. You can hang it up on a wall and add to it each day or week until it's full.

## **Prayer Cross**

This idea is similar to the prayer square, but you will only need index cards, a pen, and a prayer to create a cross. Have each person in your family write a person's name or need on the index card. Pray for this person or need and then lay out your cards in the shape of a cross. You can do this daily or weekly until you complete a cross. You have prayed and laid these needs on the cross of Jesus. Let go and let God!

## **Prayer Bowl**

Cut out a 4x4 square on construction paper. Take a colored pen or marker and pass out to each person in your family. Have them write down something or someone in which they are grateful and would like to thank God. Say a personal prayer, fold up the square paper, and place in a bowl. Do this daily for a week. Each night at dinner, draw one square out of the bowl and say a prayer of thanksgiving together as a family until all have been prayed.

## **Prayer News**

One or all family members can research a current event from the local, state, national, or global news. This current event should be less than a month old and can be found from listening to the news on TV or radio, or from an internet search or a newspaper. After selecting the current news event, each person should write out a prayer over the happenings in their event. Designate a specific family time to gather together and read aloud each prayer. Pray together for all the current events going on in our world today.

## **Prayer Map**

Look on the website [CDC.gov](http://CDC.gov) for a map of the United States and or a global map. Pray for the highly infected states and or countries with COVID-19. Pray for healing. Pray for their caregivers at home, and for healthcare workers in the medical field. Look at this map weekly to see and pray over the changes.

## **Prayer Alphabet**

Gather together as a family or you can do this on an individual basis. On a sheet of paper write out the alphabet vertically. For each letter of the alphabet, write a prayer need and say or write a prayer over that need. Pray one letter or one prayer need each day (26 days/26 prayers).